



## HOPE Semester 2

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: FITNESS COMPONENTS** (Time Estimate for Content Study 12.5 hours)

- **Section 1.1: Fitness Benefits**
- **Section 1.2: Movement Principles**

#### **Learning Objectives:**

- Explain what area of fitness each test assesses
- Successfully complete a personal self-assessment
- List the short and long term benefits of physical fitness
- Recognize the personal benefits you have seen from exercising regularly
- Define good sportsmanship
- Explain the importance of practicing good sportsmanship
- Define various types of motion
- Demonstrate various movement skills and concepts
- Explain the difference between fundamental and specialized motor skills

### **UNIT 2: EXERCISE PRINCIPLES** (Time Estimate for Content Study 12.5 hours)

- **Section 2.1: Components of Fitness**
- **Section 2.2: FITT Principles**
- **Section 2.3: Heart Rate**

#### **Learning Objectives:**

- Successfully complete a personal self-assessment
- Analyze your personal fitness assessment according to national standards
- Decipher 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
- List and describe the FITT principles of exercise
- Apply the FITT principles to the five components of fitness
- Explain other basic principles of exercise
- Apply the principles of exercise to your own workout sessions
- Define resting heart rate, maximum heart rate, and target heart rate
- Calculate your own resting heart rate, maximum heart rate, and target heart rate
- Take your heart rate manually
- Explain alternative ways to measure your intensity when exercising

### **UNIT 3: DRUGS & ALCOHOL** (Time Estimate for Content Study 12.5 hours)

- Section 3.1: Drug Use
- Section 3.2: Tobacco & Alcohol

#### **Learning Objectives:**

- Define substance abuse, addiction, tolerance, and dependency
- Identify the harmful effects of substance abuse
- Classify the types and effects of various drugs
- Identify the harmful effects of steroids and performance enhancing drugs
- Understand the negative consequences of tobacco use
- Explain the consequences of alcohol use and abuse

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

- **Section 4.1: The Reproductive System**
- **Section 4.2: Abstinence & Contraception**
- **Section 4.3: STDs & AIDS**

#### **Learning Objectives:**

- Identify male and female reproductive anatomy
- Describe changes that occur to the male and female body during adolescence
- Explain the process of conception
- Discuss the benefits of abstinence
- Identify various methods of contraception



- Evaluate the effectiveness of various contraceptive methods
- Explain how STDs, HIV, and AIDS are transmitted
- Determine practices for preventing the transmission of STDs
- Summarize the characteristics of common STDs
- Explain the repercussions of contracting various sexually transmitted diseases
- Identify how HIV is transmitted, treated, and prevented

**UNIT 5: DISEASE & SAFETY** (Time Estimate for Content Study 12.5 hours)

- **Section 5.1: Disease Transmission & Prevention**
- **Section 5.2: Consumer & Environmental Health**
- **Section 5.3: Personal Safety**

**Learning Objectives:**

- Distinguish between the causes of infectious diseases
- Identify modes of transmission for various diseases
- Explain methods of disease prevention and treatment
- Identify the warning signs of quackery
- Assess whether health information is valid and from a credible source
- Differentiate between different types of health insurance
- Develop ways to help improve the quality of the air, land, and water
- Identify a variety of advertising techniques
- Identify behaviors that can help prevent accidents
- Implement safety precautions to avoid acts of violence
- Understand how to respond in emergencies

**UNIT 6: HEALTHY FOR LIFE** (Time Estimate for Content Study 12.5 hours)

- **Section 6.1: Health Interventions**
- **Section 6.2: Health Maintenance**

**Learning Objectives:**

- Learn ways to help change health habits
- Summarize differing venues for health habit modifications
- Evaluate a health goal
- Complete a post assessment
- Explain methods for maintaining your health
- Discuss how a healthy lifestyle can make a difference in all areas of your life