

Health Opportunities through Physical Education (HOPE) combines instruction in health and physical education in a full-year, integrated course. It focuses on developing skills, habits and attitudes to maintain a healthy lifestyle and applying lessons learned to physical fitness. Through active participation and real-world simulations, the course aims to demonstrate firsthand the value of conscientious lifestyle management.

HOPE lays a foundation for making healthy decisions by building seven skills: accessing valid health information; analyzing internal and external influences; self-management; interpersonal communication; decision-making; goal setting; and advocacy. Students apply these skills to a variety of topics throughout the course, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities on weekly participation reports to verify the student is meeting his or her requirements and responsibilities.

This course is built to the Florida Next Generation Sunshine State Standards for health and physical education and informed by the National Health Standards (SHAPE).

Length: Two semesters

## UNIT 1: MENTAL AND EMOTIONAL HEALTH

### LESSON 1: INTRODUCTION TO HEALTH

#### **Study: What Is Health?**

Learn about the three components that make up your health.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: What Is Health?**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Study: Taking Control of Your Health**

Learn about how to take control of your health.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Taking Control of Your Health**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### LESSON 2: YOUR MENTAL AND EMOTIONAL HEALTH

#### **Study: Stress Management and Self-Esteem**

Learn about how to manage your stress.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Stress Management and Self-Esteem**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Study: Influences on Mental and Emotional Health**

Learn about how your environment influences your mental and emotional health.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Influences on Mental and Emotional Health**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Practice: Your Mental and Emotional Health**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

## **LESSON 3: SUICIDE AND VIOLENCE PREVENTION**

### **Study: Suicide**

Learn about the causes and ways to prevent suicide.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Suicide**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Study: Violence and Gang Involvement**

Learn about ways to prevent violence.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Violence and Gang Involvement**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Checkup: Suicide and Violence Prevention**

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

## **LESSON 4: COMMUNICATION SKILLS**

### **Journal: Assessing Your Mental and Emotional Health**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

### **Study: Communication Strategies**

Learn about strategies to help you communicate and negotiate.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Communication Strategies**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Project: Practicing Refusal, Collaboration, and Conflict-Resolution**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## **LESSON 5: WRAP UP: MENTAL AND EMOTIONAL HEALTH**

### **Review: Mental and Emotional Health**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### **Test (CS): Mental and Emotional Health**

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### **Test (TS): Mental and Emotional Health**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## **UNIT 2: FITNESS AND NUTRITION**

### **LESSON 1: GUIDELINES FOR FITNESS AND NUTRITION**

#### **Study: Physical Fitness**

Learn about physical fitness and how it affects your health.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Physical Fitness**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Study: Good Nutrition**

Learn about how the food you eat affects your health.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Good Nutrition**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Practice: Guidelines for Fitness and Nutrition**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

## **LESSON 2: THREATS TO FITNESS AND GOOD NUTRITION**

### **Study: Evaluating Health Products, Practices, and Services**

Learn about health myths and learn to evaluate health products and services.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Evaluating Health Products, Practices, and Services**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Study: Eating Disorders**

Learn about the causes and effects of eating disorders.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Eating Disorders**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Checkup: Threats to Fitness and Good Nutrition**

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

## **LESSON 3: PLANNING FOR FITNESS AND GOOD NUTRITION**

### **Journal: Assess Your Fitness and Nutritional Status**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

### **Study: Setting Goals and Formulating a Plan**

Learn about developing a plan and setting goals to better your health.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Setting Goals and Formulating a Plan**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Project: Your Plan for Fitness and Good Nutrition**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## **LESSON 4: WRAP UP: FITNESS AND NUTRITION**

### **Review: Fitness and Nutrition**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### **Test (CS): Fitness and Nutrition**

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### **Test (TS): Fitness and Nutrition**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## **UNIT 3: DRUGS**

### **LESSON 1: DRUG USE AND ABUSE**

#### **Study: Alcohol, Tobacco, and Other Drugs**

Learn about the effects of alcohol, tobacco and other drugs.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Alcohol, Tobacco, and Other Drugs**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Study: Influences on Drug Usage**

Learn about how drug usage affects your life.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Influences on Drug Usage**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Practice: Drug Use and Abuse**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

### **LESSON 2: LIVING DRUG FREE**

#### **Study: Communicating About Drugs**

Learn how to talk about and avoid risky behaviors surrounding drugs.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Communicating About Drugs**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

#### **Study: Resources for Protection Against Drug Abuse**

Learn about ways to protect yourself and help others with drug abuse.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Resources for Protection Against Drug Abuse**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

#### **Checkup: Living Drug Free**

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

### **LESSON 3: ADVOCATING FOR A DRUG-FREE LIFESTYLE**

#### **Journal: ATOD Action Plan**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

**Study: Advocating Against ATOD Use**

Learn how to advocate against alcohol, drugs, and tobacco.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Advocating Against ATOD Use**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

**Project: ATOD Educational Campaign**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

**LESSON 4: WRAP UP: DRUGS****Review: Drugs**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

**Test (CS): Drugs**

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

**Test (TS): Drugs**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

**UNIT 4: DISEASE****LESSON 1: TYPES OF DISEASES****Study: Communicable Diseases**

Learn about communicable disease and how to prevent them.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Communicable Diseases**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

**Study: Noncommunicable and Chronic Diseases**

Learn about noncommunicable and chronic diseases and the risk factors that are involved.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Noncommunicable and Chronic Diseases**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

**Practice: Personal Health Plan**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

**LESSON 2: PREVENTING DISEASE****Study: Public Health Policies**

Learn about public health policies and how it affects your health.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Public Health Policies**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

**Study: Good Hygiene**

Learn about hygiene and how to make good health decisions.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Good Hygiene**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Checkup: Practicing Good Hygiene**

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

## **LESSON 3: SUSCEPTIBILITY, DETECTION, AND TREATMENT OF DISEASE**

### **Journal: Your Susceptibility to Disease**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

### **Study: Impact of Technology on Health**

Learn about how technology can affect your health.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Impact of Technology on Health**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Project: Improving Your Community's Health**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## **LESSON 4: WRAP UP: DISEASE**

### **Review: Disease**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### **Test (CS): Disease**

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### **Test (TS): Disease**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## **UNIT 5: INJURIES**

### **LESSON 1: SAFETY AND INJURY PREVENTION**

#### **Study: Personal Safety**

Learn about personal safety and ways to avoid injuries and risky situations.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Personal Safety**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Study: Make Decisions to Avoid Injuries**

Learn about how your decisions can help avoid injuries.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Make Decisions to Avoid Injuries**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Practice: Safety and Injury Prevention**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

## LESSON 2: SAFETY LAWS AND FIRST AID

### Study: Public Policy and Your Safety

Learn about public policy and how it relates to your safety.

Duration: 0 hrs 45 mins Scoring: 0 points

### Quiz: Public Policy and Your Safety

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### Study: First Aid

Learn about first aid and effective ways to practice it safely.

Duration: 0 hrs 45 mins Scoring: 0 points

### Quiz: First Aid

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### Checkup: Practicing First Aid

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

## LESSON 3: WEATHER AND NATURAL DISASTER SAFETY

### Journal: Personal Susceptibility to Injury

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

### Study: Weather and Natural Disaster Safety

Learn about how to stay safe in different weather conditions and natural disasters.

Duration: 0 hrs 45 mins Scoring: 0 points

### Quiz: Weather and Natural Disaster Safety

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### Project: Disaster Preparedness

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## LESSON 4: WRAP UP: INJURIES

### Review: Injuries

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### Test (CS): Injuries

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### Test (TS): Injuries

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## UNIT 6: SEXUAL HEALTH

### LESSON 1: REPRODUCTIVE HEALTH AND RELATIONSHIPS

#### Study: Reproductive Systems

Learn about the male and female reproductive systems.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Reproductive Systems**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Study: Safe and Healthy Relationships**

Learn about what makes a safe and healthy relationship.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Safe and Healthy Relationships**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Practice: Reproductive Health and Relationships**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

## **LESSON 2: ABSTINENCE AND ONLINE SAFETY**

### **Study: Practicing Abstinence**

Learn about practicing and the benefits of abstinence.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Practicing Abstinence**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Study: Online Safety**

Learn about how to navigate the internet safely.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Online Safety**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Checkout: Abstinence and Online Safety**

Checkout and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

## **LESSON 3: RECOGNIZING HARMFUL RELATIONSHIPS**

### **Journal: Personal Values and Beliefs**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

### **Study: Abusive Relationships and Sexual Assault**

Learn about abusive relationships.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Abusive Relationships and Sexual Assault**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Project: Preventing and Addressing Abuse**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## **LESSON 4: SAFE SEXUALITY AND PREGNANCY**

### **Study: STDs/STIs and Contraceptive Methods**

Learn about different sexually transmitted diseases and ways to prevent them.



Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: STIs/STDs and Contraceptive Methods**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Study: Pregnancy and Parenting**

Learn about pregnancy and parenting.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Pregnancy and Parenting**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Practice: Safe Sexuality and Pregnancy**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

## **LESSON 5: WRAP UP: SEXUAL HEALTH**

### **Review: Sexual Health**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### **Test (CS): Sexual Health**

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### **Test (TS): Sexual Health**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## **UNIT 7: SEMESTER REVIEW AND EXAM**

### **LESSON 1: SEMESTER REVIEW AND EXAM**

#### **Review: Semester Review and Exam**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 1 hr Scoring: 0 points

#### **Exam: Semester Wrap Up**

Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in this semester.

Duration: 0 hrs 45 mins Scoring: 60 points

#### **Final Exam: Semester Wrap Up**

Take a teacher-scored exam to demonstrate your mastery of concepts and skills covered in this semester.

Duration: 0 hrs 45 mins Scoring: 60 points

## **UNIT 8: P.E. DESIGNED FOR ME**

### **LESSON 1: ONLINE P.E.**

#### **Study: Online P.E.: How Could It Be?**

Review the guidelines to participating in the course, course expectations, and learn about how an online P.E. course works.

Duration: 0 hrs 30 mins

#### **Practice: Commitment Statement**

Complete and submit a signed commitment statement, and answer a few brief questions about your participation in the course.

Duration: 0 hrs 5 mins Scoring: 30 points

#### **Discuss: Meet Your Team**

Meet your classmates by participating in an online discussion forum, discussing favorite types of physical activity.

Duration: 0 hrs 20 mins Scoring: 15 points

### **Quiz: Online P.E.**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 2: FITNESS LOGS**

### **Activity Log: Fitness Log # 1**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 2**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 3**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 4**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 5**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 6**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 7**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 8**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 9**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 10**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 11**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 12**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

### **Activity Log: Fitness Log # 13**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 14**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 15**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 16**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 17**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**LESSON 3: WARM IT UP, COOL IT DOWN****Study: Warm It Up**

Learn the mechanics and importance of flexibility, including the importance of properly warming up the body for physical activity.

Duration: 0 hrs 30 mins

**Study: Cool It Down**

Study breathing and stretching techniques, and the differences between different types of stretches.

Duration: 0 hrs 30 mins

**Practice: Design Your Routine**

Design and describe an adjustable warm-up and cool-down routine to be used for the duration of the course.

Duration: 0 hrs 30 mins Scoring: 30 points

**Quiz: Warm It Up, Cool It Down**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 4: SETTING FITNESS GOALS****Study: Steps to Setting Goals**

Learn how to set goals, what steps to take to set them, and how to measure progress of those goals along the way.

Duration: 0 hrs 30 mins

**Study: Workout Prescription**

Study will give examples of options you may select for all three components of a good workout program: cardio, muscular endurance, and flexibility.

Duration: 0 hrs 30 mins

**Practice: Setting and Reaching Goals**

Set at least three fitness goals, and develop a fitness plan that will focus on the three health-fitness components keeping your goals in mind.

Duration: 0 hrs 30 mins Scoring: 30 points

**Quiz: Setting Fitness Goals**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 5: CAREER AND EDUCATIONAL OPTIONS****Study: Health and Fitness Career Options**

Discuss different careers related to health and fitness.

Duration: 0 hrs 30 mins

**Explore: Career Exploration**

Select a health-fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

### **Quiz: Career and Educational Options**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 6: P.E. DESIGNED FOR ME WRAP-UP**

### **Review: P.E. Designed for Me**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

### **Test (CS): P.E. Designed for Me**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

### **Test (TS): P.E. Designed for Me**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

## **UNIT 9: IS MY BODY GOOD TO GO?**

### **LESSON 1: YOUR FITNESS NEEDS**

#### **Study: Body Types**

Discuss the different body types, how our bodies age, and why there is no one good or desirable body type.

Duration: 0 hrs 30 mins

#### **Study: Assess the Situation**

Complete a personal health-fitness assessment by responding to a prompt and executing several tasks.

Duration: 0 hrs 30 mins

#### **Journal: Good Body**

Submit health-fitness assessment scores and statistics, and write about your response to the assessment. Was it what you expected? Why or why not?

Duration: 0 hrs 30 mins Scoring: 20 points

#### **Quiz: Your Fitness Needs**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

### **LESSON 2: SAFETY FACTORS**

#### **Study: Reduce Your Risks**

How to reduce the risk of injury by following set rules designed for safety, and other smart guidelines to follow.

Duration: 0 hrs 30 mins

#### **Study: Safety Equipment**

Check out different types of equipment designed to protect the body during physical activity.

Duration: 0 hrs 30 mins

#### **Practice: Playing It Safe**

Respond to a series of questions covering safety equipment, possible injuries, and personal experiences with staying safe while staying fit.

Duration: 0 hrs 30 mins Scoring: 30 points

#### **Quiz: Safety Factors**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

### **LESSON 3: DON'T HURT YOURSELF**

**Study: Common Injuries**

Explore the world of injuries: sprains, strains, breaks, dislocations, and much more.

Duration: 0 hrs 30 mins

**Study: Treatment for Common Injuries**

How and when to treat an injury yourself as opposed to when you should seek medical attention.

Duration: 0 hrs 30 mins

**Explore: Career Exploration**

Select a health-fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

**Quiz: Don't Hurt Yourself**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 4: HEALTH PRACTICES****Study: Proper Nutrition**

Discuss the body's nutritional needs, how to achieve a balanced diet, and the six essential nutrients.

Duration: 0 hrs 30 mins

**Study: Poor Choices, Poor Results**

Analyze the impact of substance abuse, stress, and poor nutrition on the body.

Duration: 0 hrs 30 mins

**Discuss: Nutritious and Delicious**

Discuss your healthy and unhealthy eating habits, and how to strike a balance between them.

Duration: 0 hrs 20 mins Scoring: 15 points

**Practice: Nobody's Perfect**

Respond to the following writing prompt: What unhealthy choices have you made in the past, and how did they affect you?

Duration: 0 hrs 30 mins Scoring: 30 points

**Quiz: Health Practices**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 5: IS MY BODY GOOD TO GO? WRAP-UP****Review: Unit Review**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

**Test (CS): Computer-Scored Test**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

**Test (TS): Teacher-Scored Test**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

**UNIT 10: GREAT FOR THE HEART****LESSON 1: WORK YOUR HEART OUT****Study: A Happy Heart**

Learn how to monitor the heart in all its stages, from resting beats per minute to target heart rate to recovery time.

Duration: 0 hrs 30 mins

**Study: Exercise Principles**

Review the FITT (Frequency, Intensity, Type, and Time) concept, learn certain benefits of exercise, and review guidelines for working out.

Duration: 0 hrs 30 mins

### **Practice: Be Your Own Heart Rate Monitor**

Take and track your resting, target, and recovery heart rates. Research heart function.

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Work Your Heart Out Quiz**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 2: JOIN THE TEAM**

### **Study: Team Sports**

Familiarize yourself with a variety of traditional team sports, including baseball, soccer, and volleyball.

Duration: 0 hrs 30 mins

### **Study: History of the Game**

Learn about the history of team sports, the continued role they have played in society, and their importance to the world.

Duration: 0 hrs 30 mins

### **Explore: Have You Ever Played?**

Explore a new or 'non-traditional' team sport, and explain the game, its rules, and other interesting facts.

Duration: 0 hrs 40 mins Scoring: 20 points

### **Quiz: Join the Team Quiz**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 3: TEAM CONCEPTS**

### **Study: Offense Versus Defense**

Learn about different movements associated with team sports, including offense and defense skills.

Duration: 0 hrs 30 mins

### **Study: Conflict Happens**

Learn to recognize and resolve conflict during physical activity.

Duration: 0 hrs 30 mins

### **Practice: My Team of Choice**

Acting as the coach of a team, pick a sport and describe an appropriate practice session for that sport.

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Team Concepts Quiz**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 4: SPORTSMANSHIP**

### **Study: Be a Good Sport**

Discuss sportsmanship, sport etiquette, and the importance of following the rules and positive play.

Duration: 0 hrs 30 mins

### **Study: Teammates Are Forever**

Why is it so great to be a part of a team? Find out in this study.

Duration: 0 hrs 30 mins

### **Journal: Am I a Good Sport?**

Given a scenario in a team sport, write about how you would react to the situation.

Duration: 0 hrs 30 mins Scoring: 20 points

### **Discuss: Competitive Versus Aggressive**

What is the difference between being competitive and being overly aggressive? Why is aggression a negative quality to bring to a sport?

Duration: 0 hrs 20 mins Scoring: 15 points

### **Quiz: Sportsmanship Quiz**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 5: GREAT FOR THE HEART WRAP-UP**

### **Review: Great for the Heart Review**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

### **Test (CS): Great for the Heart**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

### **Test (TS): Great for the Heart**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

## **UNIT 11: FIT AS A FIDDLE**

### **LESSON 1: MUSCLE MADNESS**

#### **Study: Muscular System**

Explore the human muscular system and how muscles work and interact with each other.

Duration: 0 hrs 30 mins

#### **Study: Strength Training**

Study the mechanics of building muscle, and what happens to them as you work them out.

Duration: 0 hrs 30 mins

#### **Practice: Strength Training**

Develop a weight training program for your personal use.

Duration: 0 hrs 30 mins Scoring: 30 points

#### **Quiz: Muscle Madness**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

### **LESSON 2: TIME FOR ANAEROBICS**

#### **Study: Anaerobic Exercise**

Understand what anaerobic exercise is, and what physical activity falls under this category.

Duration: 0 hrs 30 mins

#### **Study: Benefits of Anaerobic Exercise**

Discover the benefits to anaerobic exercise, especially for a life-long fitness pursuit.

Duration: 0 hrs 30 mins

#### **Discuss: Safe to Get Buff**

Discuss whether or not weightlifting is for everyone, and how it can enhance fitness and activity performance.

Duration: 0 hrs 20 mins Scoring: 15 points

#### **Journal: Anaerobic for Life**

What is your favorite type of anaerobic activity? How might you continue to incorporate anaerobics into your life as you age?

Duration: 0 hrs 30 mins Scoring: 20 points

### **Quiz: Time for Anaerobics**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 3: INDIVIDUAL SPORTS**

### **Study: Individual Sporting Activities**

Read about several individual sports, including karate, swimming, and cycling.

Duration: 0 hrs 30 mins

### **Study: History of the Game**

Learn the history of individual sports, including the Olympics, and discover their continued importance to society.

Duration: 0 hrs 30 mins

### **Practice: For the Sport of It**

Choose an individual sport you are unfamiliar with and research all components of the game.

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Individual Sports**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 4: SPORTS DOWNFALLS**

### **Study: Too Much of a Good Thing**

Did you know overtraining can contribute to serious health problems? This study will tell you why.

Duration: 0 hrs 30 mins

### **Study: Sports and Drugs**

Study both legal and illegal enhancement drugs, why people take them, and what the dangers are.

Duration: 0 hrs 30 mins

### **Explore: Career Exploration**

Select a health-fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

### **Quiz: Sports Downfalls**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 5: FIT AS A FIDDLE WRAP-UP**

### **Review: Fit as a Fiddle**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

### **Test (CS): Fit as a Fiddle**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

### **Test (TS): Fit as a Fiddle**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

## **UNIT 12: FITNESS ADVENTURE**

### **LESSON 1: OUTDOOR FITNESS FUN**

#### **Study: Explore the Outdoors: Land**

Explore the different types of outdoor land-based activities, including hiking, roller blading, skiing, and archery.

Duration: 0 hrs 30 mins

#### **Study: Explore the Outdoors: Water**



Explore the different types of outdoor water-based activities, including swimming, water skiing, canoeing, and snorkeling.

Duration: 0 hrs 30 mins

### **Discuss: The Great Outdoors**

Talk about which outdoor activities you prefer, and ask classmates if they have participated in an activity you are interested in but have never tried.

Duration: 0 hrs 20 mins Scoring: 15 points

### **Journal: Leaving the Comfort Zone**

What adventure activities are outside your comfort zone? When in the past have you pushed your personal limits, and how did it affect you?

Duration: 0 hrs 30 mins Scoring: 20 points

### **Quiz: Outdoor Fitness Fun**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 2: HAVE FUN AND BE CAREFUL**

### **Study: Preparing for Outdoor Adventures**

Gain knowledge about basic skills for outdoor activities, how and why to respect the environment, and what supplies you should always have with you.

Duration: 0 hrs 30 mins

### **Study: Being Adventurous, Safely**

There's nothing more important than staying safe, and this study will help you learn how best to do just that.

Duration: 0 hrs 30 mins

### **Practice: A Weekend Away**

Plan an itinerary for a weekend of outdoor sporting, including what to pack, what activities to do, and what precautions to take.

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Have Fun and Be Careful**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 3: ADVENTURE ACTIVITIES**

### **Study: Extreme Sporting**

Taking it to the extreme: marvel over sky diving, dog sledding, mountain climbing, and the X Games.

Duration: 0 hrs 30 mins

### **Study: Borderline Dangerous**

Sometimes, the extreme becomes dangerous. Study some examples of sports that aren't safe.

Duration: 0 hrs 30 mins

### **Explore: Find a Fit for You**

Explore different types of individual sporting activities and choose one that you would be interested in trying; find out what you would have to do to get involved.

Duration: 0 hrs 40 mins Scoring: 20 points

### **Quiz: Adventure Activities**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 4: CONTINUED ATHLETICISM**

### **Study: The Dual Lives of Athletes**

You don't have to live your life for sports to be an athlete. Study examples of people who have a life outside of sports,

while still accomplishing great things in the world of athleticism.

Duration: 0 hrs 30 mins

### **Study: Life After Virtual P.E.**

What happens now that virtual P.E. is ending? There are plenty of ways to stay motivated and involved. Find out how in this study.

Duration: 0 hrs 30 mins

### **Quiz: Continued Athleticism**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 5: FITNESS ADVENTURE WRAP-UP**

### **Review: Fitness Adventure Review**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

### **Test (CS): Fitness Adventure**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

### **Test (TS): Fitness Adventure**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

## **UNIT 13: SEMESTER WRAP-UP**

### **LESSON 1: SEMESTER REVIEW**

#### **Review: Semester Review**

Use a helpful study plan provided to prepare for the semester exam

Duration: 6 hrs

#### **Test (CS): Semester Exam**

A comprehensive computer-scored exam covering important concepts and skills throughout the semester.

Duration: 0 hrs 30 mins Scoring: 50 points

#### **Test (TS): Semester Exam**

A comprehensive teacher-scored exam covering important concepts and skills throughout the semester.

Duration: 1 hr 30 mins Scoring: 150 points