

Unit 1

Content Area: **Physical Education and Health**
Course(s): **Sports Nutrition**
Time Period: **September**
Length: **5 Weeks**
Status: **Published**

Transfer

Technology and media literacy

Thinking and Problem Solving

Initiative and Self Direction

Flexibility and Adaptability

Enduring Understanding

By acquiring health skills and learning about nutrition, we are able to support a healthy and active lifestyle.

By understanding input versus output, we are empowered to make healthier choices in our own lives to help prevent disease and illness.

By educating ourselves about where our food comes from, we will make smarter choices to avoid GMOs, additives, preservatives, waxes, coloring and other compositions that are now considered harmful to our health allowing us to eat better quality foods as opposed to quantity.

By choosing the best quality foods for our activity level, we are capable of maintaining optimal sports performance for our specific activity.

Essential Questions

Why are there so many different dietary theories and how can we determine if they work?

What is the purpose of antibiotics? Why are they important for our health and wellness? Why shouldn't they be in our food supply?

Do diets work?

Why is input versus output equally important to health and wellness as is the quality of the foods you eat?

What tools besides a scale are available to best assess a person's overall wellness?

What effect will an excess of a nutrient or a deficiency have on my body?

How are foods changed into fuel for the body?

Why does your food source matter?

What is your understanding of the statement you are what you eat?

What will help you to achieve optimal sports performance?

What training is necessary, in addition to food/supplement intake to increase performance and decrease the likely-hood of overuse/abuse injuries?

Content

Potential Works of Study

Institute of Integrative Nutrition Curriculum- Columbia University

Prescription for Nutritional healing- Balch

Healing with Whole Foods- Paul Pitchford

What to Eat- Marion Nestle

The 3 Season Diet- John Douillard

Sugar Shock- Connie Bennett with Stephen T. Sinatra

Vocabulary

calories, nutrients, carbohydrates, proteins, saturated fats, unsaturated fats, trans fat, hydrogenated oils, amino acids, vitamins, minerals, water, caffeine, sodium, sugar, fiber, empty calories, nutrient deficiency, nutrient density, percent daily value, genetically modified, antibiotics, additive, preservative, crowding out, hormones, antibiotics, vegan, vegetarian, pescetarian, supplements, carbohydrate loading, speed, endurance, body composition, body mass index, cross training, sport specific training, sport specific skills, fitness, wellness, blood type, lactic acid, post exercise soreness, muscular strength, muscular endurance, flexibility, cardiovascular strength, agility

Learning Objectives

Analyze food labels

Understand ingredients and identify fillers/additives/different names for same source ingredients

Create healthier alternatives to typical foods

Compare and contrast foods from the same groups to determine healthiest choices of options available

Differentiate between dietary theories and determine best suited for individual needs

Create an optimal exercise routine for specific goals

Track progress over the course of several months to see gains and increases in sports performance after applying nutrition and fitness principles to own goals

Resources

Standards
