



## HOPE Semester 1

This course provides students with essential knowledge and decision-making skills for a healthy lifestyle, with an emphasis on fitness. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. In addition, students will assess and evaluate their fitness levels, set goals for improvement, and design a personal fitness program. Other topics of study include substance abuse, safety and injury prevention, and nutrition. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

### **UNIT 1: HOLISTIC HEALTH** (Time Estimate for Content Study 12.5 hours)

- **Section 1.1: Dimensions of Wellness**

- **Section 1.2: Decision-Making Skills**

**Learning Objectives:**

- Interpret the World Health Organization's definition of health
- Contrast the leading causes of death between the 1900s and today
- Examine the purpose and goals of Healthy People 2010
- Explain the difference between controllable and non-controllable risk factors
- Demonstrate what risk factors and health habits are and how they affect the individual
- Analyze the stages of change model and explain its importance
- Describe the steps of the decision making model
- Apply the decision-making model to your life

### **UNIT 2: STARTING A FITNESS PROGRAM** (Time Estimate for Content Study 12.5 hours)

- **Section 2.1: What is Fitness?**

- **Section 2.2: Goal Setting**

- **Section 2.3: Getting Started**

**Learning Objectives:**

- Successfully complete a personal self-assessment
- Analyze your personal fitness assessment according to national standards
- Decide what areas of fitness you need to improve in



- Explain what it means to be physically fit
- Describe the state of our nation in terms of fitness levels
- Analyze skill components versus health components of fitness
- Analyze your personal fitness assessment according to national standards
- Decide what areas of fitness you need to improve in
- Describe the steps for setting appropriate goals
- Set health and fitness goals for the end of the semester
- Create a health and fitness action plan
- Explain safe and effective steps for beginning an exercise program
- Describe factors you can use to help you stay motivated
- Analyze what road blocks keep you from exercising and how you might overcome those obstacles
- Create a workout schedule
- Begin an exercise program

### **UNIT 3: FITNESS SAFETY (Time Estimate for Content Study 12.5 hours)**

- **Section 3.1: Warm Up & Cool Down**
- **Section 3.2: Posture & Technique**
- **Section 3.3: Safety Guidelines**

#### **Learning Objectives:**

- Explain the importance of a proper warm-up and cool down.
- Explain the physiologic benefit of warming up and cooling down.
- Describe the proper procedures for warming up and cooling down.
- Perform a proper warm-up and cool down.
- Describe what proper posture is and how to attain it
- Explain basic rules of technique while exercising
- Identify examples of proper and improper posture and technique
- Demonstrate proper posture and technique while exercising
- Describe general guidelines for safe and effective exercise
- List tips for safe exercise in hot conditions
- List tips for safe exercise in cold conditions
- Describe ways to prevent injury
- List ways to combat muscle soreness
- List safety rules for a specific sport or activity
- Explain how to treat minor soft tissue injuries



- Discuss risk vs. benefit in terms of physical activity and sports
- Understand the importance of contacting a medical care provider for any concerns

**UNIT 4: MENTAL HEALTH** (Time Estimate for Content Study 12.5 hours)

- **Section 4.1: Mental Health**
- **Section 4.2: Coping Skills**
- **Section 4.3: Stress & Time Management**

**Learning Objectives:**

- Distinguish between spiritual, emotional, and intellectual wellness
- Explain Maslow's hierarchy of needs
- Classify mental disorders
- Discuss how society's views affect wellness
- Analyze the relationship between body image and self esteem
- Distinguish between healthy and unhealthy coping mechanisms
- Analyze your own coping styles • Explain when and how to seek help for mental problems
- Analyze the Stages of Grief
- Classify stress, stressors, and the effects of stress as positive or negative
- Summarize the physical, emotional, mental, and behavioral stress response
- Select effective stress management techniques
- Assess appropriate time management techniques

**UNIT 5: SOCIAL HEALTH** (Time Estimate for Content Study 12.5 hours)

- **Section 5.1: Healthy Relationships**
- **Section 5.2: Communications**

**Learning Objectives:**

- Distinguish between a healthy and an unhealthy relationship
- Demonstrate the characteristics of healthy relationships with friends and family
- Summarize the importance of marriage and the responsibilities of parenthood
- Explain what abuse is and how to prevent and avoid it
- Demonstrate effective communication by utilizing proper speaking skills, listening skills, and body language



- Integrate correct conflict resolution techniques into one's life
- Illustrate how to validate others
- Master effective refusal skills

**UNIT 6: NUTRITION** (Time Estimate for Content Study 12.5 hours)

• **Section 6.1: Nutrition**

• **Section 6.2: Weight Management**

**Learning Objectives:**

- List the food groups determined by the USDA
- Explain what nutrients each food group provides the body
- Explain the importance of eating a balanced diet
- Analyze your own diet
- Make steps towards improving your diet
- Analyze a food label
- Describe appropriate portion sizes
- Explain the correlation between energy balance and weight gain or weight loss
- Utilize safe methods for managing your weight
- Identify fad diets
- List the steps in calculating your caloric needs
- Calculate your caloric needs
- Analyze nutrition and fitness myths
- Define eating disorders