

# Lifetime Fitness and Wellness Pursuits (2022): Grades 9, 10, 11, 12

Adopted 2022

Movement patterns and movement skills. While participating in physical activity, the physically literate student applies physiological and biomechanical principles to improve health-related fitness. The student is expected to: [LFW.1](#)

**A.** apply physiological and fitness principles related to exercise and training, including warm-up and cool-down, overload, frequency, intensity, time, and specificity; and [LFW.1.A](#)

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**B.** apply basic biomechanical principles related to exercise and training, including force, leverage, and type of contraction. [LFW.1.B](#)

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Performance strategies. During physical activity, the physically literate student applies skills, techniques, and safety practices associated with physical activity. The student is expected to: [LFW.2](#)

**A.** apply appropriate procedures to ensure safety; [LFW.2.A](#)

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**B.** apply appropriate practices and procedures to improve skills in various fitness activities; [LFW.2.B](#)

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**C.** perform skills and appropriate techniques at a basic level of competency; [LFW.2.C](#)

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**D.** modify movement during performance using appropriate internal and external feedback; and [LFW.2.D](#)

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**E.** explain various methods to achieve personal fitness, including interval training, circuit training, high-intensity interval training (HIIT), and functional fitness training. [LFW.2.E](#)

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Health, physical activity, and fitness. The physically literate student applies fitness principles that encompass personal fitness programs, nutrition, technology, and environmental

**A.** demonstrate appropriate safety procedures, including wearing proper attire, using equipment safely, practicing exercise etiquette, and recognizing situational environmental hazards; [LFW.3.A](#)

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**B.** identify and describe exercise techniques that may be harmful or unsafe; [LFW.3.B](#)

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**C.** explain the relationships among hydration, physical activity, and environmental conditions; [LFW.3.C](#)

awareness. The student is expected to: **LFW.3**

- D. explain the relationship between physical fitness and wellness;** **LFW.3.D**
- E. participate in a variety of activities that develop health-related physical fitness;** **LFW.3.E**
- F. describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility;** **LFW.3.F**
- G. exhibit a basic level of competency in two or more aerobic and two or more anaerobic activities;** **LFW.3.G**
- H. select and use appropriate technology tools to evaluate, monitor, and improve health-related fitness;** **LFW.3.H**
- I. design and implement a personal fitness program that includes health-related fitness components;** **LFW.3.I**
- J. measure and evaluate personal skill-related components of physical fitness, including agility, balance, coordination, power, reaction time, and speed; and** **LFW.3.J**
- K. measure and evaluate personal fitness in terms of health-related fitness components.** **LFW.3.K**

Social and emotional health. During physical activity, the physically literate student develops positive self-management and social skills needed to work independently and with others. The student is expected to: **LFW.4**

- A. describe and analyze the relationship between physical activity and social and emotional health;** **LFW.4.A**
- B. discuss how improvement is possible with appropriate practice;** **LFW.4.B**
- C. identify and respond to challenges, successes, conflicts, and failures in physical activities in socially appropriate ways;** **LFW.4.C**
- D. explain how to accept successes and performance limitations of self and others by exhibiting appropriate behavior and response; and** **LFW.4.D**
- E. evaluate the impact of the use of technology on social and emotional health.** **LFW.4.E**

Lifetime wellness. The physically literate student comprehends practices that will impact daily performance, physical activity, and health throughout the lifespan. The student is expected to: **LFW.5**

- A. describe how sleep is essential to optimal performance and recovery;** **LFW.5.A**
- B. identify myths associated with physical activity and nutritional practices;** **LFW.5.B**
- C. explain the relationship between nutritional practices and physical activity;** **LFW.5.C**
- D. explain the risks of over training;** **LFW.5.D**

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**E. evaluate consumer issues and trends related to physical fitness such as marketing claims promoting fitness and nutritional products, services, and supplements; and** LFW.5.E

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**F. analyze how nutrition, exercise, and other factors impact body composition.** LFW.5.F