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**UNIT 1: GETTING STARTED**

- Lesson 1: Getting Started

**UNIT 2: WHAT IS FITNESS?**

- Lesson 1: What Is Fitness?

**UNIT 3: SAFETY & TECHNIQUE**

- Lesson 1: Safety & Technique

**UNIT 4: COMPONENTS OF FITNESS**

- Lesson 1: Components Of Fitness

**UNIT 5: FITNESS PRINCIPLES**

- Lesson 1: Fitness Principles

**UNIT 6: DIET & SUBSTANCES**

- Lesson 1: Diet & Substances