

Class Name: Health Opportunities through Physical Education (HOPE PE Variation)

Teacher: Trish Hillmann Akouka

Grade Levels: 9th - 12th

Class Description: A majority of class time will be spent in physical activity...in a fitness boot camp style class. We will Focus on Resistance training, cardiovascular training, and Flexibility.

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will combine the learning of principles and background information in a classroom setting with physical application of the knowledge. In addition to the physical education content represented in the benchmarks below, specific health education topics within this course include, but are not limited to:

Mental/Social Health, Physical Activity, Components of Physical Fitness, Nutrition and Wellness Planning, Diseases and Disorders, Health Advocacy

Textbook/Author/Publisher:

Lifetime Heath

Authors: Friedman, Stine, Whalen

Publisher: Holt, Rinehart and Winston 2007

ISBN-10: 0030672015 sold on Amazon.com

Supplies required: Yoga Mat (low prices at Ross, Target, Walmart...should be under \$20)

Recommended supplies (optional): Heart Rate monitor with chest strap (You can buy a good one for about \$50)

* I recommend Polar Brand http://www.amazon.com/Polar-Heart-Rate-Monitor-Black/dp/B003HT88JQ/ref=sr_1_7?s=sporting-goods&ie=UTF8&qid=1426626640&sr=1-7&keywords=%22heart+rate+monitor%22

http://www.amazon.com/Polar-Heart-Rate-Monitor-Black/dp/B003HT88JQ/ref=sr_1_7?s=sporting-goods&ie=UTF8&qid=1426626640&sr=1-7&keywords=%22heart+rate+monitor%22

Weekly class cost: \$8.00

Material/Supply Fee: \$15.00

****Appropriate Clothing During Exercise Class****

- Students may wear basketball styled/length shorts. Shorts must extend **beyond** the fingertips.
- Students may wear unaltered (not cut) T-shirts or dry-wicking exercise tops. Tops must include an unaltered (not cut) round neck and short sleeves. Tops must be long enough to tuck into bottoms and cleavage should be modestly covered. Tops must completely cover undergarments, including straps.
- Exercise clothing may be worn, **only** during an exercise class.

FLDOE course code:1506320

Maximum # of students: 12

Minimum # of Students: 5

Teacher Contact: Trish Hillmann Akouka

Email: **akouka5@earthlink.net**

Phone: (321) 514-2140