

Washington State Learning Standards Alignment for Health & Fitness

Carone Fitness Course: Life Skills

NUMBER		EALR	Life Skills
1	Fitness	The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.	Unit 4 "Nutrition & Fitness"
1.1.	Fitness	Develop motor skills and movement concepts as developmentally appropriate	(Fitness)
1.2.	Fitness	Knowledge & skills to participate in a variety of physical activities	(Fitness)
1.3.	Fitness	Understand the components of health-related physical fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.	(Fitness)
1.4	Fitness	Understand the components of skill-related fitness and itnerprets information from feedback, evaluation, and self-assessment	(Fitness)
1.5	Fitness	Understand the relationship of nutrition and food nutrients to physical performance and body composition.	(Fitness)
2	Health	The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.	Units 1-5 throughout course
2.1	Health	Understand foundations of Health	Unit 2 "Healthy Relationships"; Unit 4 "Nutrition & Fitness"
2.2	Health	Understand stages of growth and development.	Section 1.1 "Discovering Self"
2.3	Health	Understand concepts of control and prevention of disease.	Section 1.2 "Decision Making Skills"; Section 3.1 "Stress Management"
2.4	Health	Acquire skills to live safely and reduce health risks.	Section 1.2 "Decision Making Skills"; Section 3.1 "Stress Management"; "Unit 5 "Consumer Skills"
3	Health	The student analyzes and evaluates the impact of real-life influences on health.	Section 1.2 "Decision Making"; Section 3.1 "Stress"; Unit 4 "Nutrition & Fitness";
3.1	Health	Understand how family, culture, and environmental factors affect personal health.	Section 1.1 "Self Discovery"; 3.3 lesson "Environmental Awareness"; 4.1 "Cultural Eating";
3.1	Health	Evaluates health and fitness information.	units 1-6 throughout course; Section 5 "Consumer Skills"
3.3	Health	Understands the impact of social skills on health	Unit 2 "Healthy Relationships"

3.4	Health	Understands the impact of emotions on health.	1.1 Discussion "Personality Type"; 1.2 Discussion "Copy Styles"; 3.1 "Stress Management"
3.5	Health	Applies decision-making skills related to the promotion of health	Section 1.2 "Decision Making Skills"; Section 1.3 "Goal Setting"
4	Fitness	The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.	Unit 1 "Self Discovery" (includes Discovering Self; Decision-Making Skills; Goal Setting); Unit 4 "Nutrition & Fitness"; Unit 5 "Consumer Skills"; Discussion 1.3 "Lifetime Goals"
4.1.	Fitness	Analyze personal health and fitness information.	(Fitness)Unit 4 "Nutrition & Fitness"
4.2.	Fitness	Develop and monitors a health and fitness plan.	(Fitness) 4.1 Assignment "Meal Plan"; 4.2 Assignment "Workout Plan"

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