

Washington State Learning Standards Alignment for Health & Fitness			
Carone Fitness: Strength Training			
NUMBER		EALR	Strength Training
1	Fitness	<b>The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.</b>	Fitness logs; Fitness Checkpoints; Unit 1 "Getting Started"; Unit 2 "Principles & Technique"; Unit 3 "Strength Training Exercises"; Unit 4 "Total Wellness"
1.1.	Fitness	Develop motor skills and movement concepts as developmentally appropriate	Unit 2 "Principles & Technique"; Unit 3 "Strength Training Exercises"; Fitness logs throughout course
1.2.	Fitness	Knowledge & skills to participate in a variety of physical activities	1.2 "Getting Started"; Unit 2 "Principles & Technique"; Unit 3 "Strength Training Exercises"; Section 4.4 "Cross-training"
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.	1.1 "Fitness Assessment"; 6.1 "Post Assessment"; 1.2 "Getting Started"; Fitness Logs & Fitness Checkpoints throughout course
1.4	Fitness	Understand the components of skill-related fitness and itnerprets information from feedback, evaluation, and self-assessment	Section 2.3 "Principles of Strength Training"; Unit 3 "Strength Training Exercises"; Fitness Logs and Fitness Checkpoints throughout course.
1.5	Fitness	Understand the relationship of nutrition and food nutrients to physical performance and body composition.	Section 4.3 "Diet & Exercise"
2	Health	<b>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.</b>	(Health)
2.1	Health	Understand foundations of Health	(Health)
2.2	Health	Understand stages of growth and development.	(Health)
2.3	Health	Understand concepts of control and prevention of disease.	(Health)
2.4	Health	Acquire skills to live safely and reduce health risks.	(Health)
3	Health	<b>The student analyzes and evaluates the impact of real-life influences on health.</b>	(Health)
3.1	Health	Understand how family, culture, and environmental factors affect personal health.	(Health)
3.1	Health	Evaluates health and fitness information.	(Health)
3.3	Health	Understands the impact of social skills on health	(Health)

3.4	Health	Understands the impact of emotions on health.	(Health)
3.5	Health	Applies decision-making skills related to the promotion of health	(Health)
<b>4</b>	<b>Fitness</b>	<b>The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.</b>	Section 1.1 "Fitness Assessment"; Section 1.2 "Getting Started"; Section 1.3 "Training Plan"; Section 5.1 "Post Assessment"; Fitness Logs & Checkpoints throughout course
4.1.	Fitness	Analyze personal health and fitness information.	Section 1.1 "Fitness Assessment"; Section 5.1 "Post Assessment"; Discussion boards throughout course; Fitness Logs & Checkpoints throughout course
4.2.	Fitness	Develop and monitors a health and fitness plan.	Section 1.3 "Training Plan"; Fitness logs and Fitness Checkpoints throughout course; Section 5.1 "Post Assessment"

2008 Standards; Alignment updated April 2010