

## MODESTO CITY SCHOOLS COURSE OUTLINE

<b>Course Title</b>	Health Opportunities Through PE OLL S1	Health Opportunities Through PE OLL S2
<b>Course Number</b>	OLL48101	OLL48102
<b>Recommended Grade</b>	<input type="checkbox"/> 7 <input type="checkbox"/> 8 <input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12	
<b>Duration</b>	<input type="checkbox"/> Quarter <input checked="" type="checkbox"/> Semester	
<b>Credit</b>	<input type="checkbox"/> 2.5 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10	
<b>Repeatable for Credit</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<b>Required for Graduation</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Meets Graduation Requirement</b>	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<b>CALPADS Course Number</b>		
<b>CALPADS Course Name</b>		
<b>Meets UC/CSU Requirements</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, which area? <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G	
<b>CTE Course</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<b>CTE Course Level</b>	<input type="checkbox"/> Introduction <input type="checkbox"/> Concentrator <input type="checkbox"/> Capstone N/A	
<b>Part of a Course Pathway</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, which pathway?	
<b>Credential Requirements</b>		
<b>Replaces</b>	N/A	
<b>Recommended Prerequisites</b>	N/A	
<b>Aligned to Standards Date</b>		
<b>Content Delivery Method</b>	<input type="checkbox"/> Instructor Led <input checked="" type="checkbox"/> Online Provider Modesto Virtual Academy	
<b>Other Information</b>		
<b>Board Approval Date</b>		
<b>Implementation Date</b>	Fall 2020	

**Course Description:**

**Required Text(s):** (Title, Publisher, Year):

**Supplementary Materials(s):**



**Course Name:** HOPE v14.3

**Course Credit:** 1.0

**Course Estimated Completion Time:** 2 segments/32-36 weeks

**Course Description:** With a focus on health and fitness, this course guides student to be active and healthy now and for a lifetime. Effective strategies and techniques are a foundation of the course so that students can continually make improvements in all areas of wellness. Students, with the guidance of a training instructor, set personal goals in four areas of wellness: physical, emotional, social, and academic. Fitness assessments enable students to establish baseline levels of fitness and work toward improvement in specific areas. At the end of each module, students submit a wellness plan documenting their daily physical activity, progress toward goals, changes in fitness assessment results, and reflections on personal progress. By following individualized training principles, students can achieve personal success and gain confidence, while they develop healthy lifetime habits. The course uses videos, graphics, and interactive learning opportunities to encourage students to eat well, get up, and be active. Leading a healthy lifestyle is the best way to prevent health problems before they occur—this course helps students do just that. And now is the best time to get started.

**Prerequisites:** None

**Honors Lessons:** No

**Course Profile (Includes Honors, if applicable)**

Type of Assessment	Quantity	Location(s)
Teacher-graded	17	
Auto-graded	38	
Partial Auto-graded	2	
Discussion-Based (DBA)	4	1.10, 3.06, 4.07, 6.07
Collaboration	2	Two asynchronous opportunities; one per segment
Project-based	7	1.03, 1.05, Personal Wellness Plan (1.09, 2.08, 3.05, 4.05, 5.07, 6.06), 2.04, 4.05, 6.04, 6.05
<b>Total Assessments</b>	<b>57</b>	

**Types of Assessments (Includes Honors, if applicable)**

Type of Assessment	Available	Type of Assessment	Available
Multiple Choice	Yes	Essay	No
Worksheets	No	Collaborative	Yes
Web 2.0	No	Short Response	No
Project - Based	Yes	Labs	No
Self - Check	Yes	DBAs	Yes

## **Scope and Sequence**

### **Segment 1**

#### Module 1

Importance of Physical Activity

Safety

Baseline Fitness Levels

Short and Long Term Goals

Principles of Cardiorespiratory Fitness

Training Principles

Health-Related Fitness

Components of Health-Related Fitness

#### Module 2:

Flexibility

Monitoring Activity

Peer Influence

Muscular Strength and Endurance

Training Expectations and the Media

#### Module 3:

Lifetime Fitness

Avoidance

Advertising

Happiness

### **Segment 2:**

#### Module 4:

Mental Fitness

Healthy Relationships

Surrounded

Health & Technology

Personal Menu

#### Module 5:

Drugs & Alcohol: Risks and Effects

Cost of Drugs

Alcohol

Tobacco

Drugs

Getting Help

#### Module 6:

The Weight Epidemic

Body Composition

Healthy Development and Disease

First Aid and CPR

Own Your Health