

# Pocono Mountain School District

## Wellness and Fitness Syllabus



### **Prerequisite:**

None

### **Description:**

This course provides students the opportunity to expand their knowledge of wellness and fitness in a unique way. Students will spend time learning about nutrition, wellness, exercise, fitness components and putting that knowledge into action. The course is designed for all students who have the desire to live a healthy or healthier lifestyle. “Without your health, every else in life will be more difficult.” The focus of this course is to increase their knowledge of the specific benefits of living a healthy lifestyle.

### **Objectives:**

- The student will create a wellness plan to incorporate into their daily lives.
- The student will create a fitness plan to incorporate into their daily lives.
- The student will identify components of fitness.
- The student will identify components of MyPlate.

### **PA State Standards:**

**10.1.9 C:** Analyze factors that impact nutritional choices of adolescents.

- Body Image
- Advertising
- Dietary Guidelines
- Eating Disorders
- Peer Influence
- Athletic Goals

**10.1.9 E** Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

**10.1.12 B:** Evaluate factors that impact the body systems and apply protective/preventative strategies.

- Fitness Level
- Environment (e.g. pollutants, available health care)
- Health Status (e.g. physical, mental, social)
- Nutrition

**10.1.12 C:** Analyze factors that impact nutritional choices of adults.

- Cost

- Food preparation(e.g. time, skills)
- Consumer Skills (e.g. understanding food labels, evaluating food fads)
- Nutritional Knowledge
- Changes in Nutritional Requirements (e.g. age, physical activity level)

**10.2.9 A** Identify and describe health care products and services that impact adolescent health practices.

**10.2.9 B** Analyze the relationship between health-related information and adolescent consumer choices

- Tobacco Products
- Weight Control Products

**10.2.9 C** Analyze media health and safety messages and describe their impact on personal health and safety.

**10.2.9 D** Analyze and apply a decision-making process to adolescent health and safety issues.

**10.2.12 A** Evaluate health care products and services that impact adult health practices.

**10.2.12 C** Compare and contrast the positive and negative effects of the media on adult personal health and safety.

**10.2.12 D** Examine and apply a decision-making process to the development of short and long-term health goals.

**10.4.9 A** Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.

**10.4.9 B** Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

- Stress Management
- Disease Prevention
- Weight Management

**10.4.9 D** Analyze the factors that affect physical activity preferences of adolescents.

- Skill Competence
- Social Benefits
- Previous Experience
- Activity Confidence

**10.4.9 E** Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

- Personal Choice

- Developmental Differences
- Amount of Physical Activity
- Authentic Practice

**10.4.9 F** Analyze the effects of positive and negative interactions of adolescent group members in physical activities.

- Group Dynamics
- Social Pressure

**10.4.12 A** Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

**10.4.12 E** Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities

**10.4.12 F** Assess and use strategies for enhancing adult group interaction in physical activities

- Shared Responsibility
- Open Communication

**10.5.12 A** Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promotes personal lifelong participation

**10.5.12 D** Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use

**Concepts Taught:**

Wellness Terminology  
Stretching  
Safety  
Components of Fitness

Fitness Terminology  
Anatomy  
Nutrition Terminology  
MyPlate

**Sample Class Activities:**

BMI Measurement  
Food Journals  
Menu Creation  
Wellness Activities  
Stress Relief Activities

Reading Food Labels  
Exercise Journals  
Wellness Planning  
Lifetime Sports

**Assessments:**

BMI Assessment  
Journal Creations  
Menu Designs

My Personal Wellness Plan Common Assessment  
Evaluate Your Lifestyle Common Assessment

