


SB-10 Course Checklist



	Readings, Exercise, Labs, Reflections, Assignments and Power Points	Projected Completion Date	Check when Completed
DA's	Developmental Assignments		
1.	Developmental Assets Investigation		
2.	Healthy Sexuality		
3.	Conflict Resolution		
4.	Substance Use/Abuse		
5.	HAL (Healthy Active Living) Action Plan		
TA's	Textbook Assignments		
6.	Nutrition and Healthy Eating Readings, Labs, Exercises and Questions		
7.	Personal Safety and Conflict Resolution Readings, Questions and Exercises		
8.	Substance Use and Abuse Readings, Questions and Exercises		
9.	Healthy Sexuality Readings, Questions and Exercise		
Fitness Testing	Fitness Testing		
10.	Fit Take Outs		
11.	20 workouts (templates on website)		
12.	4 weekly reviews (templates on website)		
13.	1 Culmination chart of Exercise Program (templates on website)		
Movement Competency	Movement Competency		
14.	Sport Strategies (Invasion/Territory, Net/Wall, Striking/Fielding & Target Games) Readings and Exercises		
15.	Shared Skill Set Assignment		
On-Line Quizzes (1- 8)	General Overview (30 quizzes in all) (http://hal10.thompsonbooks.com)		
16.	1.(3) <input type="checkbox"/> 2.(3) <input type="checkbox"/> 3.(1) <input type="checkbox"/> 4.(5) <input type="checkbox"/> 5.(3) <input type="checkbox"/> 6.(5) <input type="checkbox"/> 7.(9) <input type="checkbox"/> 8.(1 -pick a sport) <input type="checkbox"/>		
Summative	Summative		
17.	Proclamation		
18.	Biomechanical Analysis (Power point)		