1. The student acquires the knowledge and skills necessary to maintain an active life.
   
   **Component 1.3**
   Understand the concepts of health related physical fitness and develop and monitor progress on personal fitness goals.
   
   **Benchmark 2**
   Measure physical fitness, set fitness and activity goals, and explore a variety of activities to maintain healthy levels of cardio respiratory fitness, muscular strength-endurance-flexibility and body composition.
   
   **Component 1.4**
   Understand the relationship of nutrition and food nutrient to physical performance and body composition.
   
   **Benchmark 2**
   Design nutritional goals based on national dietary guidelines and individual activity needs.
   Analyze the effects of movement, fitness, and nutritional practices.

2. 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.
   
   **Component 2.1**
   Recognize patterns of growth and development
   
   **Benchmark 2**
   Describe how nutrition, exercise, and rest influence physical growth and lifelong health.

4. The student analyzes and evaluates the impact of real-life influences on health.
   
   **Component 4.2**
   Develop a health and fitness plan and a monitoring system.
   
   **Benchmark 2**
   Develop a support system and record keeping system to achieve health and fitness goals.