

## HOPE Course: Semester II

### Course Outline & Pacing Guide

This course outline is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
<b>Course Introduction</b>				
Intro	Multimedia Lesson	<i>Semester Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Multimedia Lesson	<i>Fitness Log</i>	n/a	
Intro	Multimedia Lesson	<i>Exercise Requirements</i>	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
<b>Unit 1 Fitness Components</b>				
<b>Section 1.1 Fitness Benefits</b>				
1.1	Multimedia Lesson	<i>Case Study</i>	n/a	
1.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
1.1	Multimedia Lesson	<i>Fitness Analysis</i>	n/a	
1.1	Multimedia Lesson	<i>Benefits of Fitness</i>	n/a	
1.1	Multimedia Lesson	<i>Sportsmanship</i>	n/a	
1.1	Field Trip	View Additional Links	n/a	
1.1	Discussion	Diversity & Inclusion	5	
1.1	Assignment	Fitness Assessment	25	
1.1	Quiz	Quiz 1.1	20	
<b>Section 1.2 Movement Principles</b>				
1.2	Multimedia Lesson	<i>Case Study</i>	n/a	
1.2	Multimedia Lesson	<i>Getting Started</i>	n/a	
1.2	Multimedia Lesson	<i>Movement</i>	n/a	
1.2	Multimedia Lesson	<i>Motion</i>	n/a	
1.2	Field Trip	View Additional Links	n/a	
1.2	Discussion	Eating Disorders	5	
1.2	Assignment	Workout Schedule	25	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Weekly Fitness Log	45	
UNIT 1	EXAM	UNIT 1 EXAM	60	
<b>Unit 2 Exercise Principles</b>				
<b>Section 2.1 Components of Fitness</b>				
2.1	Multimedia Lesson	<i>Case Study</i>	n/a	
2.1	Multimedia Lesson	<i>Components of Fitness</i>	n/a	
2.1	Multimedia Lesson	<i>Cardio</i>	n/a	
2.1	Multimedia Lesson	<i>Strength</i>	n/a	
2.1	Multimedia Lesson	<i>Flexibility</i>	n/a	

## HOPE Course: Semester II

2.1	Multimedia Lesson	<i>Body Composition</i>	n/a	
2.1	Field Trip	View Additional Links	n/a	
2.1	Discussion	Favorite Sport	5	
2.1	Assignment	Benefits Summaries	25	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Weekly Fitness Log	45	
<b>Section 2.2 FITT Principles</b>				
2.2	Multimedia Lesson	<i>Case Study</i>	n/a	
2.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
2.2	Multimedia Lesson	<i>Applying FITT Principles</i>	n/a	
2.2	Multimedia Lesson	<i>Principles of Exercise</i>	n/a	
2.2	Field Trip	View Additional Links	n/a	
2.2	Discussion	Agreeing on Differences	5	
2.2	Assignment	Exercise Brochure	25	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Weekly Fitness Log	45	
<b>Section 2.3 Heart Rate</b>				
2.3	Multimedia Lesson	<i>Case Study</i>	n/a	
2.3	Multimedia Lesson	<i>Heart Rate</i>	n/a	
2.3	Multimedia Lesson	<i>Measuring Intensity</i>	n/a	
2.3	Field Trip	View Additional Links	n/a	
2.3	Discussion	Competition	5	
2.3	Assignment	Heart Rate Experiment	25	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Weekly Fitness Log	45	
UNIT 2	EXAM	UNIT 2 EXAM	60	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	15	
<b>Unit 3 Drugs &amp; Alcohol</b>				
<b>Section 3.1 Drug Use</b>				
3.1	Multimedia Lesson	<i>Case Study</i>	n/a	
3.1	Multimedia Lesson	<i>Drugs &amp; Alcohol</i>	n/a	
3.1	Multimedia Lesson	<i>Types &amp; Effects of Drugs</i>	n/a	
3.1	Field Trip	View Additional Links	n/a	
3.1	Discussion	Media	5	
3.1	Assignment	Substance Abuse	25	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Weekly Fitness Log	45	
<b>Section 3.2 Tobacco &amp; Alcohol</b>				
3.2	Multimedia Lesson	<i>Case Study</i>	n/a	
3.2	Multimedia Lesson	<i>Drugs &amp; Exercise</i>	n/a	
3.2	Multimedia Lesson	<i>Tobacco Use</i>	n/a	
3.2	Multimedia Lesson	<i>Alcohol</i>	n/a	
3.2	Field Trip	View Additional Links	n/a	
3.2	Discussion	Drug Testing	5	
3.2	Assignment	Fallen Athlete	25	

## HOPE Course: Semester II

3.2	Quiz	Quiz 3.2	20	
3.2	Assignment	Weekly Fitness Log	45	
UNIT 3	EXAM	UNIT 3 EXAM	60	
<b>Unit 4 Reproductive Health</b>				
<b>Section 4.1 The Reproductive System</b>				
4.1	Multimedia Lesson	<i>Case Study</i>	n/a	
4.1	Multimedia Lesson	<i>Changes in Adolescence</i>	n/a	
4.1	Multimedia Lesson	<i>Male Reproductive System</i>	n/a	
4.1	Multimedia Lesson	<i>Female Reproductive System</i>	n/a	
4.1	Multimedia Lesson	<i>The Miracle of Life</i>	n/a	
4.1	Field Trip	View Additional Links	n/a	
4.1	Discussion	Best/Worst of Adolescence	5	
4.1	Assignment	Cancerous Headlines	25	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Weekly Fitness Log	45	
<b>Section 4.2 Abstinence &amp; Contraception</b>				
4.2	Multimedia Lesson	<i>Case Study</i>	n/a	
4.2	Multimedia Lesson	<i>Abstinence</i>	n/a	
4.2	Multimedia Lesson	<i>Contraceptive Methods I</i>	n/a	
4.2	Multimedia Lesson	<i>Contraceptive Methods II</i>	n/a	
4.2	Field Trip	View Additional Links	n/a	
4.2	Discussion	Emotional Decision-Making	5	
4.2	Assignment	Parent Interview	25	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	15	
<b>Section 4.3 STDs &amp; AIDS</b>				
4.3	Multimedia Lesson	<i>Case Study</i>	n/a	
4.3	Multimedia Lesson	<i>STDs</i>	n/a	
4.3	Multimedia Lesson	<i>HIV/AIDS</i>	n/a	
4.3	Field Trip	View Additional Links	n/a	
4.3	Discussion	Seeking Guidance	5	
4.3	Assignment	"Silent Epidemic" Brochure	25	
4.3	Quiz	Quiz 4.3	20	
4.3	Assignment	Weekly Fitness Log	45	
UNIT 4	EXAM	UNIT 4 EXAM	60	
<b>Unit 5 Disease &amp; Safety</b>				
<b>Section 5.1 Disease Transmission &amp; Prevention</b>				
5.1	Multimedia Lesson	<i>Case Study</i>	n/a	
5.1	Multimedia Lesson	<i>Infectious Diseases</i>	n/a	
5.1	Multimedia Lesson	<i>Immunity</i>	n/a	
5.1	Multimedia Lesson	<i>Obesity</i>	n/a	
5.1	Field Trip	View Additional Links	n/a	
5.1	Discussion	Health Habits & Disease	5	
5.1	Assignment	Fast Food Evaluation	25	

## HOPE Course: Semester II

5.1	Quiz	Quiz 5.1	20	
5.1	Assignment	Weekly Fitness Log	45	
<b>Section 5.2 Consumer &amp; Environmental Health</b>				
5.2	Multimedia Lesson	<i>Case Study</i>	n/a	
5.2	Multimedia Lesson	<i>Consumer Health</i>	n/a	
5.2	Multimedia Lesson	<i>Environmental Wellness</i>	n/a	
5.2	Field Trip	View Additional Links	n/a	
5.2	Discussion	Health Career	5	
5.2	Assignment	Advertising Techniques	25	
5.2	Quiz	Quiz 5.2	20	
5.2	Assignment	Weekly Fitness Log	45	
<b>Section 5.3 Personal Safety</b>				
5.3	Multimedia Lesson	<i>Case Study</i>	n/a	
5.3	Multimedia Lesson	<i>Unintentional Injuries</i>	n/a	
5.3	Multimedia Lesson	<i>Personal Safety</i>	n/a	
5.3	Multimedia Lesson	<i>First Aid</i>	n/a	
5.3	Multimedia Lesson	<i>CPR</i>	n/a	
5.3	Field Trip	View Additional Links	n/a	
5.3	Discussion	Internet Safety	5	
5.3	Assignment	Emergency Plan	25	
5.3	Quiz	Quiz 5.3	20	
5.3	Assignment	Weekly Fitness Log	45	
UNIT 5	EXAM	UNIT 5 EXAM	60	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	15	
<b>Unit 6 Healthy for Life</b>				
<b>Section 6.1 Health Interventions</b>				
6.1	Multimedia Lesson	<i>Case Study</i>	n/a	
6.1	Multimedia Lesson	<i>Health Interventions</i>	n/a	
6.1	Multimedia Lesson	<i>Cognitive Therapy</i>	n/a	
6.1	Multimedia Lesson	<i>Reinforcement Therapy</i>	n/a	
6.1	Multimedia Lesson	<i>Other Therapies</i>	n/a	
6.1	Field Trip	View Additional Links	n/a	
6.1	Discussion	Reinforcement Therapy	5	
6.1	Assignment	Evaluation of Health Habit	25	
6.1	Quiz	Quiz 6.1	20	
6.1	Assignment	Weekly Fitness Log	*Optional	
<b>Section 6.2 Health Maintenance</b>				
6.2	Multimedia Lesson	<i>Case Study</i>	n/a	
6.2	Multimedia Lesson	<i>Fitness Post Assessment</i>	n/a	
6.2	Multimedia Lesson	<i>Staying Active</i>	n/a	
6.2	Multimedia Lesson	<i>Health Maintenance</i>	n/a	
6.2	Field Trip	View Additional Links	5	
6.2	Discussion	Making a Difference	5	
6.2	Assignment	Post Assessment	25	
6.2	Quiz	Quiz 6.2	20	

## HOPE Course: Semester II

---

6.2	Assignment	Weekly Fitness Log	*Optional	
UNIT 6	EXAM	UNIT 6 EXAM	60	

\*Only 12 Weekly Fitness Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up, in case of missed weeks, or extra credit.

\*\*Parent verification of the Weekly Fitness Logs is required every four weeks. The student will not receive additional points for the parent verification. However, the student will LOSE points for his/her fitness logs if the parent verification is not submitted.