

# Healthy Active Living

## Keep Fit

- **Unit 1:** Healthy Active Living
- **Unit 2:** Fitness Measurements and Appraisals
- **Unit 3:** Fitness Planning, Exercises, and Injury Prevention

## Stay Healthy

- **Unit 4:** Human Reproduction, Sexuality, and Intimacy
- **Unit 5:** Drug Use and Abuse
- **Unit 6:** Conflict Resolution and Personal Safety
- **Unit 7:** Nutrition for Everyday Performance

## Have Fun

- **Unit 8:** Physical Activities and Sports
  - Invasion/Territory Games
  - Net/Wall Games
  - Striking/Fielding Games
  - Target Games
  - Body Management Activities
  - Outdoor Activities

## CPR

- ACT CPR Manual