

Pocono Mountain School District Healthy Lifestyle Management Syllabus



Prerequisite:

None

Description:

The main focus of this course is changing behavior of each individual learner. Students will be in a variety of settings ranging from a classroom, to a food lab, to a fitness center. Teachers from the Health and Physical Education department along with the Family and Consumer Science department will work together to assist the students in this unique course. Topics covered will include information about principals of physical fitness, weight management, food choices, menu design and healthy food preparation.

Objectives:

- The students will identify behaviors that contribute to one's overall health, fitness and nutrition.
- The student will analyze factors that impact nutritional choices of adolescents.
- The students will analyze their personal diet in relationship to Dietary Guidelines
- The students will explore the concept of energy in = energy out.
- The students will evaluate nutrition and meal planning principals in selection, planning, preparation and serving of meals that meet specific nutritional needs.
- The students will evaluate the results of a fitness assessment to provide personal information in that may be to develop personal fitness goals.
- The student will analyze the results of a fitness assessment to create and implement a personal fitness plan.
- Students will design, implement, and self-assess a personal Nutrition and Fitness plan.

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

10.1.12.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.B - Analyze the relationship between health-related information and adolescent consumer choices

- Weight Control Products

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

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

10.5.12.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.

Healthy Lifestyle Management

Concepts Taught:

- Reaching healthy lifestyle management
- Basic principles of physical fitness
 - Health-related components of physical fitness
 - Principles of training health-related components of fitness
 - Cardiorespiratory endurance
 - Muscular strength and endurance
 - Flexibility and back health
 - Body composition
 - Fitness Assessment
- Nutrition
 - Components of healthy diet
 - Dietary Guidelines/RDA
 - Personal assessment of nutrition and eating habits
 - Developing a personal plan
 - Choosing Healthy Foods/Grocery Shopping Lists
 - Healthy Food Preparations/Websites for Healthy Recipes
 - Creating a Menu
 - Nutritional Analysis
- Weight management
 - Factors contributing to excess body fat
 - Self-assessment of weight management
 - Approaches to overcoming weight management problems
 - Body Image issues
 - Maintaining Healthful Weight
- Developing a personal plan for Fitness and Nutrition
- Monitoring progress of Fitness/Nutrition Plan

Sample Class Activities:

- Trifit assessment
- BMI Measurement
- Reading Food Labels
- Food Journals
- Exercise Journals
- Menu Creation
- Nutrition and Fitness Planning
- Wellness Activities
- Lifetime Sports
- Stress Relief
- Activities

Assessments:
<ul style="list-style-type: none">• Trifit System assessment• Self- assessment of Fitness and Nutrition – Common Assessment #1• BMI Assessment• Journal Creations• Menu Designs• My Personal Fitness and Nutrition Plan - Common Assessment #2• Evaluate Plan (Rubric)