

HLT173: HEALTH & PE II

THIS COURSE DOES NOT REQUIRE A FINAL EXAM

NOTE: You may NOT use the same self-assessment photos if you took PE I at IOHS

SYLLABUS

READ THESE INSTRUCTIONS NOW!

Keep work organized by week, clearly labeled and typed or copy/paste onto your syllabus. Math and hand done projects: photograph, scan or screenshot and copy/paste to your syllabus. Keep images small so your file isn't too large to submit or save work as a PDF. Go to "Student Services" online for any issues with this course. If you need Microsoft Word, request an email from Student Services and follow the steps given to you.

- **SUBMITTING WORK: YOU MUST SUBMIT ALL WEEKS AT ONCE on one file.** Your syllabus may be submitted separately if you chose not to add your work to it. Go to the website and select "Submit Work", complete the form and attach your work. You may also share a public link such as Gdocs. You have two attempts at receiving a passing grade of "C" or better so submit your full effort original work. Do not mail work. You will receive a reply in about 5 business days. Do not call or email asking for us to verify your work. All components of your course must be completed by the end of the 8th week from the time of your registration; 12 weeks for a 2 credit class. If you have a medical emergency or disability preventing you from completing your class, contact "Student Services" and send an email to request up to a 2-week extension

Week 1

USE THE DOWNLOAD TEXTBOOK

"Fitness for Life"

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear "assignments" which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let's get started

READ: Unit I – Building a Foundation

ASSIGNMENTS: Submit the following

a.) Student Activity: Pages 9, 31, 56

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 11; 36; 57

c.) Taking Charge "For Discussion": Pages 48, 67

d.) Using Technology: Page 55

ADD RESPONSE/S/ HERE

Week 2

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit II – Becoming and Staying Physically Active

ASSIGNMENTS: Submit the following

a.) Student Activity: 74; 116

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 80; 100; 119

c.) Taking Charge “For Discussion”: Pages 87; 106; 131

d.) Using Technology: Page 78

ADD RESPONSE/S/ HERE

Week 3

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit III – Building a Foundation

ASSIGNMENTS: Submit the following

a.) Student Activity: 139; 181

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone

photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 143; 161; 184

c.) Taking Charge “For Discussion”: Pages 147; 170

d.) Using Technology: Page 141; 177

ADD RESPONSE/S/ HERE

Week 4

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit IV – Muscle Fitness & Flexibility

ASSIGNMENTS: Submit the following

a.) Student Activity: 249

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 213 Part 2 only and page 215; 251 do “Curl Up, Arm and Leg Lift, Bridging, Side Plank, Reverse Curl and Front Plank” and all of 256.

c.) Taking Charge “For Discussion”: Pages 241; 268; 298

d.) Using Technology: Page 246

ADD RESPONSE/S/ HERE

Week 5

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit V – Healthy Choices

ASSIGNMENTS: Submit the following

- a.) Student Activity: Pages 348
- b.) No Self Assessments
- c.) Taking Charge “For Discussion”: Pages 322; 339; 358
- d.) Using Technology: Page n/a

ADD RESPONSE/S/ HERE

WEEK 6

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit VI - Wellness Perspective

ASSIGNMENTS: Submit the following

- a.) Student Activity: 396
- b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 2 photographs total for this unit. Pages 373, 398 - 401 (Relaxation), 413
- c.) Taking Charge “For Discussion”: Pages 384; 402; 417
- d.) Using Technology: Page n/a

ADD RESPONSE/S/ HERE

READ: Unit VII – Moving Through Life

ASSIGNMENTS: Submit the following

- a.) Student Activity: Pages 457
- b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. The must be typed and shared on your syllabus. Have someone

photograph you completing your self-assessment. Include 1 photograph total for this unit. Pages 428 (You will NOT pass your class if you skip this)

c.) Taking Charge “For Discussion”: Pages 433; 450; 468

d.) Using Technology: Page 432