S2 Fitness Management	S2 Fitness Management	S2 Fitness Management	S2 Fitness Management
❑ **K.2.S2.A.1 Evaluate the contribution** (i.e., associated fitness component, muscle/muscle groups, type of benefit) **of selected physical activities and/or exercises to physical fitness** (e.g., push-ups can develop muscular strength of arm muscles, which contributes to health-related fitness...).	❑ **K.2.S2.B.1 Investigate the contribution** (e.g., strength, endurance, energy expenditure, elasticity, longevity, healthy weight...) **of exercise/physical activity to optimal health and the prevention of disease** (e.g., cardiovascular disease, breast cancer, type II diabetes, osteoporosis...).	❑ **K.2.S2.C.1a Investigate the body's response** (e.g., stimulation of autonomic nervous system, endocrine response, respiration response, oxygen utilization...) **to increased activity levels.**	❑ **K.2.S2.C.1b Explain how exercise of different intensities** (e.g., mild, moderate, vigorous, intermittent, continuous, aerobic, anaerobic...) **affects the structure and function of the cardiovascular and respiratory systems** (e.g., lower resting heart rate, lower blood pressure; increased heart size, increased stroke volume, increased blood volume...) **in the context of healthy living and the prevention of disease.**
K A	**K B**	**K C**	**K C**

S2 	S2 	S2 	S2 
❑ **K.2.S2.C.2 Explain and apply the principles of training and conditioning for specific fitness components** (e.g., develop a stretching program for improved flexibility...).	❑ **K.2.S2.C.3 Design and implement effective warm-up and cool-down routines for specific individual/dual-type physical activities** (e.g., running, table tennis, cycling...).	❑ **K.2.S2.C.4 Examine factors** (e.g., enjoyment, previous experiences, values and attitude, social benefits, financial commitment, medical conditions, incentives, stages of change...) **that have an impact on adherence to a personal fitness plan.**	❑ **S.2.S2.A.1a Participate in different types of training and conditioning activities that contribute to personal fitness development.**
K C	**K C**	**K C**	**S A**

S2 	S2 	S2 	S2 
❑ **S.2.S2.A.1b Participate at a level consistent with planned and self-directed aerobic activities.**	❑ **S.2.S2.A.2 Demonstrate use of heart-rate monitoring** (e.g., pulse points, heart monitors, software programs...) **in personal fitness training.**	❑ **S.2.S2.A.3a Assess current personal physical fitness levels using appropriate fitness tests and information technology** (e.g., stopwatches, heart-rate monitors, fitness-related software programs...).	❑ **S.2.S2.A.3b Analyze own fitness test results** (e.g., using information technology...) **and determine the factors that contributed to the results.**
S **A**	**S** **A**	**S** **A**	**S** **A**