

## ASD Academic Plan

### Health and Physical Education: Health Opportunities through Physical Education

<b>Grade Level: 9-12 grade</b>	<b>Course Description:</b> This online course will challenge students to become educated consumers, learn to manage stress, choose nutritious foods, make healthy lifestyle choices, be an effective member of a team and influence others in their community in a positive way. Students will have the opportunity to experience the many benefits of regular physical activity, proper nutrition, and sound decision-making. Topics covered include wellness, mental health, media literacy/consumer health, fitness components, nutrition, disease prevention, drug awareness, sexuality education, CPR, and decision-making skills.
<b>Length: Semester</b>	
<b>Prerequisites: None</b>	
<b>Repeatable for additional credits: Not repeatable for those students with a passing grade</b>	

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<ul style="list-style-type: none"> <li>• Understand how the course is organized, how to use the course navigational tools, the course requirements and how to use a pacing guide.</li> <li>• Identify common safety practices related to physical activity.</li> <li>• Determine baseline performance levels.</li> <li>• Apply training principles to your own fitness goals and workouts.</li> <li>• Evaluate the consumer responsibility in making healthy and financially sound decisions.</li> <li>• Analyze a personal budget that considers financial input and output.</li> <li>• Discuss the connections between physical and mental health.</li> <li>• Apply stress management techniques.</li> <li>• Identify the pressures of society that leave one susceptible.</li> <li>• Identify the physical issues related to anorexia nervosa, bulimia, and binge-eating.</li> <li>• Demonstrate your understanding of mental health topics</li> <li>• Discuss the functions of each part of the cardiovascular system.</li> <li>• Identify common cardiovascular activities.</li> <li>• Evaluate different cardiovascular activities and apply them to your individual needs.</li> <li>• Discuss risk factors and prevention for cardiovascular disease.</li> <li>• Identify treatments for cardiovascular disease.</li> <li>• Describe the skill-related fitness components agility, balance, coordination, power, reaction time, and speed.</li> <li>• Evaluate how skill-related fitness abilities apply to a range of physical activities.</li> <li>• Evaluate how agility, balance, coordination, power, reaction time, and speed enhance performance levels.</li> <li>• Identify individual challenges to skill-related fitness components.</li> <li>• Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.</li> <li>• Analyze strategies for setting and meeting goals.</li> <li>• Apply refusal, negotiation, and collaboration skills needed to accomplish goals and resolve conflict.</li> <li>• Analyze strategies for including persons of diverse backgrounds and abilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Describe the role of nutrition in health.</li> <li>• Explain the digestive process.</li> <li>• Analyze health related problems associated with an unhealthy BMI.</li> <li>• Document and analyze calories consumed and energy expended.</li> <li>• Name three classes of nutrients that supply the body with energy.</li> <li>• Identify the minerals your body needs and their roles in the body.</li> <li>• Explain the function and necessity of water in body.</li> <li>• Identify your individualized dietary recommendations.</li> <li>• Apply healthy eating guidelines to menu creation.</li> <li>• Evaluate how community influences personal wellness choices and individuals influence community wellness.</li> <li>• Describe how critical thinking skills help one to embrace healthy choices.</li> <li>• Define a communicable disease and explain a method to reduce the transfer of communicable diseases.</li> <li>• Identify common sexually transmitted infections (STIs) and symptoms.</li> <li>• Apply decision-making steps and refusal skills to support wellness choices.</li> <li>• Define abstinence and its role in disease and pregnancy prevention.</li> <li>• Define risks associated with teen pregnancy.</li> <li>• Identify challenges that face teen parents.</li> <li>• Apply decision-making steps and refusal skills to support wellness choices.</li> <li>• Identify risky behaviors associated with use of alcohol, tobacco, drugs, and chemicals.</li> <li>• Apply critical thinking skills to support wellness choices.</li> <li>• Evaluate how to advocate wellness choices for self, family, and community.</li> <li>• Describe the benefits of muscular and flexibility training activities.</li> <li>• Identify how muscles, tendons, ligaments, and joints relate to flexibility.</li> <li>• Identify each of the major muscle groups.</li> <li>• Perform a basic full-body stretching routine.</li> <li>• Identify and perform exercises that will enhance muscular endurance for each of the major muscle groups.</li> <li>• Apply the principles of training to flexibility and muscular workouts to accommodate individual needs, strengths, and training goals.</li> </ul>

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