

Catalog of Adopted Instructional Materials

Florida Department of Education

9-12 Physical Education

Abbreviation Keys

Type

- M - Major Tool (Priced)
- MF - Major Tool Free
- MPC - Major Tool Package Component*
- A - Ancillary (Priced)
- AF - Ancillary Free
- AFC - Ancillary Free Choice
- APC - Ancillary Package Component*

*A Package Component is an item that comes in a package but can be ordered separately if needed. The ISBN for the package it is a component of is in the Free Terms column.

Free Symbol

- # - Free only with initial adoption purchase.
- * - Free 1:25
- ▲ - Special Ratio (specify ratios or terms in Free Terms column)
- - Free 1:District – one time only
- - Free 1:1 ratio
- § - Free 1:School – one time only
- † - Free 1:Teacher for Elementary (For Grades K-3 1:18; For Grades 4-5 1:22)
- ‡ - Free 1:Teacher for Secondary (1:100)

Price listed is the contracted price OR contracted reorder price for free ite

1501300 - Personal Fitness

Human Kinetics, Inc.

Fitness for Life Updated Fifth Edition, Corbin, 2007/Updated 5th

Committee Comments or Notations:

Approach:

Recommended for:

Suggested Instructional Time: 1 semester

Consultant Service:

Adopted: 2007-2013

Type	ISBN	Item	Price	Free Symbols	Terms	Grade
M	0736066756	Fitness for Life Updated Fifth Edition	\$36.00	▲	One free for each teacher teaching the course with purchase of 25 copies or more.	9-12
AF	0736068643	Fitness for Life Wraparound Teacher Edition and Resource Kit	\$299.00	*		9-12
APC	0736046631	Fitness for Life Lesson Plans CD	\$59.00		Included in 0-7360-6864-3	9-12

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APC	073604664X	Fitness for Life Teacher Resources CD	\$59.00		Included in 0-7360-6864-3	9-12
APC	0736054944	Fitness for Life Activity & Vocabulary Cards CD	\$49.00		Included in 0-7360-6864-3	9-12
APC	0736046658	Fitness for Life Presentation Pkg CD	\$49.00		Included in 0-7360-6864-3	9-12
APC	0736044493	Physical Educaton Soundtrack - Volume 1	\$18.00		Included in 0-7360-6864-3	9-12
APC	0736044507	Physical Education Soundtrack -Volume 2	\$18.00		Included in 0-7360-6864-3	9-12
APC	0736062165	Fitness for Life Lifetime Fitness DVD	\$199.00		Included in 0-7360-6864-3	9-12
APC	0736062173	Fitness for Life Wellness DVD	\$199.00		Included in 0-7360-6864-3	9-12
AF	0736055312	Fitness for Life Spanish E-Book	\$99.00	▲	One free for each teacher teaching the course with purchase of 25 copies or more of the student text.	9-12
AF	0736055681	Fitness for Life In-Service DVD	\$79.00	▲	One free for each teacher teaching the course with purchase of 25 copies or more of the student text.	9-12
AF	073605572X	Fitness for Life Teacher Ancillary Pkg	\$225.00	▲	One free for each teacher teaching the course with purchase of 25 copies or more of the student text.	9-12
APC	0736046631	Fitness for Life Lesson Plans CD	\$59.00		Included in 0-7360-5572-X	9-12
APC	073604664X	Fitness for Life Teacher Resources CD	\$59.00		Included in 0-7360-5572-X	9-12
APC	0736054944	Fitness for Life Activity & Vocabulary Cards CD	\$49.00		Included in 0-7360-5572-X	9-12
APC	0736046658	Fitness for Life Presentation Pkg CD	\$49.00		Included in 0-7360-5572-X	9-12
AF	0736063609	Fitness for Life / Online Study Guide		●	One free with purchase of each student text.	9-12
AF	0736046666	Fitness for Life Website		▲	Free	9-12
AF	0990043606	Fitness for Life Test Bank		▲	One free for each teacher teaching the course with purchase of 25 copies or more of the student text.	9-12
A	0736045929	Physical Education Soundtrack Pkg	\$30.00			9-12
APC	0736044493	Physical Educaton Soundtrack - Volume 1	\$18.00		Included in 0-7360-4592-9	9-12
APC	0736044507	Physical Education Soundtrack -Volume 2	\$18.00		Included in 0-7360-4592-9	9-12
A	0736050981	Fitness for Life Physical Activity Pyramid Poster for Teens	\$15.00			9-12

1501300 - Personal Fitness

Hunter Textbooks, Inc.

Personal Fitness for You, 3rd Edition, Stokes and Schultz, 2007/3rd

Committee Comments or Notations:

Approach: The Personal Fitness for You instructional materials are designed to assist students in:

- acquiring knowledge of physical fitness concepts
- understanding the influences of lifestyle on health and fitness
- developing an optimal level of fitness

The materials are current and research-based following the guidelines of the American College of Sports Medicine and the Copper Institute of Aerobic Research.

Recommended for: All students in grades 9-12.

Suggested Instructional Time: 1 semester

Consultant Service: The publisher and authors of the Personal Fitness for You materials will provide on-going support and professional development opportunities to assist teachers in teaching the Personal Fitness Course. In addition to on-line and phone professional assistance, the authors will be available for in-service workshops and training. Each District may request one workshop at the publisher's expense. Additional workshops will be conducted by the authors if the District will pay for expenses incurred to conduct the workshop.

Adopted: 2007-2013

Type	ISBN	Item	Price	Free Symbols	Terms	Grade
M	0887253172	Personal Fitness for You, student text	\$47.95			9-12
MPC	0887253229	Personal Fitness for You, student CD (packaged inside student text)	\$25.00	●	1:1 w/student ed. - 0887253172	9-12
AF	0887253180	Personal Fitness for You, teacher edition	\$149.95	*		9-12
APC	0887253237	Personal Fitness for You, teacher CD (packaged inside teacher text)	\$25.00	▲	1:1 w/ teacher ed. - 0887253180	9-12
APC	0887253245	Personal Fitness CD (packaged inside teacher text)	\$25.00	▲	1:1 w/ teacher ed. - 0887253180	9-12
AF	0887253202	Personal Fitness Transparency Set	\$50.00	§	#	9-12
AF	0887253253	Personal Fitness Poster	\$10.00	‡	#	9-12

1501300 - Personal Fitness

Kendall Hunt Publishing Company

Personal Fitness: Looking Good/Feeling Good, 5/e, Williams, et al, 2005/5th

Committee Comments or Notations:

Approach: Personal Fitness: Looking Good - Feeling Good, 5 edition supports teachers in encouraging students to develop an individual optimum level of physical fitness, acquire knowledge of physical fitness concepts, and understand the significance of a healthy lifestyle on one's health and fitness. The Personal Fitness program incorporates classroom instruction and laboratory activities to reinforce cognitive concepts. Both instruction and activities are important in conducting a personal fitness course. One of the unique and most exciting features of Personal Fitness is that each student is assisted in establishing a personal fitness program step by step, chapter by chapter, that is especially fun for them.

Students Become Health Advocates

Personal Fitness clearly emphasizes one clear objective--students will become advocates of the pursuit of optimal health and fitness, and they will do so through an educational and fun-filled complete curriculum.

Standards-based

Personal Fitness recognizes the importance placed on state and national standards. This is precisely why Personal Fitness is not only correlated to the National Physical Education Standards (NPES) but also to selected state standards.

Latest Research

The latest research has been added to the fifth edition and includes sleeping, Glycemic Index, antioxidants, carbohydrates, Healthy People 2010, progressive relaxation, and much more.

Technology used in every Chapter

Non-commercial, researched Web Sites have been added to each chapter to help students understand all of the factors that influence wellness.

Personal Fitness Program (PFP) - Unique to this curriculum, students start developing their own Personal Fitness Program (PFP) from the beginning of the course rather than waiting until the end. Each chapter includes a PFP update, which helps students make practical applications and plan realistic PFP goals.

Recommended for: This program is designed to meet the needs of all students in Grades 9-12. Everyone, regardless of abilities or disabilities, needs to engage in physical activity. Regardless of one's special condition, the student will receive the same benefits from physical activity. Physical activity will improve body function and body image for all individuals, regardless of abilities or disabilities. A sample of an individualized educational program for a physically disabled student can be found in the Teacher Edition on p. T31.

Suggested Instructional Time: 1 semester

Consultant Service:

Partnership Goal
As a district implements Personal Fitness, Kendall/Hunt Publishing Company will work closely with the district to create a Professional Development and Support Program. This program will take into consideration the needs of teachers, administrators, parents, and students.

Strategic Planning Institute

A team of 4 people representing the district, including:

- * District-level Administrators
- * Principals
- * Department Chairs
- * Lead Teachers

This institute presents a framework in which districts can plan their long-term implementation goals and objectives. Allocating resources, planning staff development, cultivating support for change, and community and parent outreach are some of the issues addressed in the institute.

Administrators Workshop

- * District-level Administrators
- * Principals
- * Department Chairs
- * Lead Teachers

This one-day workshop is designed to provide an overview of the philosophy and components of the program, a demonstration on how to conduct a Personal Fitness lesson and strategies to support classroom teachers. The workshop also discusses allocating financial resources, developing long-term professional development plans, gaining support for standards-based physical education, and communicating with parents.

Initial Training Institute

- * Classroom Teachers
- * Lead Teachers
- * Physical Education Specialists
- * Principals
- * Administrators

Kendall/Hunt encourages all teachers and administrators to attend an Initial Training Institute facilitated by the program's authors or experienced staff developers. In addition to focusing on the pedagogical ideas central to the curriculum, this institute covers both the grade-level-specific implementation of Personal Fitness and the articulation of content across grade levels.

Onsite Implementation Training

- * Classroom Teachers
- * Principals
- * Physical Education Specialists

1501300 - Personal Fitness

* Lead Teachers

This introduction will include an overview of the philosophy and components of Personal Fitness, an in-depth review of the teacher's material, and a review of the first units at each grade level. Participants will actively engage in physical education activities, review of videotapes from lesson modeling in classrooms, and discussion among colleagues.

Follow-up Training

- * Physical Education Specialists
- * Principals
- * Lead Teachers
- * Classroom Teachers

This session will be designed to meet the developmental needs of classroom teachers and the district's lead teachers. The lead teachers will help design the content of each session.

Assessment Workshop

- * Lead Teachers
- * Administrators

This workshop is designed for lead teachers and is best held after the first year of implementation. It focuses on diagnosing student work, utilizing rubrics, and using assessment to guide instruction.

Ongoing Support on Training

Kendall/Hunt will provide additional professional development support at anytime. Sessions can be tailored to meet the needs of the school district. The cost for such training is \$1,500 per specialist, per day.

Lead Teacher Meetings

Kendall/Hunt will provide a \$100 grant to support each meeting, up to \$600 per year for three years. Fifty percent of the grant is intended to compensate the meeting's facilitator with the remaining portion to be used to help underwrite other costs (i.e., refreshments and materials).

Electronic Teacher Community (ETC)

Teachers and administrators will have access to Kendall/Hunt's Electronic Teacher Community. The ETC will provide staff members with message board services where they can post questions and comments; share classroom experiences; and exchange classroom management tips. It also will offer live forums, additional teaching resources, program updates, and professional development opportunities. The Web site can be found at www.etc.kendallhunt.com.

Adopted: 2007-2013

Type	ISBN	Item	Price	Free Symbols	Terms	Grade
M	0757504671	Personal Fitness: Student Edition	\$44.99			9-12
MF	0757509835	Personal Fitness: Teacher's Resource Package (Includes Teacher Edition, Teacher Resource CD-ROM, Testbank CD-ROM and Classroom DVD)	\$264.99	*	1Free:25	9-12
A	075750468X	Personal Fitness: Student Activity Handbook	\$10.49			9-12
A	0757508014	Personal Fitness: Transparencies	\$104.99			9-12