



**SYNERGISTIC  
SYSTEMS**

A DIVISION OF PITSCO, INC.

# PARENT BRIEFING

## Module

### Fitness & Health

- Demonstrate the proper way to locate and calculate resting and exercising heart rates.
- Identify the causes of acne and skin care practices appropriate for adolescents.
- Perform a test to evaluate their personal levels of flexibility.
- Identify the methods of proper oral hygiene.

## Session Focus

- 1 Pulse Rate
- 2 Physician's Home Assistant
- 3 Muscle-Training Workout
- 4 Dental Health
- 5 Shampoo Test
- 6 Skin Care
- 7 Calorie Usage

### Dear Parent,

As parents and teachers, we realize it can be hard to get a child to discuss what he or she is learning in school. We hope the information provided on this page will assist you in communicating with your child about what he or she is learning.

For the next few days, your child will be learning about personal fitness and developing a plan for keeping his or her cardiovascular system in shape by completing the *Fitness & Health* Module. As your child's best teacher, your participation in the learning process is extremely important.

### Words students will learn in this Module include:

- anaerobic respiration
- calorie
- dermatologist
- epidermis
- fat
- fitness
- halitosis
- hyperhidrosis
- physique
- tartar

### Questions for discussion

During the course of this Module, your child will be assessed on key concepts and activities. You might want to discuss these concepts with your child.

### He or she will be asked to:

- Explain how acne occurs on the skin. (*Acne occurs when a skin pore opening becomes swollen and infected, which causes the body to react by sending white blood cells to the area, resulting in a pimple.*)
- Explain the importance of muscle flexibility. (*The more flexible a muscle is, the less likely it is to be injured during physical activity.*)
- Explain the benefits of proper skin care. (*Proper skin care removes dirt and oil on the surface of the skin, reduces acne, and helps the skin absorb moisturizers.*)



Instructor: \_\_\_\_\_