

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 social health; physical activity; nutrition; substance prevention; disease and disorders; injury prevention and safety; and personal health. HOPE requires routine participation in adult-supervised physical activities. 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 based on and aligns to the National Science Teachers Association (NSTA) standards and the Florida Next Generation Sunshine State Standards for health and physical education.

Length: Two Semesters

## UNIT 1: BUILDING SKILLS FOR HEALTH

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### LESSON 1: WHAT IS HEALTH?

#### **Discuss: Meeting Your Classmates**

Introduce yourself to your classmates and read the introductions that they post.  
Discuss your own health, questions you have about health, and healthy people in popular culture.

*Duration: 0 hrs 20 mins*

*Scoring: 10 points*

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

Learn about key health topics, including physical, mental, emotional, and social health, protective factors, health risks, and the top health concerns and indicators in the United States.

*Duration: 0 hrs 30 mins*

#### **Journal: Public vs. Private**

Share what health means to you and rank your own physical, mental, emotional, and social health.

*Duration: 0 hrs 15 mins*

#### **Quiz: Assess Your Learning**

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Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## LESSON 2: BUILDING SKILLS FOR HEALTH

### **Study: Health Skill #1: Accessing Information**

Learn about sources of reliable health information, such as government, school and library resources, health professionals, the Internet, and parents. Learn what questions to ask when evaluating health information.

*Duration: 0 hrs 30 mins*

### **Study: Health Skill #2: Analyzing Influences**

Learn to analyze factors that affect your health by identifying people and things that influence you, how such influences might affect your health, and how to choose positive influences and avoid negative ones.

*Duration: 0 hrs 30 mins*

### **Study: Health Skill #3: Making Healthy Decisions**

Learn the six decision-making steps, and consider an example of someone using the decision-making model.

*Duration: 0 hrs 30 mins*

### **Study: Health Skill #4: Goal Setting**

Learn the benefits of setting goals, the difference and connection between long- and short-term goals, and how to set goals.

*Duration: 0 hrs 15 mins*

### **Study: Health Skill #5: Interpersonal Communication**

Learn the components of interpersonal communication, including verbal and nonverbal forms, as well as listening, refusal, and conflict-resolution skills.

*Duration: 0 hrs 15 mins*

### **Study: Health Skill #6: Self-Management**

Learn behavior practices that can protect your health.

*Duration: 0 hrs 15 mins*

### **Study: Health Skill #7: Advocacy**

Learn what advocacy is and how to become a health advocate.

*Duration: 0 hrs 15*

*mins*

### **Journal: The Seven Skills**

Reflect on the seven health skills you have just learned.

*Duration: 0 hrs 15 mins*

### **Quiz: Assess Your Learning**

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Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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### LESSON 3: BUILDING SKILLS FOR HEALTH WRAP-UP

#### **Review: Building Skills for Health**

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

*Duration: 1 hr*

#### **Test (CS): Building Skills for Health**

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

*Duration: 0 hrs 20 mins Scoring: 20 points*

#### **Test (TS): Building Skills for Health**

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

*Duration:*

*0 hrs 45 mins Scoring: 30 points*

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### LESSON 4: DIAGNOSTIC

#### **Diagnostic: Building Skills for Health**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## UNIT 2: THOUGHTS AND FEELINGS

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### LESSON 1: MIRROR, MIRROR, ON THE WALL

#### **Study: Self Smart**

Define the concept of sense of self and related key terms such as attitudes, self-esteem, self-respect, and empowerment.

*Duration: 0 hrs 30 mins*

#### **Journal: Sense of Self**

Describe your sense of self and internal and external factors that influence it.

*Duration: 0 hrs 15*

*mins*

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**Study: Enhancing Your Sense of Self**

Learn strategies to enhance your sense of self.

*Duration: 0 hrs 30 mins*

**Discuss: I Am, I Am**

Discuss your self-perception, your goals for self-improvement, and how having a positive attitude has helped you achieve a goal.

*Duration: 0 hrs 20 mins Scoring: 25 points*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:  
10 points*

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**LESSON 2: EFFECTIVE COMMUNICATION****Study: Communication Is More Than Talking**

Learn about interpersonal communication, including listening and speaking skills, "I" messages, feedback, refusal skills, paralanguage, and nonverbal communication.

*Duration: 0 hrs 30*

*mins Scoring: 0 points*

**Practice: Analyzing Communication**

Complete an assignment related to the various communication skills you have just learned.

*Duration: 0 hrs 30 mins Scoring: 20 points*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:  
10 points*

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**LESSON 3: MANAGING STRESS****Study: What Is Stress?**

Identify examples of positive and negative stress that adolescents are likely to experience and how to cope with it; learn about the relationship between stress management and the mind-body connection.

*Duration: 0*

*hrs 30 mins*

**Discuss: Coping with Stress**

Discuss positive and negative stressors in your life and healthy ways you have dealt with stress in the past.

*Duration: 0 hrs 20 mins Scoring: 10 points*

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**Practice: Plan to Manage Stress Healthfully**

Practice self-management health skills by developing a personal stress-management plan.

*Duration: 0 hrs 30 mins Scoring: 20 points*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:  
10 points*

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**LESSON 4: SUPPORT FOR MENTAL AND EMOTIONAL PROBLEMS****Study: Emotional Problems: The Big Three**

Define and learn the signs and symptoms of common mental health problems.

*Duration: 0 hrs 30 mins*

**Journal: What Questions Do You Have?**

Write down your thoughts about teen depression, suicidal thinking, and eating disorders. Write down any unanswered questions you might still have.

*Duration: 0 hrs 15 mins*

**Study: Getting Help**

Learn about resources for dealing with emotional and mental health problems. Learn about when, why, and how to get help for yourself or a friend.

*Duration: 0 hrs 30 mins*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:  
10 points*

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**LESSON 5: THOUGHTS AND FEELINGS WRAP-UP****Review: Thoughts and Feelings**

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

*Duration: 1 hr*

**Test (CS): Thoughts and Feelings**

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

*Duration:*

*0 hrs 20 mins Scoring: 40 points*

**Test (TS): Thoughts and Feelings**

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

*Duration: 0*

*hrs 45 mins Scoring: 30 points*

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## LESSON 6: DIAGNOSTIC

### **Diagnostic: Thoughts and Feelings**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## UNIT 3: NUTRITION

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### LESSON 1: WHY EAT HEALTHFULLY?

#### **Study: What a Body Needs**

Learn about the nutrients the body needs, such as protein, carbohydrates, fats, vitamins, minerals, and water. Discover good sources of each nutrient.

*Duration: 0 hrs 30 mins*

#### **Study: The Benefits of Healthy Eating**

Learn about non-disease-related benefits of eating healthfully, as well as ways to prevent or reduce the risk of diseases such as cancer, cardiovascular disease, osteoporosis, diabetes, and obesity.

*Duration: 0 hrs 30 mins*

#### **Practice: My Plan**

You will complete the My Pyramid Plan, and then describe how you measure up. If there are areas where you could improve, you should describe how.

*Duration: 0 hrs 30 mins Scoring: 20 points*

#### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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### LESSON 2: THINK BEFORE YOU SWALLOW

#### **Study: Ready, Willing, and Label**

Learn to interpret food labels and understand key food-label terms. Learn why trans fat is included on labels and why it is a health issue. Learn the meaning of food-label claims. Learn about FDA-approved health

claims.

*Duration: 0 hrs 30 mins*

### **Study: Understanding Our Food Choices**

Consider your personal food likes and dislikes. Learn about factors that influence the foods you eat. Learn about healthful snacks and how to plan for healthful meals, both at home and when dining out.

*Duration: 0 hrs 30 mins*

### **Practice: Your Meal Plan**

Using Health Skill No. 4, setting goals, plan for one day's worth of healthful meals and snacks. Explain what is healthful about each meal or snack.

*Duration: 0 hrs 30 mins Scoring: 20 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## **LESSON 3: MANAGING YOUR WEIGHT**

### **Study: Determining Your Healthy Weight**

Learn key terms and concepts associated with weight and body composition. Learn about essential body fat, healthy weight in adolescents, and the obesity epidemic. Visit the Web site of the Center for Disease Control and Prevention and calculate your BMI.

*Duration: 0 hrs 30 mins*

### **Study: Healthy Food, Healthy Choices**

Learn how many calories you should eat and how the body expends calories. Learn how to maintain a healthy weight. Identify risky weight-loss strategies. Learn about healthy strategies for losing or gaining weight.

*Duration: 0 hrs 30 mins*

### **Journal: Managing Your Weight**

Keep track of one day's calorie intake and expenditure and reflect on your experience.

*Duration: 0 hrs 15 mins*

### **Discuss: Environmental Changes**

Discuss how your environment encourages or discourages obesity. Discuss ways in which you might change your environment in order to reduce the risk of becoming overweight or obese.

*Duration: 0 hrs 30*

*mins Scoring: 25 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

10 points

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## LESSON 4: FOOD SAFETY

### Study: Food Sickness and Safety

Learn about the most common food-borne illnesses and how to prevent them by using the four simple steps to food safety: clean, separate, cook, and chill.

*Duration: 0 hrs 30 mins*

### Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## LESSON 5: NUTRITION WRAP-UP

### Review: Nutrition

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

*Duration: 1 hr*

### Test (CS): Nutrition

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

*Duration: 0 hrs 30 mins*

*Scoring: 40 points*

### Test (TS): Nutrition

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

*Duration: 0 hrs 45 mins*

*Scoring: 30 points*

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## LESSON 6: DIAGNOSTIC

### Diagnostic: Nutrition

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0*

*hrs 30 mins Scoring: 20 points*

## UNIT 4: PHYSICAL ACTIVITY

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### LESSON 1: WHY IS PHYSICAL ACTIVITY IMPORTANT?

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**Study: All About Physical Activity**

Learn about physical activity and the benefits of being active, including health-related, mental, spiritual, and social benefits. Explore the difference between moderate and vigorous physical activity. Familiarize yourself with the physical activity pyramid.

*Duration: 0 hrs 30 mins*

**Practice: How Physically Active Am I?**

Track your physical activities for five days. Write one paragraph about how well you follow the recommendations for physical activity or how you could improve.

*Duration: 0 hrs 30 mins Scoring: 20 points*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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**LESSON 2: WHAT IS PHYSICAL FITNESS?****Study: Physical Fitness and Health-Related Fitness**

Learn about physical fitness. Explore the five components of health-related fitness. Learn types of exercises for each component of health-related fitness.

*Duration: 0 hrs 30 mins*

**Discuss: Teens and Health-Related Fitness**

Discuss health-related fitness as it pertains to teens.

*Duration: 0 hrs 20*

*mins Scoring: 10 points*

**Study: Skill-Related Fitness**

Learn about the six skills that are related to fitness: agility, balance, coordination, reaction time, speed, and power.

*Duration: 0 hrs 15 mins*

**Study: The FITT Formula**

Learn the concepts of the FITT formula and how to apply it to your own exercise plan.

*Duration: 0 hrs 15 mins*

**Study: Heart Rate**

Learn about resting and target heart rates and why they are important to monitor.

*Duration: 0 hrs 15*

*mins*

**Journal: How Physically Fit Are You?**

Complete fitness challenges, including a one-mile-walk, step, and sit-and-reach tests, sit-ups, and pull-ups.

*Duration: 0 hrs 30 mins*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## **LESSON 3: BEING PHYSICALLY ACTIVE**

### **Study: What Influences Physical Activity?**

Learn what factors influence your level of physical activity. Learn how to identify and overcome obstacles to engaging in physical activity. Explore physical activities that you can participate in throughout your life. Learn to set goals for physical activity.

*Duration: 0 hrs 20 mins*

### **Journal: Influences and Barriers**

Write about factors that influence your level of physical activity, obstacles to being active, and ways to overcome them. Answer questions in order to identify physical activities in which you can participate.

*Duration: 0 hrs 15 mins*

### **Practice: My Physical Activity Goal**

Determine how and where you can incorporate physical activities into your life on a daily or weekly basis. Monitor your progress toward that goal for one week.

*Duration: 0 hrs 30 mins Scoring: 20 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## **LESSON 4: PHYSICALLY ACTIVE, INJURY FREE, AND QUACKPROOF**

### **Study: Preparing for Physical Activity**

Learn to prepare for physical activity, including choosing appropriate clothing, equipment, and gear, and protecting yourself from the elements.

*Duration: 0 hrs 15 mins*

### **Study: Why Warm Up and Cool Down?**

Learn about the importance of warming up before and cooling down after physical activity. Learn some warm-up and cool-down exercises.

*Duration: 0 hrs 15 mins*

### **Study: What's Quackery?**

Learn about quackery and advertising techniques that quacks typically use. Learn how to be an informed consumer and to avoid scams.

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*Duration: 0 hrs 15 mins*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## **LESSON 5: PHYSICAL ACTIVITY WRAP-UP**

### **Review: Physical Activity**

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

*Duration: 1 hr*

### **Test (CS): Physical Activity**

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

*Duration: 0 hrs*

*30 mins Scoring: 40 points*

### **Test (TS): Physical Activity**

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

*Duration: 0 hrs 45*

*mins Scoring: 30 points*

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## **LESSON 6: DIAGNOSTIC**

### **Diagnostic: Physical Activity**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## **UNIT 5: ALCOHOL, TOBACCO, AND OTHER DRUGS**

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### **LESSON 1: ALCOHOL**

#### **Study: Things to Know about Alcohol**

Learn about alcohol, the effects of alcohol on the body's systems, and the effects of binge drinking.

*Duration: 0 hrs 30 mins*

#### **Study: Alcohol and Your Mind**

Learn about alcohol's effects on thinking and decision-making, and how drinking can lead

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to negative outcomes. Learn about organizations such as Alcoholics Anonymous or Al-Anon.

*Duration: 0 hrs 30 mins*

### **Study: Influences on Drinking Alcohol**

Learn about the influences on alcohol consumption. Explore alcohol-related topics such as social pressures, advertising and the media, and legal and policy factors.

*Duration: 0 hrs 30 mins*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## **LESSON 2: TOBACCO**

### **Study: Tobacco: To Be Avoided**

Learn about tobacco's harmful effects, advertising, and tobacco laws;

*Duration: 0 hrs*

*30 mins*

### **Study: Powerful Influences**

Learn about influences on smoking, anti-smoking groups, and how to quit smoking.

*Duration: 0 hrs 30 mins*

### **Practice: Communicating About Tobacco**

Answer questions about tobacco-related situations using your health skills.

*Duration: 0 hrs 30 mins Scoring: 20 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## **LESSON 3: OTHER DRUGS**

### **Study: Gray Matter**

Learn about the short- and long-term effects of drugs on the brain and nervous system.

*Duration: 0*

*hrs 30 mins*

### **Study: Different Types of Drugs**

Learn about the different types of drugs and their effects.

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*Duration: 0 hrs 15 mins*

**Study: Drug Use and Abuse**

Learn about drug use and abuse. Learn four factors that influence drug abuse. Find out where to get help with drug addiction.

*Duration: 0 hrs 30 mins*

**Journal: What Are Your Attitudes?**

Write about your attitudes toward alcohol, tobacco, and other drug use, and about what influences those attitudes.

*Duration: 0 hrs 15 mins*

**Discuss: Drug Attitudes and Actions**

Discuss attitudes about alcohol, tobacco, and other drugs, and changes you would like to make to drug-related attitudes and behaviors.

*Duration: 0 hrs 30 mins Scoring: 10 points*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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**LESSON 4: TAKE A STAND, MAKE A DIFFERENCE**

**Study: Youth Advocacy**

Review health skills including communication, goal setting, decision-making, and advocacy. Learn about youth-advocacy efforts. Consider which advocacy effort is best suited to problems in your school, neighborhood, or community.

*Duration: 0 hrs 30 mins*

**Practice: Advocacy Project**

Think about what kinds of advocacy projects you might want to start or get involved with, considering the needs of your community.

*Duration: 0 hrs 30 mins Scoring: 20 points*

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**LESSON 5: ALCOHOL, TOBACCO, AND OTHER DRUGS WRAP-UP**

**Review: Alcohol, Tobacco, and Other Drugs**

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

*Duration: 0*

*hrs 20 mins*

**Test (CS): Alcohol, Tobacco, and Other Drugs**

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

unit.

*Duration: 0 hrs 20 mins Scoring: 40 points*

### **Test (TS): Alcohol, Tobacco, and Other Drugs**

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

*Duration: 0 hrs 45 mins Scoring: 30 points*

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## **LESSON 6: DIAGNOSTIC**

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

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## **UNIT 6: INJURY PREVENTION AND SAFETY**

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### **LESSON 1: INJURIES AND TAKING RISKS**

#### **Study: No Such Things as Accidents?**

Define intentional and unintentional injury. Learn about the types and frequency of injuries that occur most often during adolescence.

*Duration: 0 hrs 30 mins*

#### **Study: Intentional and Preventable**

Categorize certain injuries as intentional, unintentional, preventable, or unpreventable. Explain how to avert each preventable injury. Define risk and risk-taking. Give examples of healthy risks and unhealthy risks.

*Duration: 0 hrs 30 mins*

#### **Practice: A Preventable Death**

Practice identifying and averting unhealthy risks.

*Duration: 0 hrs 30 mins Scoring: 20 points*

#### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring: 10 points*

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### **LESSON 2: PREVENTING VIOLENCE**

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**Study: Violence Is a Form of Intentional Injury**

Learn definitions and give examples of bullying, dating violence, sexual harassment and assault, weapon use, and domestic violence.

*Duration: 0 hrs 30 mins*

**Study: Anger Without Violence**

Learn strategies for preventing types of violence.

*Duration: 0 hrs 30 mins*

**Practice: Prevent, Avoid, or Resolve?**

Respond to scenarios that illustrate types of violence. Select the appropriate steps for preventing, avoiding, or resolving each violent situation.

*Duration: 0 hrs 30 mins Scoring: 20 points*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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**LESSON 3: SAVE A LIFE OR A LIMB****Study: First Aid for Every Injury**

Learn first aid procedures for common injuries. Learn about blood-handling precautions that prevent the spread of blood-borne infections.

*Duration: 0 hrs 30 mins*

**Study: Save a Life with Emergency Aid**

Apply the steps of decision-making to learn when to use emergency procedures, and what to do for shock and poisoning. Observe an animated demonstration of each procedure. Learn about where you can get further training and certification in emergency-aid procedures.

*Duration: 0 hrs 30 mins*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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**LESSON 4: BE SAFE, THINK SAFE****Study: Safety in Unusual Events**

Learn about how to stay safe during natural disasters.

*Duration: 0 hrs 30 mins*

**Journal: Natural Disasters and Acts of Terror**

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List natural disasters that could occur where you live and that you might have already experienced. Write about what worries you most about these events and what preparations you will take in order to stay safe.

*Duration: 0 hrs 15 mins*

### **Discuss: What Would You Do?**

Discuss natural disasters that you have experienced. Discuss worries or concerns you might have about potential natural disasters or terrorist acts. Consider what preparation or information would make you feel safer.

*Duration: 0 hrs 20 mins Scoring: 10 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## **LESSON 5: INJURY PREVENTION AND SAFETY WRAP-UP**

### **Review: Injury Prevention and Safety**

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

*Duration: 0 hrs 20*

*mins*

### **Test (CS): Injury Prevention and Safety**

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

*Duration: 0 hrs 30 mins Scoring: 40 points*

### **Test (TS): Injury Prevention and Safety**

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

*Duration: 0 hrs 45 mins Scoring: 30 points*

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## **LESSON 6: DIAGNOSTIC**

### **Diagnostic: Injury Prevention and Safety**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## **UNIT 7: SOCIAL AND SEXUAL HEALTH**

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## LESSON 1: RELATIONSHIPS

### **Study: Family Relationships and Friendships**

Learn about types of family relationships. Understand what families provide. Explore friendship and different qualities of friendships. Learn how to initiate, maintain, and end friendships.

*Duration: 0 hrs 30 mins*

### **Study: Romantic Relationships**

Learn about dating and how to establish dating rules and limits. Acquire some dating skills. Learn about resources that can provide you with relationship help.

*Duration: 0 hrs 30 mins*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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## LESSON 2: THE REPRODUCTIVE SYSTEMS

### **Study: The Female Reproductive System**

Learn about the female reproductive system.

*Duration: 0 hrs 30 mins*

### **Study: Female Puberty and Menarche**

Learn about the menstrual cycle, the roles of estrogen and progesterone, ovulation, and factors that can affect the menstrual cycle.

*Duration: 0 hrs 30 mins*

### **Study: Female Reproductive Health**

Learn about female reproductive health issues.

*Duration: 0 hrs 30 mins*

### **Study: The Male Reproductive System**

Learn about the male reproductive system.

*Duration: 0 hrs 30 mins*

### **Study: Male Puberty**

Learn about physical changes that males undergo during puberty.

*Duration: 0 hrs 30 mins*

### **Study: Male Reproductive Health**

Learn about male reproductive health issues.

*Duration: 0 hrs 30 mins*

### **Practice: Reproductive Health**

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Using Health Skill No. 7, advocacy, choose a reproductive health issue and write about it.

*Duration: 0 hrs 30 mins Scoring: 20 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:  
10 points*

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## **LESSON 3: MAKING DECISIONS ABOUT SEX**

### **Study: Facts about Teenage Sex**

Learn facts about sex and risks associated with the decision to have sex, including STDs, pregnancy, and HIV.

*Duration: 0 hrs 30 mins*

### **Study: Dealing with Pressures to Have Sex**

Learn how to say no to sex. Explore alternatives to sex, tactics for delaying sex, how to set personal limits, and how to avoid certain sexual situations. Learn about the importance of respecting others' sexual limits and decisions.

*Duration: 0 hrs 30 mins*

### **Practice: Dear Blabby: Refusal Skills**

Pretend you are a syndicated columnist. Answer a letter that talks about saying no to sex.

*Duration: 0 hrs 30 mins Scoring: 20 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:  
10 points*

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## **LESSON 4: MARRIAGE, PARENTHOOD, AND PREVENTING PREGNANCY**

### **Study: Things to Know about Marriage**

Learn about marriage, how to predict marital success, the risks involved in teenage marriage, and how to decide whether to marry.

*Duration: 0 hrs 30 mins*

### **Study: Pregnancy and Parenthood**

Learn about pregnancy, as well as the responsibilities of parenthood, the risks and consequences of teenage pregnancy and parenthood, and how to decide whether to have children.

*Duration: 0 hrs 30  
mins*

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**Journal: Interview a Parent**

Interview a parent or guardian. Speak with him or her about the experience of being a parent. Write a short paragraph about one thing you learned from the interview.

*Duration: 0 hrs 15 mins*

**Study: Preventing Pregnancy — What Works**

Learn about which pregnancy-prevention techniques work.

*Duration: 0*

*hrs 30 mins*

**Study: Preventing Pregnancy — What Doesn't Work**

Learn about methods that fail to prevent pregnancy.

*Duration: 0*

*hrs 30 mins*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

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**LESSON 5: SOCIAL AND SEXUAL HEALTH WRAP-UP****Review: Social and Sexual Health**

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

*Duration: 1 hr*

**Test (CS): Social and Sexual Health**

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

*Duration: 0 hrs 30 mins Scoring: 40 points*

**Test (TS): Social and Sexual Health**

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

*Duration:*

*0 hrs 45 mins Scoring: 30 points*

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**LESSON 6: DIAGNOSTIC****Diagnostic: Social and Sexual Health**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hrs 30 mins Scoring: 20 points*

---

**UNIT 8: PERSONAL, COMMUNITY, AND ENVIRONMENTAL HEALTH**

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## LESSON 1: CAUSES OF DISEASES AND DISORDERS

### **Study: Things to Know about Diseases and Disorders**

Learn definitions and examples of hereditary diseases, congenital disorders, infectious diseases, and noninfectious diseases.

*Duration: 0 hrs 30 mins*

### **Practice: Disease Prevention Know-How**

Categorize certain hereditary, congenital, and infectious diseases and disorders. Indicate an appropriate prevention strategy for each.

*Duration: 0 hrs 30 mins Scoring: 20 points*

### **Study: Reduce Your Risk**

Learn about noninfectious diseases with a genetic component. Explore prevention strategies for diseases such as cancer and heart disease. Learn about risk reduction.

*Duration: 0 hrs 30 mins*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

---

## LESSON 2: YOUR PERSONAL ROLE IN DISEASE PREVENTION

### **Study: What Influences Your Health?**

Examine the influences of behavior choices, environment, genetics, and health care on disease.

*Duration: 0 hrs 30 mins*

### **Study: Preventing STDs is a Lifestyle Decision**

Learn to prevent sexually transmitted infections.

*Duration: 0 hrs 30*

*mins*

### **Discuss: Messages About STDs**

Discuss media messages about sex and STDs. Discuss how to use your knowledge of STDs to prevent yourself from contracting one.

*Duration: 0 hrs 20 mins Scoring: 10 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

---

## LESSON 3: COMMUNITY HEALTH

### **Study: Things to Know about Community Health**

Learn about community health and about negative and positive factors that influence it.

*Duration: 0 hrs 30 mins*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

---

## LESSON 4: YOU AND THE ENVIRONMENT

### **Study: The Environment and Your Health**

Learn how individual behaviors affect the environment. Learn how environmental factors affect individual health.

*Duration: 0 hrs 30 mins*

### **Journal: Your Environmental Score**

Write about how you protect, ignore, or trash the environment in your daily life. Assign your behavior a score.

*Duration: 0 hrs 15 mins*

### **Practice: Advocate for Change**

Walk around your neighborhood and complete an environmental inventory. Choose one aspect of your environment that needs improvement. Create a plan for advocating for that change.

*Duration: 0 hrs 30 mins*

*Scoring: 20 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hrs 20 mins Scoring:*

*10 points*

---

## LESSON 5: PERSONAL, COMMUNITY, AND ENVIRONMENTAL HEALTH WRAP-UP

### **Review: Personal, Community, and Environmental Health**

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

*Duration: 0 hrs 20 mins*

### **Test (CS): Personal, Community, and Environmental Health**

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

*Duration: 0 hrs 20 mins Scoring: 40 points*

### **Test (TS): Personal, Community, and Environmental Health**

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

*Duration: 0 hrs 45 mins Scoring: 30 points*

---

## **LESSON 6: DIAGNOSTIC**

### **Diagnostic: Personal, Community, and Environmental Health**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## **UNIT 9: HEALTH OPPORTUNITIES THROUGH PHYSICAL EDUCATION SEMESTER 1 REVIEW AND EXAM**

---

### **LESSON 1: HEALTH OPPORTUNITIES THROUGH PHYSICAL EDUCATION SEMESTER 1**

#### **Review: Health Opportunities through Physical Education Semester 1**

Prepare for the semester exam by reviewing key concepts covered in Health Opportunities through Physical Education Semester 1.

*Duration: 4 hrs*

#### **Exam: Health Opportunities through Physical Education Semester 1**

Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in Health Opportunities through Physical Education Semester 1.

*Duration: 0*

*hrs 50 mins Scoring: 75 points*

#### **Final Exam: Health Opportunities through Physical Education Semester 1**

Take a teacher-scored exam to demonstrate your mastery of concepts and skills covered in Health Opportunities through Physical Education Semester 1.

*Duration: 1 hr 10 mins Scoring: 75 points*

## **UNIT 10: P.E. DESIGNED FOR ME**

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

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

Review the guidelines to participating in this semester of the course, semester 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 this semester of 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**

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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 this semester.

*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*

---

## LESSON 7: DIAGNOSTIC

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

Test your understanding of this unit.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## UNIT 11: 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**

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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**

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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*

---

**LESSON 6: DIAGNOSTIC**

**Diagnostic: Is My Body Good to Go?**

Test your understanding of this unit.

*Duration: 0 hrs 30 mins Scoring: 20 points*

**UNIT 12: GREAT FOR THE HEART**

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**LESSON 1: WORK YOUR HEART OUT**

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**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*

---

## LESSON 6: DIAGNOSTIC

### **Diagnostic: Great for the Heart**

Test your understanding of this unit.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## UNIT 13: FIT AS A FIDDLE

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### 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**

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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**

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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*

---

## LESSON 6: DIAGNOSTIC

### **Diagnostic: Fit as a Fiddle**

Test your understanding of this unit.

*Duration: 0 hrs 30 mins Scoring: 20 points*

## UNIT 14: FITNESS ADVENTURE

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### 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

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### **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*

---

**LESSON 6: DIAGNOSTIC****Diagnostic: Fitness Adventure**

Test your understanding of this unit.

*Duration: 0 hrs 30 mins Scoring: 20 points*

**UNIT 15: HEALTH OPPORTUNITIES THROUGH PHYSICAL EDUCATION SEMESTER 2  
REVIEW AND EXAM**

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**LESSON 1: HEALTH OPPORTUNITIES THROUGH PHYSICAL EDUCATION SEMESTER 2**

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**Review: Health Opportunities through Physical Education Semester 2**

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

*Duration: 6 hrs*

**Exam: Health Opportunities through Physical Education Semester 2**

Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in Health Opportunities through Physical Education Semester 2.

*Duration: 0*

*hrs 30 mins Scoring: 50 points*

**Final Exam: Health Opportunities through Physical Education Semester 2**

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

*Duration: 1 hr 30 mins Scoring: 150 points*