

NJDOE MODEL CURRICULUM

CONTENT AREA: Physical Education	GRADE:9-12	UNIT #: I	UNIT NAME: Wellness
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
1	Analyze the short and long term impact of physical inactivity and apply fitness-training principles to improve personal fitness. 9	(2.6.12.A.1, 2.6.12.A.2)
2	Evaluate the personal, social, and environmental factors that impact fitness and personal health. 9	(2.1.12.A.1)
3	Analyze how genetics, gender, age, nutrition, activity level, and exercise/physical activity impact body compositions and healthy weight maintenance. 10	(2.6.12.A.3, 2.1.12.B.1)
4	Evaluate current dietary trends and eating habits of adolescents and young adults and the long-term implications of their choices on overall wellness. 10	(2.1.12.B.2)
5	Evaluate the health related fitness components and apply/demonstrate how these components contribute to a personalized fitness plan as a measure of fitness and health. 11	(2.6.12.A.4)
6	Research and debate the impact of performance enhancing drugs (anabolic steroids, HGH, ergogenic aids) on society and evaluate the short and long term consequences of their use. 11	(2.6.12.A.5)
7	Identify and analyze individual and family needs and address barriers (time, finances, etc.) that impact the development and application of a comprehensive fitness plan. 12	(2.2.12.B.2)
8	Analyze and reflect on personal health data utilizing technology and medical advances to create and implement a comprehensive health and fitness program applying fitness-training principles. 12	(2.6.12.A.2, 2.6.12.A.4)

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Code #	NJCCCS
2.6- Fitness	
A. Fitness and Physical Activity	<p>12 Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.</p> <p>2.6.12.A.1 Compare the short- and long-term impact on wellness associated with physical inactivity.</p> <p>2.6.12.A.2 Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principles.</p> <p>2.6.12.A.3 Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.</p> <p>2.6.12.A.4 Compare and contrast the impact of health-related fitness components as a measure of fitness and health.</p> <p>2.6.12.A.5 Debate the use of performance-enhancing substances (i.e, anabolic steroids and other illegal substances) to improve overall performance.</p>
2.1 Wellness	
A. Personal Growth and Development	<p>Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.</p> <p>2.1.12.A.1 Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.</p> <p>2.1.12.A.2 Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.</p>
B. Nutrition	<p>Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness.</p> <p>2.1.12.B.1 Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.</p> <p>2.1.12.B.2 Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.</p>

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2.2 Integrated Skills

B. Decision Making and Goal Setting

Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.

2.2.12.B.2 Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.