

Health Opportunities through Physical Education (HOPE)



Pre-Requisites: None

Credits: 0.5 (per segment)

Estimated Completion Time: 2 segments / 32-36 weeks

Earliest Start Date: March 2014

Description

Health Opportunities through Physical Education (HOPE) combines health and physical education and enables students to experience first-hand the many benefits of regular physical activity, proper nutrition, and healthy decision making! The healthy choices students make today will have an impact for a lifetime.

Students begin the course with an assessment of their current physical fitness levels and define personal goals. Fitness training principles are applied to workouts to enhance and improve health-related and skill-related areas of fitness. Students maintain workout logs to track weekly physical activity and assess their progress toward personalized goals.

Additional course topics challenge students to become educated consumers, manage stress, choose nutritious foods, make healthy lifestyle choices, be effective members of a team, and influence others in the community in a positive way. Projects challenge students to seek solutions for issues facing teens in today's culture.

Major Topics and Concepts

Segment 1:

- Application of Fitness and Health Concepts
- Physical Activity Safety Precautions
- Mental and Emotional Health
- Stress Management
- Coping Skills
- Eating Disorders
- Analyzing Consumer Information
- Consumer Responsibilities
- Personal Economic Skills
- Principles of Cardiovascular Fitness
- Cardiovascular System
- Cardiovascular Activities
- Monitoring the Heart
- Target Heart Range
- Health Risk and Safety Factors
- Health & Skill Related Fitness
- Technology Applications in Health

Segment 2:

- Nutrition
- Body Composition
- Muscular Strength and Endurance
- Community Health
- Disease Prevention and Control
- Human Sexuality including Abstinence and HIV
- Alcohol, Drugs and Tobacco
- Teenage Pregnancy
- CPR
- Sportsmanship
- Communication Skills
- Decision Making
- Interpersonal Communication

Required Materials

Course Objectives

Grading Policy

Besides engaging students in challenging curriculum, the course guides students to reflect on their learning and evaluate their progress through a variety of assessments. Assessments can be in the form of practice lessons, multiple choice questions, writing assignments, projects, research papers, oral assessments, and discussions. The course will use the state-approved grading scale and each course contains a unique end of course assessment. This assessment counts for 20% of the student's overall grade and must be passed with a score of 60% or higher.

Communication Policy

Besides engaging students in challenging curriculum, FLVS guides students to reflect on their learning and evaluate their progress through a variety of assessments. Assessments can be in the form of self-checks, practice lessons, multiple choice questions, writing assignments, projects, essays, labs, oral assessments, and discussions. Instructors evaluate progress and provide interventions through the variety of assessments built into a course, as well as through contact with the student in other venues