



Physical Fitness Syllabus

- Lesson 1: Introduction**
- Lesson 2: Prevention of Chronic Diseases**
- Lesson 3: Relationship between Obesity and Cholesterol**
- Lesson 4: Heart Disease**
- Lesson 5: Cardio Endurance**
- Lesson 6: Importance of a Balance Diet**
- Lesson 7: Blood Oxygen Level, Lung Capacity**
- Lesson 8: Muscle Mechanics**
- Lesson 9: Safety and Strengthening to Prevent Unintentional Injuries**
- Lesson 10: Diets, Weight Loss Plans**
- Lesson 11: Percent Body Fat vs. Body Mass Index**
- Lesson 12: Administering First Aid**
- Lesson 13: Vegan/Vegetarian**
- Lesson 14: Media's Effect on Nutrition and Physical Fitness**