

South Fort Myers High School
HOPE: Health Opportunities through Physical Education
Instructors: Ms. Baran and Mr. Thorpe
Locations: Classroom Rm. 168 and Gymnasium/Outdoors
Textbooks: Glencoe: Health Foundations- Florida Edition 2014
Glencoe: Florida Human Sexuality

Course Description:

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. All incoming freshmen must complete and pass this course in order to graduate. This course is designed for both classroom activities that involve Health Concepts and movement activities that involve Fitness Concepts. This class will be taught in a full year format. Some days you will be in the classroom and other days you will be outdoors or in the gym participating in Wellness/Fitness activities.

HOPE Introduction

- HOPE Rules and Regulations
- Course Syllabus
- Grading Criteria

Surviving High School Video

Why Personal Fitness

- Fitness In America
- Health, Wellness, and Physical Education (FITT)
- Mental Health and Self-Esteem
- Risk Factors and Disease/Decision Making
- Designing your own Fitness Center and Fitness Program

Evaluating Your Fitness

- Health-Related Fitness
- Skill-Related Fitness
- Goal Setting

Nutrition

- Effect on Fitness/ Diet/Weight Management
- My Plate Food Guide
- Diseases – Diabetes, Atherosclerosis, Cancer
- Body Composition
- Consumer Issues – Advertising
- Eating Disorders: Anorexia Nervosa, Bulimia, Obesity
- Creating a Nutritional Eating Plan

Cardiovascular Fitness

- Blood Pressure
- Effects of Training/Principles
- Disease/Prevention (Heart Disease)
- Heart Rate: Resting, Training, Recovery, Maximum

Training for Fitness

- Principles: Overload, Progression, Specificity, Regularity
- Application: FITT
- Guidelines for Fitness Training
- Muscular Strength and Endurance

The Ultimate Gift Video

Safety

- Environmental: Hot and Cold Issues/Proper Exercise Clothing, Asthma
- Gangs and Gang Violence -Skin Cancer -Self-Defense Tactics
- Suicide -Texting and Driving -Dehydration
- Unhealthy/Dangerous Games Teens Play -Huffing
- Harassment, Bullying, Cyber Bullying, Peer Pressure

ATOD – Alcohol, Tobacco, and other Drugs

- Understanding drugs (legal/illegal) and medicines (prescription/OTC)
- Use and Abuse
- Effects on Body
- Synthetic Drug Abuse
- Risk Factor Assessment
- Creating an Anti-Alcohol, Tobacco, Drug Advertisement

Human Sexuality

- Relationships and Abuse (verbal, physical, sexual, emotional, psychological)
- Life Cycle/Reproduction/Pregnancy/Child Care
- Prevention of Teen Pregnancy/Abstinence/Sexual Responsibility
- Risks of Sexual Activity and Disease Prevention (STI's, HIV)
- Teaching Tolerance

Stress

- Cause/Effect
- Prevention/Coping Techniques
- Depression

Heartsaver First Aid/CPR/AED

Lifetime Personal Fitness

- Wellness Projects and Presentation to Class

Review for Semester Exam

Cooperative Learning Group Work

Throughout the semester we will be working on several Health/Wellness/Life Topics – some are listed below:

*Surviving High School Video: bullying, harassment, eating disorders, suicide.

*The Ultimate Gift Video: work, money, friends, learning, problems, family, laughter, dreams, giving, gratitude, a day, love. Finding our “gift” and passing it along to others.

*Wellness Projects: selecting, researching, and presenting a Health/Wellness/Life topic.

*Character Building: responsibility, tolerance, respect, citizenship/patriotism, kindness/compassion, commitment, honesty, courage, integrity, self-control, and cooperation.

Absences

If you are absent, whether excused or unexcused, it is **YOUR** responsibility to make-up work missed. For every day missed, you need to submit a **Fitness/Health Article** with a two paragraph summary **attached** to it, to the teacher in order to get credit for the day(s) you were absent. If you do not hand in these articles within one week of your absence you will receive a **25** for each of the days you were absent.

H.O.P.E. EXPECTATIONS

1. Effort and participation daily
2. Following classroom rules and expectations
3. Completion of all written work
4. Passing of quiz/tests/homework and daily assignments
5. Attitude and ability to get along with others
6. Attendance
7. Changing out in PE attire on dress-out days and participating!

GRADING CRITERIA

80% = Classroom Work, Participation, Attendance

20% = Assessments

100%

Semester and Final Exams are worth (1/5) of the final grade for this course.

