

Assignment Checklist

Health and PE 9

Key

AC: Application of Content, **CP:** Content Practice, **GS:** Getting Started, **MAA:** Module Authentic Assessment, **MR:** Module Reflection **MT:** Module Test, **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
Module 1: Putting Together the Foundation for a Healthy Life					
1.1 WU	Right and Wrong Decisions	Discussion			
1.1 CP	The Decision-Making Process Review	Learning Object			
1.1 AC	Decision-Making Comic	Comic Strip			
1.2 CP	Nutritional Principles Review	Learning Object			
1.2 AC	Menu for a Day	Menu			
1.3 WU	Harmful Substances	Journal			
1.3 CP	Harmful Substances Review	Learning Object			
1.3 AC	Acrostic Poem	Poem			
1.4 CP	Communicable Diseases Review	Learning Object			
1.4 AC	Communicable Diseases	Web Page			
1.5 WU	Weekly Schedule	Routine			
1.5 CP	Individual Sports and Metabolism Review	Learning Object			
1.5 AC	Fitness Log	Fitness Log			
1.6 WU	Team Sports and Recreational Activities	List			
1.6 CP	Team Sports and Recreational Activities Review	Learning Object			
1.6 AC	Fitness Log	Fitness Log			
MAA	Health Pamphlet	Pamphlet			
MR	Module Reflection	Writing			
MT	Module Test	Test			
Module 2: Physical Training Fitness Principles					
GS	Rate Your Ability	Learning Object			
2.1 WU	Physical Activities and Sports	List			
2.1 CP	Muscular Strength and Endurance Review	Learning Object			
2.1 AC	Muscular Strength and Endurance	Writing Prompt			
2.2 CP	Cardiovascular Training Review	Learning Object			
2.2 AC	Cardiovascular System Diagram and Explanation	Diagram and Writing Prompt			
2.3 WU	Importance of Flexibility	Journal			
2.3 CP	Flexibility Review	Learning Object			
2.3 AC	Flexibility Report	Self-Assessment			
2.4 CP	Fatigue and Rest Review	Learning Object			
2.4 AC	Fatigue Poll	Poll			
2.5 CP	Stretching Review	Learning Object			

2.5 AC	Fitness Log and Quiz	Fitness Log and Quiz			
2.6 CP	Rest and Athletic Performance Review	Learning Object			
2.6 AC	Fitness Log	Fitness Log			
MAA	After-School Fitness Program	Project			
MR	Module Reflection	Writing			
MT	Module Test	Test			
Module 3: Mental Training					
3.1 WU	Stress Bingo	Learning Object			
3.1 CP	Stress vs Distress Review	Learning Object			
3.1 AC	Stress of the Ages	Interview			
3.2 WU	Upcoming Activities and Responsibilities	Journal			
3.2 CP	Time Management Review	Learning Object			
3.2 AC	Assignment Timeline	Timeline			
3.3 WU	Conflict Reflection	Journal			
3.3 CP	Conflict Resolution Review	Learning Object			
3.3 AC	Conflict Resolution Pamphlet	Pamphlet			
3.4 WU	Stress-Relieving Exercises	List			
3.4 CP	Exercise and Stress Review	Learning Object			
3.4 AC	Fitness Log	Fitness Log			
3.5 WU	Time-Saving Exercises	List			
3.5 CP	Time-Saving Exercises Review	Learning Object			
3.5 AC	Fitness Log	Fitness Log			
3.6 CP	Walking For Your Health Review	Learning Object			
3.6 AC	Fitness Log	Fitness Log			
MAA	Helping a Friend	Letter			
MR	Module Reflection	Writing			
MT	Module Test	Test			
MS	Course Survey	Survey			
Module 4: Personal Fitness Plan					
4.1 WU	Fitness Goals Discussion	Discussion			
4.1 CP	F.I.T.T. Principles Review	Learning Object			
4.1 AC	Design a Warm-Up	Check for Understanding			
4.2 WU	Goal Setting	Wordle™			
4.2 CP	Goal Setting Review	Learning Object			
4.2 AC	My Personal Goals	Graphic Organizer			
4.3 WU	Personal Fitness Program	Journal			
4.3 CP	Designing and Implementing Your Personal Fitness Plan Review	Learning Object			
4.3 AC	Designing and Implementing Your Personal Fitness Plan	Quiz			
4.4 WU	Goal Reflection	Discussion			

4.4 CP	Assessing and Evaluating Your Personal Fitness Plan Review	Learning Object			
4.4 AC	Evaluate a Personal Fitness Plan	Email			
4.5 WU	Upper-Body and Lower-Body Exercises	Learning Object			
4.5 CP	Upper-Body and Lower-Body Exercises Review	Learning Object			
4.5 AC	Fitness Log	Fitness Log			
4.6 WU	Core Exercises	List			
4.6 CP	Core Exercises and Total-Body Workouts Review	Learning Object			
4.6 AC	Fitness Log	Fitness Log			
MAA	Your Personal Fitness Plan	Fitness Plan			
MR	Module Reflection	Writing			
MT	Module Test	Test			
Module 5: Keeping It Together					
5.1 WU	Bicycle and Motorcycle Safety Discussion	Discussion			
5.1 CP	Avoiding Risky Behaviors Review	Learning Object			
5.1 AC	Bicycle Safety or Social Networking Safety	Essay			
5.2 WU	Emergency Procedures	Journal			
5.2 CP	First Aid Review	Learning Object			
	Cardiopulmonary Resuscitation (CPR) Review	Learning Object			
	Using an Automated External Defibrillator (AED) Review	Learning Object			
5.2 AC	Emergency Procedures Video	Video			
5.3 WU	Effects of Bullying Discussion	Discussion			
5.3 CP	Bullying and Cyberbullying Self-Check	Learning Object			
	Violence Prevention Review	Learning Object			
5.3 AC	Avoiding Gang Involvement	Public Service Announcement			
5.4 WU	Peer Pressure	Journal			
5.4 CP	Peer Pressure and Body Image Review	Learning Object			
5.4 AC	Eating Disorder	Letter			
5.5 WU	Aerobic Exercises Word Search	Learning Object			
5.5 CP	Aerobic Exercise and Types of Aerobics Review	Learning Object			
5.5 AC	Fitness Log	Fitness Log			
5.6 WU	Types of Dance Discussion	Discussion			
5.6 CP	Dancing Review	Learning Object			
5.6 AC	Fitness Log	Fitness Log			
MAA	CPR Demonstration	Video Conference			
MR	Module Reflection	Writing			
MT	Module Test	Test			

MS	Course Survey	Survey			
Module 6: Community Health					
GS	A Healthy Community	Journal			
6.1 WU	Health Issues Discussion	Discussion			
6.1 CP	Community Health Projects Review	Learning Object			
6.1 AC	Community Health Project or Community Health Assessment	Presentation			
6.2 WU	A Healthy School	Wordle™			
6.2 CP	Health in School Review	Learning Object			
6.2 AC	School Health	Interview			
6.3 CP	Social Issues Review	Learning Object			
6.3 AC	Advocacy Story	Interview			
6.4 CP	Individual Sports Review	Learning Object			
6.4 AC	Practice Plan	Fitness Plan			
MAA	Community Service Project	Project			
MR	Module Reflection	Writing			
MT	Module Test	Test			
Module 7: Public Health					
GS	Health and Safety	List			
7.1 WU	Health Concerns Discussion	Discussion			
7.1 CP	Healthcare Agencies and Organizations Review	Learning Object			
7.1 AC	Health Department Pamphlet	Pamphlet			
7.2 WU	Disaster Relief Efforts	Journal			
7.2 CP	Preparing for Disasters and Disaster Relief Review	Learning Object			
7.2 AC	Emergency Preparedness	Emergency Plan			
7.3 CP	Sportsmanship and Respect Review	Learning Object			
7.3 AC	Fitness Log and Check for Understanding	Fitness Log and Check for Understanding			
MAA	Conflict in Sport Collaborative Presentation	Collaborative Presentation			
MR	Module Reflection	Writing			
MT	Module Test	Test			
MS	Course Survey	Survey			
Module 8: Lifelong Health and Wellness					
GS	Healthy Habits for Lifelong Health	Journal			
8.1 CP	Daily Diet and Nutrition Review	Learning Object			
8.1 AC	Daily Diet Template	Chart			
8.2 CP	Protecting Your Long-Term Health Review	Learning Object			
8.2 AC	Long-Term Health	Fill-in-the-Blank			
8.3 CP	Energy Balance and Optimal Health Review	Learning Object			
8.3 AC	Health and Wellness Plan	Wellness Plan			

MAA	Making Smart Choices as an Informed Consumer	Project			
MR	Module Reflection	Writing			
MT	Module Test	Test			