

# Assignment Checklist

## Health and PE 10

### Key

**AC:** Application of Content, **CP:** Content Practice, **GS:** Getting Started, **MAA:** Module Authentic Assessment, **MR:** Module Reflection, **MT:** Module Test, **MS:** Module Summary, **WU:** Warm-Up

The chart below reflects assignments in the course for which students submit both required and optional work. These learning activities include a variety of assignment types that are assessed by an instructor or the learning management system (LMS). The associated submission folders have been created for these assignments in the LMS. The self-check and review learning objects listed below have printed results that can be submitted to an instructor if desired.

Topic/Page In Course	Activity Title	Activity Type	Total Points	Date Completed	Points Earned
<b>Module 1: The Perfect Machine</b>					
<b>GS</b>	Knowing the Location of Body Parts	Learning Object			
<b>1.1 CP</b>	Eleven Systems, One Body Review	Learning Object			
<b>1.1 AC</b>	Goals for Helping Your Body Systems	Paragraphs			
<b>1.2 WU</b>	Identifying Active vs Sedentary Lifestyle Choices	Learning Object			
<b>1.2 CP</b>	When It Is Active vs Sedentary Review	Learning Object			
<b>1.2 AC</b>	Active and Sedentary Lifestyle Timelines	Timelines			
<b>1.3 WU</b>	Reflecting On Current Diet and Eating Patterns	Journal			
<b>1.3 CP</b>	Intro to Good Nutrition Review	Learning Object			
<b>1.3 AC</b>	Healthy Menu	Menu			
<b>1.4 WU</b>	Calorie Count of Fast Food Items	Learning Object			
<b>1.4 CP</b>	Reducing Health Risks Review	Learning Object			
<b>1.4 AC</b>	Fast Food Nutrition Facts	Informational List			
<b>1.5 WU</b>	Analysis of Michael Jordon's Quotes	Discussion			
<b>1.5 CP</b>	How Fit Are You? Review	Learning Object			
<b>1.5 AC</b>	Fitness Log	Fitness Log			
<b>1.6 CP</b>	Reaching Fitness Goals Review	Learning Object			
<b>1.6 AC</b>	Fitness Log	Fitness Log			
<b>MAA</b>	Key Nutrients and the Body Presentation	Presentation			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
<b>Module 2: Looking in Your Blind Spot</b>					
<b>2.1 WU</b>	Matching Components of Mental and Emotional Health	Learning Object			
<b>2.1 CP</b>	Achieving Good Mental and Emotional Health Review	Learning Object			
<b>2.1 AC</b>	Where You Fall in Maslow's Hierarchy of Needs Pyramid	Graphic Organizer Pyramid			
<b>2.2 CP</b>	Developing a Positive Self-Image Review	Learning Object			
<b>2.2 AC</b>	Personal Identity Collage	Collage			
<b>2.3 WU</b>	Characteristics of Healthy Relationships	Discussion			

<b>2.3 CP</b>	Healthy vs Harmful Relationships Review	Learning Object			
<b>2.3 AC</b>	Analysis of a Case File	Police Report			
<b>2.4 WU</b>	Mood Mind Map	Mind Map			
<b>2.4 CP</b>	Suicide Prevention Review	Learning Object			
<b>2.4 AC</b>	Suicide Prevention Conversation	Collaborative Conversation			
<b>2.5 WU</b>	Stress Relieving Physical Activities	Journal			
<b>2.5 CP</b>	Problem Solving Today and in the Future Review	Learning Object			
<b>2.5 AC</b>	Fitness Log	Fitness Log			
<b>2.6 CP</b>	Strong Mind, Strong Body Review	Learning Object			
<b>2.6 AC</b>	Fitness Log	Fitness Log			
<b>MAA</b>	Mental and Emotional Health and Advocacy Pamphlet	Pamphlet and Discussion			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
<b>Module 3: High-Performance Machinery</b>					
<b>GS</b>	Knowledge of Joints	Learning Object			
<b>3.1 WU</b>	Bones Used on a Bike Ride	Learning Object			
<b>3.1 CP</b>	Bones Review	Learning Object			
<b>3.1 AC</b>	Model of a Bone	Model			
<b>3.2 WU</b>	The Importance of Muscles to Your Fitness	Journal			
<b>3.2 CP</b>	Muscles Review	Learning Object			
<b>3.2 AC</b>	Muscles Quiz	Quiz			
<b>3.3 WU</b>	Sacrifices Made By Elite Athletes	Discussion			
<b>3.3 CP</b>	Sports Conditioning Review	Learning Object			
<b>3.3 AC</b>	Fitness Log	Fitness Log			
<b>3.4 WU</b>	Rubber Band Resistance	Mini-Experiment			
<b>3.4 CP</b>	Weight Training and Your Bones Review	Learning Object			
<b>3.4 AC</b>	Fitness Log	Fitness Log			
<b>3.5 CP</b>	Weight Training and Your Muscles Review	Learning Object			
<b>3.5 AC</b>	Fitness Log	Fitness Log			
<b>MAA</b>	Bone and Muscle Paper	Paper			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
<b>MS</b>	Course Survey	Survey			
<b>Module 4: Do Not End Up in the Junkyard: Avoiding Harmful Substances</b>					
<b>GS</b>	Difficult Decisions Scenario	Learning Object			
<b>4.1 WU</b>	Myths and Facts about Alcohol	Learning Object			
<b>4.1 CP</b>	The Effects of Alcohol Review	Learning Object			
<b>4.1 AC</b>	Reporter Fact Checking about Alcohol	Fact Checking Research			
<b>4.2 WU</b>	Considering Punishments for a DUI	Discussion			

<b>4.2 CP</b>	Drinking and Driving Review	Learning Object			
<b>4.2 AC</b>	Drinking and Driving Advice Letter to a Friend	Letter			
<b>4.3 WU</b>	Did You Know About Cigarette Ingredients?	Did You Know?			
<b>4.3 CP</b>	Effects of Tobacco Review	Learning Object			
<b>4.3 AC</b>	Tobacco Acrostic Poem	Acrostic Poem			
<b>4.4 WU</b>	Identification of Drug Categories	Learning Object			
<b>4.4 CP</b>	Effects of Drugs Review	Learning Object			
<b>4.4 AC</b>	Drug Awareness Poster Design	Poster Design			
<b>4.5 WU</b>	Lifetime Activities and Skills	Journal			
<b>4.5 CP</b>	Movement Review	Learning Object			
<b>4.5 AC</b>	Fitness Log	Fitness Log			
<b>MAA</b>	Teen Magazine Cover Promoting the Avoidance of Harmful Substances	Magazine Cover			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
<b>Module 5: Avoiding the Repair Shop: Risk Management</b>					
<b>5.1 WU</b>	Consequences of A Dangerous Decisions	Journal			
<b>5.1 CP</b>	Staying Safe Review	Learning Object			
<b>5.1 AC</b>	Staying Safe Check for Understanding	Check for Understanding			
<b>5.2 WU</b>	Identifying Violence	Learning Object			
<b>5.2 CP</b>	Reacting to Violence Review	Learning Object			
<b>5.2 AC</b>	Fictional Violence Scenario Discussion	Discussion			
<b>5.3 WU</b>	Identifying Communicable Diseases	Learning Object			
<b>5.3 CP</b>	Communicable Diseases Review	Learning Object			
<b>5.3 AC</b>	Communicable Diseases Quiz	Quiz			
<b>5.4 WU</b>	Healthy Decisions Flashcards	Learning Object			
<b>5.4 CP</b>	Non-Communicable Diseases Review	Learning Object			
<b>5.4 AC</b>	Non-Communicable Diseases Billboard Design	Billboard Design			
<b>5.5 WU</b>	Knowing Safety Measures for Recreational Activities	Learning Object			
<b>5.5 CP</b>	Recreational Activities Review	Learning Object			
<b>5.5 AC</b>	Fitness Log	Fitness Log			
<b>MAA</b>	Responsible Behavior Public Service Announcement	Public Service Announcement			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
<b>MS</b>	Course Survey	Survey			

Module 6: Roadside Assistance					
<b>6.1 WU</b>	Preparing a First Aid Kit	List and Website Research			
<b>6.1 CP</b>	First Aid Procedures Review	Learning Object			
<b>6.1 AC</b>	Emergency Procedures Video	Enactment Video			
<b>6.2 CP</b>	Crisis Management Review	Learning Object			
<b>6.2 AC</b>	Crisis Management and Injury Prevention Advice Column	Advice Column			
<b>6.3 WU</b>	Experiences Addressing Conflicts	Journal			
<b>6.3 CP</b>	Conflict Resolution and Mediation Review	Learning Object			
<b>6.3 AC</b>	Social Networking Mediation	Social Networking Intervention			
<b>6.4 WU</b>	Stress Management Relaxation Exercise	Relaxation Exercise			
<b>6.4 CP</b>	Mind, Body, and Spirit Review	Learning Object			
<b>6.4 AC</b>	Fitness Log and Quiz	Fitness Log and Quiz			
<b>MAA</b>	First Aid or Conflict Resolution Infographic	Infographic			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
Module 7: Share the Road: Peer Relationships					
<b>GS</b>	What Would You Do?	Learning Object			
<b>7.1 WU</b>	Experiencing Positive and Negative Emotions	Journal			
<b>7.1 CP</b>	Emotions, Peers, and Decision-Making Review	Learning Object			
<b>7.1 AC</b>	Decision-Making Microblog	Microblog			
<b>7.2 WU</b>	Experience Exercising Self-Control	Drawing			
<b>7.2 CP</b>	Exercising Self-Control Review	Learning Object			
<b>7.2 AC</b>	Exercising Self-Control Check for Understanding	Check for Understanding			
<b>7.3 WU</b>	Working with a Partner T-Chart	T-Chart			
<b>7.3 CP</b>	Physical Activities for Two Review	Learning Object			
<b>7.3 AC</b>	Fitness Log	Fitness Log			
<b>MAA</b>	Positive vs Negative Emotions Comic Strip	Comic Strip			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
Module 8: A Drive Through the Community					
<b>GS</b>	Vision of Your Future	Drawing			
<b>8.1 CP</b>	Exploring Careers in Health Science Discussion	Discussion			
<b>8.1 CP</b>	Becoming a Productive Citizen Review	Learning Object			
<b>8.1 AC</b>	Health Science Radio Commercial	Radio Commercial			
<b>8.2 WU</b>	Assessment of Local Environmental Conditions	Journal			
<b>8.2 CP</b>	Environmental Influences on Individuals Review	Learning Object			

<b>8.2 AC</b>	You and Your Environment Graphic Organizer	Graphic Organizer			
<b>8.3 WU</b>	Community Health and Wellness Terms Drag and Drop	Learning Object			
<b>8.3 CP</b>	Community Health and Wellness Review	Learning Object			
<b>8.3 AC</b>	Preparing to Volunteer	Service-Learning Research			
<b>8.4 CP</b>	Healthy Choices in College and Careers Review	Learning Object			
<b>8.4 AC</b>	Fitness Log	Fitness Log			
<b>MAA</b>	Risky Behaviors T-Shirt Campaign	Campaign			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
<b>MS</b>	Course Survey	Survey			
<b>Module 9: Vehicle Information Center</b>					
<b>GS</b>	Advantages and Disadvantages of Technology and the Internet	Discussion			
<b>9.1 WU</b>	Familiar Health Related Technology Tools	List			
<b>9.1 CP</b>	Using Technology Tools for Health Review	Learning Object			
<b>9.1 AC</b>	Identifying Technology Tools for Reaching Nutritional and Exercise Goals	Technology Profile			
<b>9.2 WU</b>	Internet Safety Scenarios	Learning Object			
<b>9.2 CP</b>	Staying Safe in the Digital World Review	Learning Object			
<b>9.2 AC</b>	Rewriting Your Internet Safety Actions	Journal			
<b>9.3 WU</b>	How Families Can Adopt Healthy Habits	Learning Object			
<b>9.3 CP</b>	Family Health Habits Review	Learning Object			
<b>9.3 AC</b>	Goals to Improve Family Health	Goal Setting Plan			
<b>9.4 CP</b>	Your Luxury Vehicle Review	Learning Object			
<b>9.4 AC</b>	Fitness Log	Fitness Log			
<b>MAA</b>	Community Super Hero	Photo Album or Scrapbook			
<b>MR</b>	Module Reflection	Writing			
<b>MT</b>	Module Test	Test			
<b>Module 10: Course Culminating Activity: For the Long Haul</b>					
<b>GS</b>	Identifying Long-Term Life Goals	Journal			
<b>MAA</b>	Lifelong Nutrition and Fitness Plan	Course Culminating Project			
<b>MR</b>	Module Reflection	Writing			
<b>MS</b>	Course Survey	Survey			