

GYM CLASS STRENGTH



LESSON 1

Standard: 2.11 Explain the role of physical activity in the prevention of disease and the reduction of health care costs.

Overview: The purpose of Lesson 1 is to understand the “why” behind physical education. Why is it a required class in public high schools? What implications does physical health have for a community? Once we establish a solid understanding of why P.E. is important, we can begin to attack the more specific questions of how we should approach individual health and fitness.

Plan: Combine this lesson with physical activity, beginning with a warmup and moving into a main workout. You can do this before or after the day’s exercise activity -- whichever makes more sense to you.

Tips: Use the website from the Centers for Disease Control and Prevention, and other established sources, to conduct your research. Example: According to CDC research, “In 2017–2018, the age-adjusted prevalence of obesity in adults was 42.4%, and there were no significant differences between men and women among all adults or by age group.”

Outcomes: Write a brief essay, conduct a discussion, or build a chart explaining the role that physical activity plays in chronic ailments, and how this could impact health care costs in America. Your product should rely on empirical data for arguments.