

## Pace Template: 24-28 Weeks

### Vacation

- Each Segment of the Course Pace Chart contains floating weeks off. These weeks can be used as you need them.
- Taking time off from coursework is an individual choice and is not required.
- Please discuss your plans for taking time off with your instructor before you take the time off.
- Informing your instructor before using the time off will allow proper documentation of your absence from the course.

If you have any questions about the pace charts, do not hesitate to talk to your instructor.

Segment One Pace Chart

Week	Lesson
1	01.00 Play and Plan Pretest 01.01 Importance of Physical Activity
2	01.02 Safety 01.03 Fitness Assessments
3	01.04 Goals 01.05 MAD Goals Planning Assessment
4	01.06 Cardiorespiratory Fitness 01.07 Training Principles 01.08 Health-Related Fitness
5	01.09 Module One Wellness Plan 01.10 Discussion-Based Assessment Segment One Collaboration Component
6	02.00 Play With Focus Pretest 02.01 Flexibility
7	02.02 Monitoring Activity 02.03 Peer Influence 02.04 Muscular Strength and Endurance
8	02.05 Training Expectations and the Media 02.06 Skill-Related Fitness 02.07 Good Eats
9	02.08 Module Two Wellness Plan 03.00 Play for Keeps Pretest
Week	Lesson
10	03.01 Lifetime Fitness 03.02 Avoidance 03.03 Advertising

<b>11</b>	03.04 Happiness 03.05 Module Three Wellness Plan
<b>12</b>	03.06 Discussion-Based Assessment 03.07 Segment One Exam
<b>13</b>	Floating Vacation Week
<b>14</b>	Floating Vacation Week

Segment Two Pace Chart

<b>Week</b>	<b>Lesson</b>
<b>1</b>	04.00 Play Smart Pretest 04.01 Mental Fitness
<b>2</b>	04.02 Healthy Relationships 04.03 Surrounded 04.04 Health and Technology
<b>3</b>	04.05 Personal Menu
<b>4</b>	04.06 Module Four Wellness Plan 04.07 Discussion-Based Assessment
<b>5</b>	Segment Two Collaboration Component 05.00 Play it Safe Pretest
<b>6</b>	05.01 Drugs and Alcohol: Risks and Effects 05.02 Cost of Drugs
<b>7</b>	05.03 Alcohol 05.04 Tobacco 05.05 Drugs
<b>8</b>	05.06 Getting Help 05.07 Module Five Wellness Plan
<b>9</b>	06.00 Play for Life Pretest 06.01 The Weight Epidemic 06.02 Body Composition
<b>10</b>	06.03 Healthy Development and Disease 06.04 First Aid and CPR
<b>Week</b>	<b>Lesson</b>
<b>11</b>	06.05 Own Your Health 06.06 Module Six Wellness Plan
<b>12</b>	06.07 Discussion-Based Assessment

<b>12</b>	06.08 Segment Two Exam
<b>13</b>	Floating Vacation Week
<b>14</b>	Floating Vacation Week