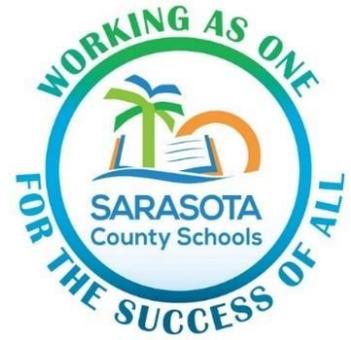


Year at a Glance

HOPE

Course # 3026010



2021-2022 School Year

Course Description

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will realize the full benefit of this course when it is taught with an integrated approach.

In addition to the physical education content represented in the benchmarks below, specific health education topics within this course include, but are not limited to:

Mental/Social Health

Physical Activity

Components of Physical Fitness

Nutrition and Wellness Planning

Diseases and Disorders

Health Advocacy

First Aid/CPR

Alcohol, Tobacco, and Drug Prevention

Human Sexuality including Abstinence and HIV

Internet Safety

Textbook Publisher:

[Lifetime Health](#) (Students have online access through My.SarasotaCountySchools.net)

Other Supplemental Resources:

[APEX](#)

Graduation Requirement:

Students earning a standard high school diploma must earn a credit in HOPE or have a HOPE waiver.

Standards:

<https://www.cpalms.org/PreviewCourse/Preview/4051>

PE.912.C.2.6 Compare and contrast the health-related benefits of various physical activities.

PE.912.C.2.7 Evaluate the effectiveness of specific warm-up and cool-down activities.

PE.912.C.2.8 Differentiate between the three different types of heat illnesses associated with fluid loss.

PE.912.C.2.9 Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.

PE.912.C.2.10 Analyze long-term benefits of regularly participating in physical activity.

PE.912.C.2.11 Explain how each of the health-related components of fitness are improved through the application of training ...

PE.912.C.2.12 Compare and contrast aerobic versus anaerobic activities.

PE.912.C.2.13 Document food intake, calories consumed and energy expended through physical activity and analyze the results.

PE.912.C.2.14 Compare and contrast the skill-related components of fitness used in various physical activities.

PE.912.C.2.15 Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desir...

PE.912.C.2.16 Explain the methods of monitoring levels of intensity during aerobic activity.

PE.912.C.2.17 Assess physiological effects of exercise during and after physical activity.

PE.912.C.2.18 Differentiate between fact and fallacy as it relates to consumer physical fitness products

PE.912.C.2.22 Explain the skill-related components of fitness and how they enhance performance levels.

PE.912.C.2.23 Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.

PE.912.C.2.25 Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activit...

PE.912.C.2.27 Compare and contrast how movement skills from one physical activity can be transferred and used in other physi...

PE.912.L.3.1 Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigor...

PE.912.L.3.2 Participate in a variety of activities that promote the health-related components of fitness.

PE.912.L.3.3 Identify a variety of activities that promote effective stress management.

PE.912.L.3.4 Identify the in-school opportunities for participation in a variety of physical activities.

PE.912.L.3.5 Identify the community opportunities for participation in a variety of physical activities.

PE.912.L.3.6 Identify risks and safety factors that may affect physical activity throughout life.

PE.912.L.4.1 Design a personal fitness program.

PE.912.L.4.2 Identify ways to self-assess and modify a personal fitness program.

PE.912.L.4.3 Identify strategies for setting goals when developing a personal fitness program.

PE.912.L.4.4 Use available technology to assess, design and evaluate a personal fitness program.

PE.912.L.4.5 Apply the principles of training to personal fitness goals.

PE.912.L.4.6 Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength ...

PE.912.L.4.7 Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.

PE.912.M.1.12 Select and perform complex movements using a variety of equipment which lead to improved or maintained muscula...

PE.912.M.1.13 Perform a student-designed cardiorespiratory enhancing workout.

PE.912.M.1.14 Utilize technology to assess, enhance and maintain health and skill-related fitness levels.

PE.912.M.1.15 Select and apply sport/activity specific warm-up and cool-down techniques.

PE.912.M.1.16 Apply the principles of training and conditioning to accommodate individual needs and strengths.

PE.912.M.1.17 Demonstrate basic cardiopulmonary resuscitation (CPR) procedures.

PE.912.M.1.19 Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.

PE.912.M.1.33 Practice complex motor activities in order to improve performance.

PE.912.M.1.34 Demonstrate use of the mechanical principles as they apply to specific course activities.

PE.912.M.1.35 Select proper equipment and apply all appropriate safety procedures necessary for participation.

PE.912.R.5.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety...

PE.912.R.5.3 Demonstrate sportsmanship during game situations.

PE.912.R.5.4 Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activi...

PE.912.R.5.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while particip...

PE.912.R.6.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that...

PE.912.R.6.2 Analyze physical activities from which benefits can be derived.

PE.912.R.6.3 Analyze the roles of games, sports and/or physical activities in other cultures.

HE.912.B.4.2 Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.

HE.912.B.4.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

HE.912.B.4.4 Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others.

HE.912.B.5.1 Determine the value of applying a thoughtful decision-making process in health-related situations.

HE.912.B.5.2 Generate alternatives to health-related issues or problems.

HE.912.B.5.3 Appraise the potential short-term and long-term outcomes of each alternative on self and others.

HE.912.B.5.4 Assess whether individual or collaborative decision making is needed to make a healthy decision.

HE.912.B.6.1 Evaluate personal health practices and overall health status to include all dimensions of health.

HE.912.B.6.2 Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.

HE.912.B.6.3 Implement strategies and monitor progress in achieving a personal health goal.

HE.912.B.6.4 Formulate an effective long-term personal health plan.

HE.912.C.1.1 Predict how healthy behaviors can affect health status.

HE.912.C.1.2 Interpret the significance of interrelationships in mental/emotional, physical, and social health.

HE.912.C.1.4 Propose strategies to reduce or prevent injuries and health problems.

HE.912.C.1.5 Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.

HE.912.C.1.7 Analyze how heredity and family history can impact personal health.

HE.912.C.1.8 Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.

HE.912.C.2.1 Analyze how the family influences the health of individuals.

HE.912.C.2.2 Compare how peers influence healthy and unhealthy behaviors.

HE.912.C.2.3 Assess how the school and community can affect personal health practice and behaviors.

HE.912.C.2.4 Evaluate how public health policies and government regulations can influence health promotion and disease prev...

HE.912.C.2.5 Evaluate the effect of media on personal and family health.

HE.912.C.2.6 Evaluate the impact of technology on personal, family, and community health.

HE.912.C.2.7 Analyze how culture supports and challenges health beliefs, practices, and behaviors.

HE.912.C.2.8 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.

HE.912.C.2.9 Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behavi...

HE.912.P.7.1 Analyze the role of individual responsibility in enhancing health.

HE.912.P.7.2 Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.

HE.912.P.8.1 Demonstrate how to influence and support others in making positive health choices.

HE.912.P.8.3 Work cooperatively as an advocate for improving personal, family, and community health.

LAFS.910.L.3.6 Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, wri...

LAFS.910.RL.2.4 Determine the meaning of words and phrases as they are used in the text, including figurative and connotative ...

LAFS.910.SL.1.1 Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teach...

LAFS.910.W.3.8 Gather relevant information from multiple authoritative print and digital sources, using advanced searches eff...

LAFS.910.WHST.2.6 Use technology, including the Internet, to produce, publish, and update individual or shared writing products,...

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

MAFS.912.S-ID.1.2 Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread