

Florida Department of Education**COURSE DESCRIPTION - GRADES 9-12, ADULT**

Subject Area: Physical Education
Course Number: 1506310
Course Title: Hope - Health Education Variation
Credit: 1.0

Will meet graduation requirement for Physical Education with the integration of health topics

- A. Major Concepts/Content.** The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness.

The content should include, but not be limited to, the following:

- apply fitness and health concepts
- risk and benefits of varying fitness levels
- development of an individual wellness plan
- responsible decision making
- development of an individual nutrition plan
- completion of a behavior change project
- safety and injury prevention – (hydration, injury, violence, environmental issues, CPR)
- safety education practices
- analyzing consumer information and community resources
- mental and emotional health, including depression and suicide
- stress management
- coping skills
- interpersonal communication – communication, relationships, sportsmanship
- disease prevention and control – risk factor assessments, includes communicable and non-communicable diseases such as HIV/AIDs, other STDs, heart disease, diabetes, cancers, asthma
- tobacco, alcohol, and other drug use and abuse – risk and protective factors
- advocating for health and fitness promotion
- technology application to facilitate health and fitness

B. Special Note.

Any student whose parents make a written request to the school principal shall be exempt from HIV/AIDS and human sexuality instructional activities. Course

requirements for HIV/AIDS and human sexuality education shall not interfere with the local determination of appropriate curriculum which reflects local values and concerns.

Students are moderately to vigorously active for at least 40% of class time.

- C. **Course Requirements.** These requirements include, but are not limited to, the benchmarks from the Sunshine State Standards that are most relevant to this course. Benchmarks correlated with a specific course requirement may also be addressed by other course requirements as appropriate.

After successfully completing this course, the student will:

1. The student will demonstrate an understanding of the components of physical fitness.

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| HE.A.1.4.6 | knows how to delay the onset of and reduce the risk for potential health problems during adulthood. |
| HE.B.1.4.2 | knows strategies for health enhancement and risk reduction. |
| PE.A.1.4.1 | demonstrates competency or proficiency in self-selected activities. |
| PE.A.2.4.1 | understands how the laws of motion apply to the acquisition and improvement of skills. |
| PE.A.2.4.2 | knows how to analyze, evaluate, and implement the mechanical principles of balance, force, and leverage that apply directly to self-selected activities. |
| PE.A.2.4.3 | knows how to evaluate one's own skilled performances. |
| PE.A.3.4.6 | understands the importance of making a commitment to physical activity as an important part of one's lifestyle. |
| PE.B.1.4.1 | knows how to maintain appropriate levels of cardiovascular fitness, muscular strength and endurance, flexibility, and body composition necessary for a healthy lifestyle. |
| PE.B.1.4.2 | knows how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs. |
| PE.B.1.4.4 | maintains and improves motor skills and knowledge necessary for participation in beneficial physical activity. |

2. The student will exhibit an improved level of health related fitness.

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| HE.A.1.4.1 | understands the impact of personal health behaviors on body systems. |
| HE.A.1.4.2 | understands the potential impact of common risk behaviors on the quality of life. |
| HE.A.1.4.6 | knows how to delay the onset of and reduce the risk for potential health problems during adulthood. |

- HE.B.1.4.4 knows strategies for improving or maintaining personal, family, and community health.
- PE.B.2.4.1 knows risks and safety factors that may affect physical activity throughout life.

3. The student will demonstrate awareness of physiological principles related to exercise & training.

- HE.A.1.4.1 understands the impact of personal health behaviors on body systems.
- PE.A.2.4.1 understands how the laws of motion apply to the acquisition and improvement of skills.
- PE.A.2.4.2 knows how to analyze, evaluate, and implement the mechanical principles of balance, force, and leverage that apply directly to self-selected activities.
- PE.A.2.4.3 knows how to evaluate one's own skilled performances.
- PE.A.3.4.7 understands the utilization of fats, proteins, and carbohydrates as related to physical activity.

4. The student will be able to identify the physical, mental & social benefits of a variety of physical activities.

- HE.A.1.4.3 understands the relationships among physical, mental, emotional, and social health throughout adulthood.
- HE.A.1.4.6 knows how to delay the onset of and reduce the risk for potential health problems during adulthood.
- PE.B.1.4.5 knows how to make changes in an individual wellness plan as lifestyle changes occur.
- PE.A.3.4.1 knows that physical activity reduces certain health risk factors.
- PE.A.3.4.2 knows how regular physical activity can relieve the stress of everyday life.
- PE.A.3.4.4 knows the role of physical activity in the prevention of disease and the reduction of healthcare costs.

5. The student will be able to identify, analyze, develop, implement and evaluate an individual wellness plan that will encompass the five health related fitness components.

- HE.B.1.4.1 understands the role of individual responsibility regarding personal risk behaviors.
- HE.B.1.4.2 knows strategies for health enhancement and risk reduction.
- HE.C.1.4.1 knows various strategies when making decisions related to health needs and risks of young adults (e.g., support and reward system).

- HE.C.1.4.4 knows how to implement a plan for attaining personal health goals for the school year and knows methods for evaluating progress.
- PE.B.1.4.2 knows how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.
- PE.B.1.4.3 uses technology to assess, enhance, and maintain fitness and skills.
- PE.B.1.4.5 knows how to make changes in an individual wellness plan as lifestyle changes occur.
- PE.A.3.4.7 understands the utilization of fats, proteins, and carbohydrates as related to physical activity.

6. The student will create and implement a personal health plan to achieve a goal.

- HE.A.1.4.6 knows how to delay the onset of and reduce the risk for potential health problems during adulthood.
- HE.B.1.4.2 knows strategies for health enhancement and risk reduction.
- HE.A.1.4.9 understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life.
- HE.C.1.4.1 knows various strategies when making decisions related to health needs and risks of young adults (e.g., support and reward system).
- HE.C.1.4.4 knows how to implement a plan for attaining personal health goals for the school year and knows methods for evaluating progress.
- HE.C.1.4.5 knows how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.
- HE.C.1.4.6 knows various strategies when applying the decision-making process regarding healthy habits (e.g., ways to avoid junk foods).
- PE.B.1.4.1 knows how to maintain appropriate levels of cardiovascular fitness, muscular strength and endurance, flexibility, and body composition necessary for a healthy lifestyle.
- PE.B.1.4.2 knows how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.
- PE.B.1.4.5 knows how to make changes in an individual wellness plan as lifestyle changes occur.
- PE.B.1.4.6 knows the correlation between obesity, high blood pressure, and increased physical activity.
- PE.A.3.4.1 knows that physical activity reduces certain health risk factors.

- PE.A.3.4.2 knows how regular physical activity can relieve the stress of everyday life.
- PE.A.3.4.4 knows the role of physical activity in the prevention of disease and the reduction of healthcare costs.
- PE.A.3.4.6 understands the importance of making a commitment to physical activity as an important part of one's lifestyle.
- PE.A.3.4.7 understands the utilization of fats, proteins, and carbohydrates as related to physical activity.

7. The students will apply knowledge and skills of common exercise injuries, illnesses and first aid procedures including CPR and AED's.

- HE.A.2.4.6 knows how to analyze situations requiring professional health services.
- HE.B.1.4.5 knows injury-prevention and injury-management strategies for personal, family, and community health.
- PE.A.3.4.1 knows that physical activity reduces certain health risk factors.
- PE.A.3.4.2 knows how regular physical activity can relieve the stress of everyday life.
- PE.A.3.4.4 knows the role of physical activity in the prevention of disease and the reduction of health-care costs.

8. The student will demonstrate and be able to apply violence prevention skills.

- HE.B.3.4.1 understands the relationship between verbal and nonverbal communication (e.g., body language, voice tone, volume, and pitch).
- HE.B.3.4.4 knows skills for communicating effectively with family, friends, and others.
- HE.B.3.4.5 knows strategies for solving interpersonal conflicts without harming self and others (e.g., peer mediation skills).
- HE.B.3.4.6 understands the possible causes of conflict among youth in schools and communities (e.g., ethnic prejudice) and knows methods for reducing that conflict (e.g., conflict resolution skills and peer mediation).
- HE.B.3.4.7 knows strategies for dealing with individuals who are exhibiting dangerous behaviors (e.g., evading and avoiding dangerous situations).

9. The student will use technology to facilitate personal fitness and health.

- HE.B.2.4.1 understands the impact of technology on personal, family, and community health.
- PE.B.1.4.2 knows how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.

PE.B.1.4.3 uses technology to assess, enhance, and maintain fitness and skills.

10. The student will use technology to develop physical education and health literacy and advocacy skills.

HE.B.2.4.1 understands the impact of technology on personal, family, and community health.

PE.B.2.4.4 assumes an active leader role, a supportive follower role, and a passive follower role as appropriate.

PE.B.2.4.5 understands the role of physical activity as a potential vehicle for social interaction and cooperative relations within the family and work place.

PE.A.3.4.3 identifies the effects of age, gender, race, ethnicity, socioeconomic status, and culture upon physical activity preferences and exercise habits.

PE.A.3.4.5 evaluates the effectiveness and use of community resources related to fitness.

11. The student will demonstrate knowledge and make sound decisions by evaluating consumer information, media, services and products.

HE.A.2.4.1 understands potential controversy regarding the validity of health information, products, and services.

HE.A.2.4.2 knows resources from home, school, and community that provide valid health information.

HE.A.2.4.3 knows how to evaluate factors that influence personal selection of health products and services.

HE.A.2.4.5 knows how to analyze the cost and accessibility of health-care services.

HE.B.2.4.2 understands the role of governmental agencies in regulating advertising claims related to health.

HE.B.2.4.4 knows how ethnic and cultural diversity both enrich and challenge healthy living.

PE.A.3.4.3 identifies the effects of age, gender, race, ethnicity, socioeconomic status, and culture upon physical activity preferences and exercise habits.

PE.A.3.4.5 evaluates the effectiveness and use of community resources related to fitness.

12. The student will gain knowledge of signs and symptoms of depression and ways to prevent suicide.

HE.A.1.4.3 understands the relationships among physical, mental, emotional, and social throughout adulthood.

HE.A.2.4.6 knows how to analyze situations requiring professional health services.

HE.B.1.4.1 understands the role of individual responsibility regarding personal risk behaviors.

HE.B.1.4.2 knows strategies for health enhancement and risk reduction.

- HE.B.1.4.3 knows strategies for managing stress.
- HE.B.3.4.7 knows strategies for dealing with individuals who are exhibiting dangerous behaviors (e.g., evading and avoiding dangerous situations).
- HE.B.3.4.8 understands various ways in which different families handle grief (e.g., in terms of cultural differences).
- PE.A.3.4.2 knows how regular physical activity can relieve the stress of everyday life.

13. The student will demonstrate skills in self-awareness, self-acceptance and self-improvement.

- HE.B.1.4.1 understands the role of individual responsibility regarding personal risk behaviors.
- HE.B.1.4.2 knows strategies for health enhancement and risk reduction.
- HE.C.1.4.3 knows methods for predicting immediate and long-term impact of health decisions on the individuals who make them.
- HE.C.2.4.2 knows methods for effectively expressing feelings and opinions on health issues.
- PE.C.2.4.1 identifies personal feelings resulting from participation in physical activity.
- PE.C.2.4.2 participates in games, sports, dances, outdoor pursuits, and other physical activities that contribute to the attainment of personal goals and maintenance of wellness.
- PE.C.2.4.3 knows the way in which personal characteristics, performance styles, and activity preferences will change over the course of one's life.

14. The student will demonstrate stress management skills.

- HE.B.1.4.3 knows strategies for managing stress.
- HE.B.3.4.3 knows positive strategies for expressing needs, wants, and feelings.
- HE.B.3.4.5 knows strategies for solving interpersonal conflicts without harming self and others (e.g., peer mediation skills).
- PE.A.3.4.2 knows how regular physical activity can relieve the stress of everyday life.
- PE.A.3.4.4 knows the role of physical activity in the prevention of disease and the reduction of healthcare costs.
- PE.A.3.4.6 understands the importance of making a commitment to physical activity as an important part of one's lifestyle.

15. The student will apply effective communication skills to enhance interpersonal relationships to promote teamwork and sportsmanship.

- HE.B.3.4.1 understands the relationship between verbal and nonverbal communication (e.g., body language, voice tone, volume, and pitch).

- HE.B.3.4.2 knows techniques for communicating care, consideration, and respect of self and others (e.g., encouragement, trust, and sexual abstinence).
- HE.B.3.4.4 knows skills for communicating effectively with family, friends, and others.
- HE.B.3.4.6 understands the possible causes of conflict among youth in schools and communities (e.g., ethnic prejudice) and knows methods for reducing that conflict (e.g., conflict resolution skills and peer mediation).
- PE.B.2.4.2 knows various ways in which conflicts can be resolved appropriately in game settings.
- PE.B.2.4.3 demonstrates responsible behavior while playing sports (e.g., respecting opponents and officials, controlling emotions, and accepting victory and defeat).
- PE.B.2.4.4 assumes an active leader role, a supportive follower role, and a passive follower role as appropriate.
- PE.B.2.4.5 understands the role of physical activity as a potential vehicle for social interaction and cooperative relations within the family and work place.

16. The student will demonstrate appropriate refusal skills for negative and risky behaviors.

- HE.B.3.4.1 understands the relationship between verbal and nonverbal communication (e.g., body language, voice tone, volume, and pitch).
- HE.B.3.4.3 knows positive strategies for expressing needs, wants, and feelings.
- HE.B.3.4.5 knows strategies for solving interpersonal conflicts without harming self and others (e.g., peer mediation skills).
- HE.B.3.4.7 knows strategies for dealing with individuals who are exhibiting dangerous behaviors (e.g., evading and avoiding dangerous situations).
- HE.C.2.4.4 knows positive ways to influence others to make positive choices.

17. The student will demonstrate an understanding of the effects of and ways to prevent communicable and non-communicable diseases (i.e., HIV/AIDS, other STDs, Heart Disease, Diabetes, Cancers, Asthma).

- HE.A.1.4.8 knows how the prevention and control of health problems are influenced by research and medical advances.
- HE.C.2.4.3 knows strategies for overcoming barriers when communicating information, ideas, and opinions on health issues.
- HE.C.1.4.6 knows various strategies when applying the decision-making process regarding healthy habits (e.g., ways to avoid junk foods).
- HE.B.1.4.2 knows strategies for health enhancement and risk reduction.

- HE.B.2.4.3 knows how information from peers, family, and the community influences personal health.
- HE.A.1.4.2 understands the potential impact of common risk behaviors on the quality of life.
- HE.A.1.4.7 understands how public health policies and government regulations influence health conditions.
- HE.C.2.4.1 knows oral, written, audio, and visual communication methods to accurately express health messages (e.g., through an audiovisual public service announcement).
- PE.A.3.4.1 knows that physical activity reduces certain health risk factors.
- PE.A.3.4.4 knows the role of physical activity in the prevention of disease and the reduction of healthcare costs.

18. The student will determine the physical, mental, social, economic and legal consequences of use, misuse and abuse of ATODs.

- HE.B.1.4.1 understands the role of individual responsibility regarding personal risk behaviors.
- HE.C.2.4.1 knows oral, written, audio, and visual communication methods to accurately express health messages (e.g., through an audiovisual public service announcement).
- HE.C.2.4.5 knows methods for working cooperatively with others to advocate for healthy communities (e.g., community service projects and health careers).

19. The student will demonstrate an understanding of ways to prevent use, misuse and abuse of ATODs.

- HE.C.1.4.5 knows how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.
- HE.B.2.4.3 knows how information from peers, family, and the community influences personal health.
- HE.B.2.4.4 knows how ethnic and cultural diversity both enrich and challenge healthy living.
- HE.C.1.4.6 knows various strategies when applying the decision-making process regarding healthy habits (e.g., ways to avoid junk foods).

20. The student will demonstrate an understanding of benefits of pregnancy prevention including sexual abstinence and consequences of teenage pregnancy.

- HEB.1.4.2 knows strategies for health enhancement and risk reduction.
- HE.B.3.4.2 knows techniques for communicating care, consideration, and respect of self and others (e.g., encouragement, trust, and sexual abstinence).

- HE.C.1.4.5 knows how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.
- HE.A.1.4.5 knows how the social environment influences the health of the community.
- HE.A.1.4.1 understands the impact of personal health behaviors on body systems.
- HE.A.1.4.2 understands the potential impact of common risk behaviors on the quality of life.
- HE.A.1.4.6 knows how to delay the onset of and reduce the risk for potential health problems during adulthood.
- HE.A.1.4.8 knows how the prevention and control of health problems are influenced by research and medical advances.

21. The student will demonstrate an understanding of human growth development as it relates to the aging process.

- HE.A.1.4.1 understands the impact of personal health behaviors on body systems.
- HE.A.1.4.2 understands the potential impact of common risk behaviors on the quality of life.
- HE.A.1.4.8 knows how the prevention and control of health problems are influenced by research and medical advances.
- HE.A.1.4.6 knows how to delay the onset of and reduce the risk for potential health problems during adulthood.

22. The student will advocate for personal, family and/or community health and fitness.

- HE.A.1.4.4 understands how the environmental conditions of the community influences the health of individuals.
- HE.A.2.4.2 knows resources from home, school, and community that provide valid health information.
- HE.A.2.4.4 knows how to access school and community health services for self and others.
- HE.C.1.4.2 knows the health concerns that require collaborative decision making (e.g., community violence and water pollution).
- HE.C.2.4.5 knows methods for working cooperatively with others to advocate for healthy communities (e.g., community service projects and health careers).
- HE.A.2.4.6 knows how to analyze situations requiring professional health services.
- PE.C.1.4.1 understands the influence of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation.
- PE.C.1.4.2 knows how to modify games and activities to allow for participation of students with special needs (e.g., physical disabilities).

- PE.C.1.4.3 knows the value of sport and physical activity in understanding different cultures.
- PE.B.2.4.3 demonstrates responsible behavior while playing sports (e.g., respecting opponents and officials, controlling emotions, and accepting victory and defeat).
- PE.B.2.4.4 assumes an active leader role, a supportive follower role, and a passive follower role as appropriate.
- PE.B.2.4.5 understands the role of physical activity as a potential vehicle for social interaction and cooperative relations within the family and work place.