

Healthful Living 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.

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

This course is built to state standards for health and physical education and informed by the National Health Standards (SHAPE).

Length: Two semesters

UNIT 1: MENTAL AND EMOTIONAL HEALTH

LESSON 1: INTRODUCTION TO HEALTH

Study: What Is Health?

Learn about the three components that make up your health.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: What Is Health?

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Study: Taking Control of Your Health

Learn about how to take control of your health.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Taking Control of Your Health

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 2: YOUR MENTAL AND EMOTIONAL HEALTH

Study: Stress Management and Self-Esteem

Learn about how to manage your stress.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Stress Management and Self-Esteem

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Study: Influences on Mental and Emotional Health

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Influences on Mental and Emotional Health

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Your Mental and Emotional Health

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

LESSON 3: SUICIDE AND VIOLENCE PREVENTION

Study: Suicide

Learn about the causes and ways to prevent suicide.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Suicide

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Study: Violence and Gang Involvement

Learn about ways to prevent violence.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Violence and Gang Involvement

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Checkup: Suicide and Violence Prevention

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

LESSON 4: COMMUNICATION SKILLS

Journal: Assessing Your Mental and Emotional Health

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

Study: Communication Strategies

Learn about strategies to help you communicate and negotiate.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Communication Strategies

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Project: Practicing Refusal, Collaboration, and Conflict-Resolution

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

Duration: 3 hrs Scoring: 75 points

LESSON 5: WRAP UP: MENTAL AND EMOTIONAL HEALTH

Review: Mental and Emotional Health

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

Duration: 0 hrs 20 mins Scoring: 0 points

Test (CS): Mental and Emotional Health

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

Duration: 0 hrs 40 mins Scoring: 60 points

Test (TS): Mental and Emotional Health

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

Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 2: FITNESS AND NUTRITION

LESSON 1: GUIDELINES FOR FITNESS AND NUTRITION

Study: Physical Fitness

Learn about physical fitness and how it affects your health.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Physical Fitness

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Study: Good Nutrition

Learn about how the food you eat affects your health.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Good Nutrition

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Guidelines for Fitness and Nutrition

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

LESSON 2: THREATS TO FITNESS AND GOOD NUTRITION**Study: Evaluating Health Products, Practices, and Services**

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Evaluating Health Products, Practices, and Services

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Study: Eating Disorders

Learn about the causes and effects of eating disorders.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Eating Disorders

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Checkpoint: Threats to Fitness and Good Nutrition

Checkpoint and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

LESSON 3: PLANNING FOR FITNESS AND GOOD NUTRITION**Journal: Assess Your Fitness and Nutritional Status**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

Study: Setting Goals and Formulating a Plan

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Setting Goals and Formulating a Plan

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Project: Your Plan for Fitness and Good Nutrition

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

Duration: 3 hrs Scoring: 75 points

LESSON 4: WRAP UP: FITNESS AND NUTRITION

Review: Fitness and Nutrition

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

Duration: 0 hrs 20 mins Scoring: 0 points

Test (CS): Fitness and Nutrition

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

Duration: 0 hrs 40 mins Scoring: 60 points

Test (TS): Fitness and Nutrition

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

Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 3: DRUGS**LESSON 1: DRUG USE AND ABUSE****Study: Alcohol, Tobacco, and Other Drugs**

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Alcohol, Tobacco, and Other Drugs

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Study: Influences on Drug Usage

Learn about how drug usage affects your life.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Influences on Drug Usage

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Drug Use and Abuse

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

LESSON 2: LIVING DRUG FREE**Study: Communicating About Drugs**

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Communicating About Drugs

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Study: Resources for Protection Against Drug Abuse

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Resources for Protection Against Drug Abuse

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Checkup: Living Drug Free

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

LESSON 3: ADVOCATING FOR A DRUG-FREE LIFESTYLE**Journal: ATOD Action Plan**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

Study: Advocating Against ATOD Use

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Advocating Against ATOD Use

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Project: ATOD Educational Campaign

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

Duration: 3 hrs Scoring: 75 points

LESSON 4: WRAP UP: DRUGS

Review: Drugs

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

Duration: 0 hrs 20 mins Scoring: 0 points

Test (CS): Drugs

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

Duration: 0 hrs 40 mins Scoring: 60 points

Test (TS): Drugs

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

Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 4: DISEASE

LESSON 1: TYPES OF DISEASES

Study: Communicable Diseases

Learn about communicable disease and how to prevent them.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Communicable Diseases

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Study: Noncommunicable and Chronic Diseases

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Noncommunicable and Chronic Diseases

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Personal Health Plan

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

LESSON 2: PREVENTING DISEASE

Study: Public Health Policies

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Public Health Policies

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Study: Good Hygiene

Learn about hygiene and how to make good health decisions.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Good Hygiene

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Checkup: Practicing Good Hygiene

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

LESSON 3: SUSCEPTIBILITY, DETECTION, AND TREATMENT OF DISEASE

Journal: Your Susceptibility to Disease

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

Study: Impact of Technology on Health

Learn about how technology can affect your health.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Impact of Technology on Health

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Project: Improving Your Community's Health

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

Duration: 3 hrs Scoring: 75 points

LESSON 4: WRAP UP: DISEASE

Review: Disease

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

Duration: 0 hrs 20 mins Scoring: 0 points

Test (CS): Disease

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

Duration: 0 hrs 40 mins Scoring: 60 points

Test (TS): Disease

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

Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 5: INJURIES

LESSON 1: SAFETY AND INJURY PREVENTION

Study: Personal Safety

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Personal Safety

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Study: Make Decisions to Avoid Injuries

Learn about how your decisions can help avoid injuries.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Make Decisions to Avoid Injuries

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Safety and Injury Prevention

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

LESSON 2: SAFETY LAWS AND FIRST AID

Study: Public Policy and Your Safety

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Public Policy and Your Safety

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Study: First Aid

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: First Aid

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Checkup: Practicing First Aid

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

LESSON 3: WEATHER AND NATURAL DISASTER SAFETY

Journal: Personal Susceptibility to Injury

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

Study: Weather and Natural Disaster Safety

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Weather and Natural Disaster Safety

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Project: Disaster Preparedness

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

Duration: 3 hrs Scoring: 75 points

LESSON 4: WRAP UP: INJURIES

Review: Injuries

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

Duration: 0 hrs 20 mins Scoring: 0 points

Test (CS): Injuries

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

Duration: 0 hrs 40 mins Scoring: 60 points

Test (TS): Injuries

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

Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 6: SEXUAL HEALTH

LESSON 1: REPRODUCTIVE HEALTH AND RELATIONSHIPS

Study: Reproductive Systems

Learn about the male and female reproductive systems.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Reproductive Systems

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Study: Safe and Healthy Relationships

Learn about what makes a safe and healthy relationship.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Safe and Healthy Relationships

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Reproductive Health and Relationships

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

LESSON 2: ABSTINENCE AND ONLINE SAFETY

Study: Practicing Abstinence

Learn about practicing and the benefits of abstinence.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Practicing Abstinence

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Study: Online Safety

Learn about how to navigate the internet safely.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Online Safety

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

Checkup: Abstinence and Online Safety

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

LESSON 3: RECOGNIZING HARMFUL RELATIONSHIPS

Journal: Personal Values and Beliefs

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

Study: Abusive Relationships and Sexual Assault

Learn about abusive relationships.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Abusive Relationships and Sexual Assault

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Project: Preventing and Addressing Abuse

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

Duration: 3 hrs Scoring: 75 points

LESSON 4: SAFE SEXUALITY AND PREGNANCY

Study: STDs/STIs and Contraceptive Methods

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

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: STIs/STDs and Contraceptive Methods

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Study: Pregnancy and Parenting

Learn about pregnancy and parenting.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Pregnancy and Parenting

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Safe Sexuality and Pregnancy

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

LESSON 5: WRAP UP: SEXUAL HEALTH

Review: Sexual Health

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

Duration: 0 hrs 20 mins Scoring: 0 points

Test (CS): Sexual Health

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

Duration: 0 hrs 40 mins Scoring: 60 points

Test (TS): Sexual Health

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

Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 7: SEMESTER REVIEW AND EXAM

LESSON 1: SEMESTER REVIEW AND EXAM

Review: Semester Review and Exam

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

Duration: 1 hr Scoring: 0 points

Exam: Semester Wrap Up

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

Duration: 0 hrs 45 mins Scoring: 60 points

Final Exam: Semester Wrap Up

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

Duration: 0 hrs 45 mins Scoring: 60 points

UNIT 8: P.E. DESIGNED FOR ME

LESSON 1: ONLINE P.E.

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

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

Duration: 0 hrs 30 mins

Practice: Commitment Statement

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

Duration: 0 hrs 5 mins Scoring: 30 points

Discuss: Meet Your Team

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

Duration: 0 hrs 20 mins Scoring: 15 points

Quiz: Online P.E.

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: FITNESS LOGS**Activity Log: Fitness Log # 1**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 2

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 3

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 4

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 5

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 6

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 7

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 8

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 9

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 10

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 11

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 12

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 13

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 14

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 15

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 16

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 17

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

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

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

Duration: 0 hrs 30 mins

Study: Cool It Down

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

Duration: 0 hrs 30 mins

Practice: Design Your Routine

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

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Warm It Up, Cool It Down

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

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

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

Duration: 0 hrs 30 mins

Study: Workout Prescription

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

Duration: 0 hrs 30 mins

Practice: Setting and Reaching Goals

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

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Setting Fitness Goals

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

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

Discuss different careers related to health and fitness.

Duration: 0 hrs 30 mins

Explore: Career Exploration

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

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Career and Educational Options

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 6: P.E. DESIGNED FOR ME WRAP-UP**Review: P.E. Designed for Me**

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

Duration: 0 hrs 30 mins

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

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

Duration: 0 hrs 30 mins Scoring: 40 points

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

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

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 9: IS MY BODY GOOD TO GO?**LESSON 1: YOUR FITNESS NEEDS****Study: Body Types**

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

Duration: 0 hrs 30 mins

Study: Assess the Situation

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

Duration: 0 hrs 30 mins

Journal: Good Body

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

Duration: 0 hrs 30 mins Scoring: 20 points

Quiz: Your Fitness Needs

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: SAFETY FACTORS**Study: Reduce Your Risks**

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

Duration: 0 hrs 30 mins

Study: Safety Equipment

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

Duration: 0 hrs 30 mins

Practice: Playing It Safe

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

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Safety Factors

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 3: DON'T HURT YOURSELF

Study: Common Injuries

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

Duration: 0 hrs 30 mins

Study: Treatment for Common Injuries

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

Duration: 0 hrs 30 mins

Explore: Career Exploration

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

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Don't Hurt Yourself

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: HEALTH PRACTICES

Study: Proper Nutrition

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

Duration: 0 hrs 30 mins

Study: Poor Choices, Poor Results

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

Duration: 0 hrs 30 mins

Discuss: Nutritious and Delicious

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

Duration: 0 hrs 20 mins Scoring: 15 points

Practice: Nobody's Perfect

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

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Health Practices

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

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

Review: Unit Review

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

Duration: 0 hrs 30 mins

Test (CS): Computer-Scored Test

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

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Teacher-Scored Test

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

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 10: GREAT FOR THE HEART

LESSON 1: WORK YOUR HEART OUT

Study: A Happy Heart

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

Duration: 0 hrs 30 mins

Study: Exercise Principles

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

Duration: 0 hrs 30 mins

Practice: Be Your Own Heart Rate Monitor

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

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Work Your Heart Out Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: JOIN THE TEAM**Study: Team Sports**

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

Duration: 0 hrs 30 mins

Study: History of the Game

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

Duration: 0 hrs 30 mins

Explore: Have You Ever Played?

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

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Join the Team Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 3: TEAM CONCEPTS**Study: Offense Versus Defense**

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

Duration: 0 hrs 30 mins

Study: Conflict Happens

Learn to recognize and resolve conflict during physical activity.

Duration: 0 hrs 30 mins

Practice: My Team of Choice

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

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Team Concepts Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: SPORTSMANSHIP**Study: Be a Good Sport**

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

Duration: 0 hrs 30 mins

Study: Teammates Are Forever

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

Duration: 0 hrs 30 mins

Journal: Am I a Good Sport?

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

Duration: 0 hrs 30 mins Scoring: 20 points

Discuss: Competitive Versus Aggressive

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

Duration: 0 hrs 20 mins Scoring: 15 points

Quiz: Sportsmanship Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 5: GREAT FOR THE HEART WRAP-UP

Review: Great for the Heart Review

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

Duration: 0 hrs 30 mins

Test (CS): Great for the Heart

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

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Great for the Heart

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

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 11: FIT AS A FIDDLE

LESSON 1: MUSCLE MADNESS

Study: Muscular System

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

Duration: 0 hrs 30 mins

Study: Strength Training

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

Duration: 0 hrs 30 mins

Practice: Strength Training

Develop a weight training program for your personal use.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Muscle Madness

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: TIME FOR ANAEROBICS

Study: Anaerobic Exercise

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

Duration: 0 hrs 30 mins

Study: Benefits of Anaerobic Exercise

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

Duration: 0 hrs 30 mins

Discuss: Safe to Get Buff

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

Duration: 0 hrs 20 mins Scoring: 15 points

Journal: Anaerobic for Life

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

Duration: 0 hrs 30 mins Scoring: 20 points

Quiz: Time for Anaerobics

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 3: INDIVIDUAL SPORTS

Study: Individual Sporting Activities

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

Duration: 0 hrs 30 mins

Study: History of the Game

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

Duration: 0 hrs 30 mins

Practice: For the Sport of It

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

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Individual Sports

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: SPORTS DOWNFALLS

Study: Too Much of a Good Thing

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

Duration: 0 hrs 30 mins

Study: Sports and Drugs

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

Duration: 0 hrs 30 mins

Explore: Career Exploration

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

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Sports Downfalls

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 5: FIT AS A FIDDLE WRAP-UP

Review: Fit as a Fiddle

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

Duration: 0 hrs 30 mins

Test (CS): Fit as a Fiddle

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

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Fit as a Fiddle

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

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 12: FITNESS ADVENTURE

LESSON 1: OUTDOOR FITNESS FUN

Study: Explore the Outdoors: Land

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

Duration: 0 hrs 30 mins

Study: Explore the Outdoors: Water

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

Duration: 0 hrs 30 mins

Discuss: The Great Outdoors

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

Duration: 0 hrs 20 mins Scoring: 15 points

Journal: Leaving the Comfort Zone

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

Duration: 0 hrs 30 mins Scoring: 20 points

Quiz: Outdoor Fitness Fun

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: HAVE FUN AND BE CAREFUL**Study: Preparing for Outdoor Adventures**

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

Duration: 0 hrs 30 mins

Study: Being Adventurous, Safely

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

Duration: 0 hrs 30 mins

Practice: A Weekend Away

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

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Have Fun and Be Careful

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 3: ADVENTURE ACTIVITIES**Study: Extreme Sporting**

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

Duration: 0 hrs 30 mins

Study: Borderline Dangerous

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

Duration: 0 hrs 30 mins

Explore: Find a Fit for You

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

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Adventure Activities

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: CONTINUED ATHLETICISM**Study: The Dual Lives of Athletes**

You don't have to live your life for sports to be an athlete. Study examples of people who have a life outside of sports, while still accomplishing great things in the world of athleticism.

Duration: 0 hrs 30 mins

Study: Life After Virtual P.E.

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

Duration: 0 hrs 30 mins

Quiz: Continued Athleticism

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 5: FITNESS ADVENTURE WRAP-UP

Review: Fitness Adventure Review

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

Duration: 0 hrs 30 mins

Test (CS): Fitness Adventure

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

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Fitness Adventure

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

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 13: SEMESTER WRAP-UP

LESSON 1: SEMESTER REVIEW

Review: Semester Review

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

Duration: 6 hrs

Exam: Semester Exam

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

Duration: 0 hrs 30 mins Scoring: 50 points

Test (TS): Semester Exam

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

Duration: 1 hr 30 mins Scoring: 150 points