

Personal Health & Fitness

Course Outline & Pacing Guide

This 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
Course Introduction				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Multimedia Lesson	<i>Exercise Requirements</i>	n/a	
Intro	Multimedia Lesson	<i>Fitness Log</i>	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Upload Assignment	Course Contract	10	
Unit 1 Holistic Health				
Section 1.1 Dimensions of Wellness				
1.1	Multimedia Lesson	<i>Case Study</i>	n/a	
1.1	Multimedia Lesson	<i>What is Health?</i>	n/a	
1.1	Multimedia Lesson	<i>State of the Nation</i>	n/a	
1.1	Multimedia Lesson	<i>Risk Factors</i>	n/a	
1.1	Field Trip/Online Links	View Additional Links	n/a	
1.1	Discussion	Holistic Health	5	
1.1	Upload Assignment	Health Survey	25	
1.1	Quiz	Quiz 1.1	20	
Section 1.2 Decision Making				
1.2	Multimedia Lesson	<i>Case Study</i>	n/a	
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 in Action</i>	n/a	
1.2	Field Trip/Online Links	View Additional Links	n/a	
1.2	Discussion	Risk Factors	5	
1.2	Upload Assignment	Health Habit	25	
1.2	Quiz	Quiz 1.2	20	
1.2	Upload Assignment	Weekly Fitness Log	45	
UNIT 1	EXAM	UNIT 1 EXAM	60	
Unit 2 Starting a Fitness Program				
2.1 What is Fitness?				
2.1	Multimedia Lesson	<i>Case Study</i>	n/a	
2.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
2.1	Multimedia Lesson	<i>Fitness Analysis</i>	n/a	
2.1	Multimedia Lesson	<i>What is Fitness?</i>	n/a	
2.1	Multimedia Lesson	<i>Skill vs Health</i>	n/a	

Personal Health & Fitness

2.1	Field Trip/Online Links	View Additional Links	n/a	
2.1	Discussion	Fitness Assessments	5	
2.1	Upload Assignment	Fitness Assessment	25	
2.1	Quiz	Quiz 2.1	20	
2.1	Upload Assignment	Weekly Fitness Log	45	
Section 2.2 Goal Setting				
2.2	Multimedia Lesson	<i>Case Study</i>	n/a	
2.2	Multimedia Lesson	<i>Fitness State of the Nation</i>	n/a	
2.2	Multimedia Lesson	<i>Goal Setting</i>	n/a	
2.2	Multimedia Lesson	<i>Action Plan</i>	n/a	
2.2	Field Trip/Online Links	View Additional Links	n/a	
2.2	Discussion	Goal Setting	5	
2.2	Upload Assignment	Health/Fitness Action Plan	25	
2.2	Quiz	Quiz 2.2	20	
2.2	Upload Assignment	Weekly Fitness Log	45	
Section 2.3 Getting Started				
2.3	Multimedia Lesson	<i>Case Study</i>	n/a	
2.3	Multimedia Lesson	<i>Getting Started</i>	n/a	
2.3	Multimedia Lesson	<i>Fitness Pyramid</i>	n/a	
2.3	Multimedia Lesson	<i>Motivation</i>	n/a	
2.3	Field Trip/Online Links	View Additional Links	n/a	
2.3	Discussion	Road Blocks	5	
2.3	Upload Assignment	Work Out Schedule	25	
2.3	Quiz	Quiz 2.3	20	
2.3	Upload Assignment	Weekly Fitness Log	45	
UNIT 2	EXAM	UNIT 2 EXAM	60	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	15	
Unit 3 Fitness Safety				
Section 3.1 Warm Up & Cool Down				
3.1	Multimedia Lesson	<i>Case Study</i>	n/a	
3.1	Multimedia Lesson	<i>Warm Up</i>	n/a	
3.1	Multimedia Lesson	<i>Cool Down</i>	n/a	
3.1	Multimedia Lesson	<i>Movement</i>	n/a	
3.1	Multimedia Lesson	<i>Motion</i>	n/a	
3.1	Field Trip/Online Links	View Additional Links	n/a	
3.1	Discussion	Favorite Activity	5	
3.1	Upload Assignment	Magazine Article	25	
3.1	Quiz	Quiz 3.1	20	
3.1	Upload Assignment	Weekly Fitness Log	45	
Section 3.2 Posture & Technique				
3.2	Multimedia Lesson	<i>Case Study</i>	n/a	
3.2	Multimedia Lesson	<i>Proper Posture</i>	n/a	
3.2	Multimedia Lesson	<i>Exercise Technique</i>	n/a	
3.2	Multimedia Lesson	<i>Posture & Exercise</i>	n/a	
3.2	Field Trip/Online Links	View Additional Links	n/a	

Personal Health & Fitness

3.2	Discussion	Too Much Exercise	5	
3.2	Upload Assignment	Demonstrate Posture	25	
3.2	Quiz	Quiz 3.2	20	
3.2	Upload Assignment	Weekly Fitness Log	45	
Section 3.3 Safety Guidelines				
3.3	Multimedia Lesson	<i>Case Study</i>	n/a	
3.3	Multimedia Lesson	<i>Safety Guidelines</i>	n/a	
3.3	Multimedia Lesson	<i>Exercising in Heat</i>	n/a	
3.3	Multimedia Lesson	<i>Exercising in Cold</i>	n/a	
3.3	Multimedia Lesson	<i>Muscle Soreness</i>	n/a	
3.3	Multimedia Lesson	<i>Minor Injuries</i>	n/a	
3.3	Field Trip/Online Links	View Additional Links	n/a	
3.3	Discussion	Extreme Sports	5	
3.3	Upload Assignment	Sport Safety	25	
3.3	Quiz	Quiz 3.3	20	
3.3	Upload Assignment	Weekly Fitness Log	45	
UNIT 3	EXAM	UNIT 3 EXAM	60	
Unit 4 Exercise Principles				
Section 4.1 Components of Fitness				
4.1	Multimedia Lesson	<i>Case Study</i>	n/a	
4.1	Multimedia Lesson	<i>Components of Fitness</i>	n/a	
4.1	Multimedia Lesson	<i>Cardio</i>	n/a	
4.1	Multimedia Lesson	<i>Strength</i>	n/a	
4.1	Multimedia Lesson	<i>Flexibility</i>	n/a	
4.1	Multimedia Lesson	<i>Body Composition</i>	n/a	
4.1	Field Trip/Online Links	View Additional Links	n/a	
4.1	Discussion	Eating Disorders	5	
4.1	Upload Assignment	Benefits Summaries	25	
	Quiz	Quiz 4.1	20	
	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	15	
Section 4.2 FITT Principles				
4.2	Multimedia Lesson	<i>Case Study</i>	n/a	
4.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
4.2	Multimedia Lesson	<i>Applying FITT Principles</i>	n/a	
4.2	Multimedia Lesson	<i>Principles of Exercise</i>	n/a	
4.2	Field Trip/Online Links	View Additional Links	n/a	
4.2	Discussion	Agreeing on Differences	5	
4.2	Upload Assignment	Exercise Brochure	25	
4.2	Quiz	Quiz 4.2	20	
4.2	Upload Assignment	Weekly Fitness Log	45	
Section 4.3 Heart Rate & Intensity				
4.3	Multimedia Lesson	<i>Case Study</i>	n/a	
4.3	Multimedia Lesson	<i>Heart Rate</i>	n/a	
4.3	Multimedia Lesson	<i>Measuring Intensity</i>	n/a	

Personal Health & Fitness

4.3	Field Trip/Online Links	View Additional Links	n/a	
4.3	Discussion	Competition	5	
4.3	Upload Assignment	Heart Rate Experiment	25	
4.3	Quiz	Quiz 4.3	20	
4.3	Upload Assignment	Weekly Fitness Log	45	
UNIT 4	EXAM	UNIT 4 EXAM	60	
Unit 5 Drugs & Alcohol				
Section 5.1 Drug Use				
5.1	Multimedia Lesson	<i>Case Study</i>	n/a	
5.1	Multimedia Lesson	<i>Drugs & Alcohol</i>	n/a	
5.1	Multimedia Lesson	<i>Types & Effects of Drugs</i>	n/a	
5.1	Field Trip/Online Links	View Additional Links	n/a	
5.1	Discussion	Media	5	
5.1	Upload Assignment	Drug Facts	25	
5.1	Quiz	Quiz 5.1	20	
5.1	Upload Assignment	Weekly Fitness Log	45	
Section 5.2 Alcohol & Tobacco				
5.2	Multimedia Lesson	<i>Case Study</i>	n/a	
5.2	Multimedia Lesson	<i>Drugs & Exercise</i>	n/a	
5.2	Multimedia Lesson	<i>Tobacco Use</i>	n/a	
5.2	Multimedia Lesson	<i>Alcohol</i>	n/a	
5.2	Field Trip/Online Links	View Additional Links	n/a	
5.2	Discussion	Drug Testing	5	
5.2	Upload Assignment	Fallen Athlete	25	
5.2	Quiz	Quiz 5.2	20	
5.2	Upload Assignment	Weekly Fitness Log	45	
UNIT 5	EXAM	UNIT 5 EXAM	60	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	15	
Unit 6 Nutrition				
6.1 Nutrition				
6.1	Multimedia Lesson	<i>Case Study</i>	n/a	
6.1	Multimedia Lesson	<i>MyPlate</i>	n/a	
6.1	Multimedia Lesson	<i>Dietary Guidelines</i>	n/a	
6.1	Multimedia Lesson	<i>Food Labels</i>	n/a	
6.1	Multimedia Lesson	<i>Portion Sizes</i>	n/a	
6.1	Multimedia Lesson	<i>Essential Nutrients</i>	n/a	
6.1	Field Trip/Online Links	View Additional Links	n/a	
6.1	Discussion	Family Eating	5	
6.1	Upload Assignment	Daily Food Plan	10	
6.1	Electronic	Diet Analysis	15	
6.1	Quiz	Quiz 6.1	20	
6.1	Upload Assignment	Weekly Fitness Log	*Optional	
Section 6.2 Weight Management				
6.2	Multimedia Lesson	<i>Case Study</i>	n/a	
6.2	Multimedia Lesson	<i>Weight Management</i>	n/a	

Personal Health & Fitness

6.2	Multimedia Lesson	<i>Caloric Needs</i>	n/a	
6.2	Multimedia Lesson	<i>Fad Diets</i>	n/a	
6.2	Multimedia Lesson	<i>Eating Disorders</i>	n/a	
6.2	Multimedia Lesson	<i>Myths & Misconceptions</i>	n/a	
6.2	Field Trip/Online Links	View Additional Links	n/a	
6.2	Discussion	Media Portrayals	5	
6.2	Electronic Assignment	Caloric Needs	25	
6.2	Quiz	Quiz 6.2	20	
6.2	Upload Assignment	Weekly Fitness Log	*Optional	
UNIT 6	EXAM	UNIT 6 EXAM	60	

**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.