

### Course Outline & Pacing Guide

This schedule 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.

**Upload Assignment** = indicates that you must type your assignment in a document or other format, as specified and submit it or upload in the course.

**Electronic Assignment** = indicates that you can type your response directly into the space provided in the course.

Section	Type of Assignment	Assignment	Points Possible	Due Date
<b>Course Introduction</b>				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Course Intro Quiz	10	
Intro	Upload Assignment	Course Contract	10	
<b>Unit 1 Self Discovery</b>				
<b>Section 1.1 Discovering Self</b>				
1.1	Multimedia Lesson	<i>Discovering Self</i>	n/a	
1.1	Multimedia Lesson	<i>Personality &amp; Needs</i>	n/a	
1.1	Multimedia Lesson	<i>Personality Profiling</i>	n/a	
1.1	Vocabulary Check	Vocabulary Review	n/a	
1.1	Fieldtrip/Online Links	View Additional Links	n/a	
1.1	Electronic Assignment	Reflection Questions	10	
1.1	Discussion	Personality Type	5	
1.1	Upload Assignment	Self Discovery Steps	25	
1.1	Quiz	Section 1.1 Quiz	20	
<b>Section 1.2 Decision Making Skills</b>				
1.2	Multimedia Lesson	<i>Stages of Change</i>	n/a	
1.2	Multimedia Lesson	<i>Decision Making Model</i>	n/a	
1.2	Multimedia Lesson	<i>Decision Making Model ex.</i>	n/a	
1.2	Multimedia Lesson	<i>Coping Skills</i>	n/a	
1.2	Vocabulary Check	Vocabulary Review	n/a	
1.2	Fieldtrip/Online Links	View Additional Links	n/a	
1.2	Electronic Assignment	Reflection Questions	10	
1.2	Discussion	Coping Styles	5	
1.2	Upload Assignment	How to Cope	25	
1.2	Quiz	Section 1.2 Quiz	20	
<b>Section 1.3 Goal Setting</b>				
1.3	Multimedia Lesson	<i>Goal Setting</i>	n/a	
1.3	Multimedia Lesson	<i>Action Plan Example</i>	n/a	
1.3	Vocabulary Check	Vocabulary Review	n/a	

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1.3	Fieldtrip/Online Links	View Additional Links	n/a	
1.3	Electronic Assignment	Reflection Questions	10	
1.3	Discussion	Lifetime Goals	5	
1.3	Upload Assignment	Action Plan	25	
1.3	Quiz	Section 1.3 Quiz	20	
Unit 1	Exam	Unit 1 Exam	50	
<b>Unit 2: Healthy Relationships</b>				
<b>Section 2.1 Healthy Relationships</b>				
2.1	Multimedia Lesson	<i>Friendships</i>	n/a	
2.1	Multimedia Lesson	<i>Family Health</i>	n/a	
2.1	Multimedia Lesson	<i>Marriage</i>	n/a	
2.1	Multimedia Lesson	<i>Parenthood</i>	n/a	
2.1	Multimedia Lesson	<i>Abstinence</i>	n/a	
2.1	Vocabulary Check	Vocabulary Review	n/a	
2.1	Fieldtrip/Online Links	View Additional Links	n/a	
2.1	Electronic Assignment	Reflection Questions	10	
2.1	Discussion	Healthy Relationships	5	
2.1	Upload Assignment	Friend of the Year	25	
2.1	Quiz	Section 2.1 Quiz	20	
<b>Section 2.2 Communication Skills</b>				
2.2	Multimedia Lesson	<i>Communication</i>	n/a	
2.2	Multimedia Lesson	<i>Conflict Resolution</i>	n/a	
2.2	Multimedia Lesson	<i>Validation</i>	n/a	
2.2	Multimedia Lesson	<i>Peer Pressure/Refusal Skills</i>	n/a	
2.2	Vocabulary Check	Vocabulary Review	n/a	
2.2	Fieldtrip/Online Links	View Additional Links	n/a	
2.2	Electronic Assignment	Reflection Questions	10	
2.2	Discussion	Saying No	5	
2.2	Upload Assignment	"I" Statements	25	
2.2	Quiz	Section 2.2 Quiz	20	
Unit 2	Exam	Unit 2 Exam	50	
<b>Unit 3 Stress &amp; Time Management</b>				
<b>Section 3.1 Stress Management</b>				
3.1	Multimedia Lesson	<i>Stress</i>	n/a	
3.1	Multimedia Lesson	<i>Stress Management</i>	n/a	
3.1	Multimedia Lesson	<i>Emotional Management</i>	n/a	
3.1	Vocabulary Check	Vocabulary Review	n/a	
3.1	Fieldtrip/Online Links	View Additional Links	n/a	
3.1	Electronic Assignment	Reflection Questions	10	
3.1	Discussion	Stressors	5	
3.1	Upload Assignment	Progressive Relaxation	25	
3.1	Quiz	Section 3.1 Quiz	20	
<b>Section 3.2 Time Management</b>				
3.2	Multimedia Lesson	<i>Time Management</i>	n/a	
3.2	Multimedia Lesson	<i>Creating Balance</i>	n/a	
3.2	Vocabulary Check	Vocabulary Review	n/a	

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3.2	Fieldtrip/Online Links	View Additional Links	n/a	
3.2	Electronic Assignment	Reflection Questions	10	
3.2	Discussion	Priorities	5	
3.2	Upload Assignment	Weekly Schedule	25	
3.2	Quiz	Section 3.2 Quiz	20	
<b>Section 3.3 School &amp; Community</b>				
3.3	Multimedia Lesson	<i>Study Skills 1</i>	n/a	
3.3	Multimedia Lesson	<i>Study Skills 2</i>	n/a	
3.3	Multimedia Lesson	<i>Study Skills 3</i>	n/a	
3.3	Multimedia Lesson	<i>Citizenship &amp; Community</i>	n/a	
3.3	Multimedia Lesson	<i>Environmental Awareness</i>	n/a	
3.3	Vocabulary Check	Vocabulary Review	n/a	
3.3	Fieldtrip/Online Links	View Additional Links	n/a	
3.3	Electronic Assignment	Reflection Questions	10	
3.3	Discussion	Studying Preferences	5	
3.3	Upload Assignment	Write a Quiz	25	
3.3	Quiz	Section 3.3 Quiz	20	
Unit 3	Exam	Unit 3 Exam	50	
<b>Unit 4: Nutrition &amp; Fitness</b>				
<b>Section 4.1 Nutrition &amp; Weight Management</b>				
4.1	Multimedia Lesson	<i>MyPlate</i>	n/a	
4.1	Multimedia Lesson	<i>Weight Management</i>	n/a	
4.1	Multimedia Lesson	<i>Fad diets</i>	n/a	
4.1	Multimedia Lesson	<i>Portion Sizes</i>	n/a	
4.1	Vocabulary Check	Vocabulary Review	n/a	
4.1	Fieldtrip/Online Links	View Additional Links	n/a	
4.1	Electronic Assignment	Reflection Questions	10	
4.1	Discussion	Cultural Eating	5	
4.1	Upload Assignment	Weekly Meal Plan	25	
4.1	Quiz	Section 4.1 Quiz	20	
<b>Section 4.2 Fitness Programming</b>				
4.2	Multimedia Lesson	<i>What Is Fitness?</i>	n/a	
4.2	Multimedia Lesson	<i>Getting Started</i>	n/a	
4.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
4.2	Multimedia Lesson	<i>Exercise Safety</i>	n/a	
4.2	Vocabulary Check	Vocabulary Review	n/a	
4.2	Fieldtrip/Online Links	View Additional Links	n/a	
4.2	Electronic Assignment	Reflection Questions	10	
4.2	Discussion	Workout Preferences	5	
4.2	Upload Assignment	Create a Workout Plan	25	
4.2	Quiz	Section 4.2 Quiz	20	
Unit 4	Exam	Unit 4 Exam	50	
<b>Unit 5 Consumer Skills</b>				
<b>Section 5.1 Money Management</b>				
5.1	Multimedia Lesson	<i>Money Management</i>	n/a	
5.1	Multimedia Lesson	<i>Bank Accounts</i>	n/a	

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5.1	Multimedia Lesson	<i>Credit</i>	n/a	
5.1	Multimedia Lesson	<i>Creating a Budget</i>	n/a	
5.1	Vocabulary Check	Vocabulary Review	n/a	
5.1	Fieldtrip/Online Links	View Additional Links	n/a	
5.1	Electronic Assignment	Reflection Questions	10	
5.1	Discussion	Spending Money	5	
5.1	Upload Assignment	Article Summaries	25	
5.1	Quiz	Section 5.1 Quiz	20	
<b>Section 5.2 Wise Consumerism</b>				
5.2	Multimedia Lesson	<i>Evaluating Online Resources</i>	n/a	
5.2	Multimedia Lesson	<i>Shopping &amp; Fraud</i>	n/a	
5.2	Multimedia Lesson	<i>Advertising Techniques</i>	n/a	
5.2	Multimedia Lesson	<i>Consumer Resources</i>	n/a	
5.2	Multimedia Lesson	<i>Grocery Shopping</i>	n/a	
5.2	Vocabulary Check	Vocabulary Review	n/a	
5.2	Fieldtrip/Online Links	View Additional Links	n/a	
5.2	Electronic Assignment	Reflection Questions	10	
5.2	Discussion	Advertising Techniques	5	
5.2	Upload Assignment	Website Evaluation	25	
5.2	Quiz	Section 5.2 Quiz	20	
<b>Section 5.3 Medical Management</b>				
5.3	Multimedia Lesson	<i>CPR</i>	n/a	
5.3	Multimedia Lesson	<i>First Aid</i>	n/a	
5.3	Multimedia Lesson	<i>Health Care</i>	n/a	
5.3	Multimedia Lesson	<i>Health Insurance</i>	n/a	
5.3	Multimedia Lesson	<i>Consumer Health</i>	n/a	
5.3	Vocabulary Check	Vocabulary Review	n/a	
5.3	Fieldtrip/Online Links	View Additional Links	n/a	
5.3	Electronic Assignment	Reflection Questions	10	
5.3	Discussion	Health Career	5	
5.3	Upload Assignment	Doctor Pamphlet	25	
5.3	Quiz	Section 5.3 Quiz	20	
Unit 5	Exam	Unit 5 Exam	50	
<b>Unit 6: College &amp; Career Planning</b>				
<b>Section 6.1 College &amp; Career Planning</b>				
6.1	Multimedia Lesson	<i>Career Planning 1</i>	n/a	
6.1	Multimedia Lesson	<i>Career Planning 2</i>	n/a	
6.1	Multimedia Lesson	<i>College Prep</i>	n/a	
6.1	Vocabulary Check	Vocabulary Review	n/a	
6.1	Fieldtrip/Online Links	View Additional Links	n/a	
6.1	Electronic Assignment	Reflection Questions	10	
6.1	Discussion	College Selection	5	
6.1	Upload Assignment	Career Brochure	25	
6.1	Quiz	Section 6.1 Quiz	20	
<b>Section 6.2 Employability</b>				

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6.2	Multimedia Lesson	<i>How to Build a Resume</i>	n/a	
6.2	Multimedia Lesson	<i>Tips for Interviewing</i>	n/a	
6.2	Multimedia Lesson	<i>Employability</i>	n/a	
6.2	Vocabulary Check	Vocabulary Review	n/a	
6.2	Fieldtrip/Online Links	View Additional Links	n/a	
6.2	Electronic Assignment	Reflection Questions	10	
6.2	Discussion	Job Preferences	5	
6.2	Upload Assignment	Personal Resume	25	
6.2	Quiz	Section 6.2 Quiz	20	
Unit 6	Exam	Unit 6 Exam	50	