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

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
Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring:
10 points

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
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

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

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
LESSON 1: ENHANCING YOUR SENSE OF SELF

**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*

---

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*

---

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*
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*

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*

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
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: 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**

---

**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

---

**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

---

Core > Health Opportunities through Physical Education (HOPE)
Copyright © 2013 Apex Learning Inc. Apex Learning®, the Apex Learning logo, ClassTools®, ClassTools Achieve®, ClassTools Virtual, Literacy Advantage, and Beyond Books® are either registered trademarks or trademarks of Apex Learning Inc.
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*

---

**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:*
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

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

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

LESSON 1: WHY IS PHYSICAL ACTIVITY IMPORTANT?
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

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
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

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.
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

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

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

**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

---

**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

---

**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.
**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*

---

**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*

---

**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.

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

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

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

LESSON 2: PREVENTING VIOLENCE
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

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

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
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*

---

**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*

---

**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**
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

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
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*

---

**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*

---

**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*
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

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

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
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

---

Core > Health Opportunities through Physical Education (HOPE)
Copyright © 2013 Apex Learning Inc. Apex Learning®, the Apex Learning logo, ClassTools®, ClassTools Achieve®, ClassTools Virtual, Literacy Advantage, and Beyond Books® are either registered trademarks or trademarks of Apex Learning Inc.
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**

---

**LESSON 1: ONLINE P.E.**
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
Complete and submit your fitness log for the week.

**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*
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
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*

---

**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**

**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*

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

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
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

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

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

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

LESSON 1: HEALTH OPPORTUNITIES THROUGH PHYSICAL EDUCATION SEMESTER 2
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