

# Unit 3: Physical Health

Content Area: **Health**  
Course(s): **Comprehensive Health**  
Time Period: **1 marking period**  
Length: **4 Weeks**  
Status: **Published**

## Unit Overview

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This unit will cover the study of nutrition and fitness and its effects on the quality of life that are essential for a student's lifelong wellness. With an understanding of nutrition, students will learn the relationship between good nutrition and disease prevention. The students will learn skills to enable them to have the ability to maintain a healthy body weight throughout their lifespan. The students will understand how the different types of health relate to fitness and the importance of maintaining a healthy fitness level for achieving a higher quality of life. The students will also be taught different ways to improve their fitness level and how to make good choices for a healthy productive, higher quality of life.

## Transfer

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Students will be able to independently use their learning to...

- make responsible decisions about their mind and bodies to eliminate the chance of health risks in their future.
- promote a more physically active lifestyle that will become an important of their life.
- be encourage to make healthier choices when selecting meals and snacks to get the most nutrition out of the food they eat.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## **Meaning**

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### **Understandings**

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Students will understand...

- that good physical health has a direct impact on their mental and social health.
- how good physical health helps in disease prevention.
- ways to improve their physical fitness level for a healthy productive life.
- how good nutrition has a impact on disease prevention.
- the importance of consuming all of the essential nutrients on a daily basis.
- using technology can help regulate and maintain healthy eating habits.

### **Essential Questions**

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Students will keep considering...

- How does fitness relate to wellness?
- How does good physical health relate to a higher quality of life?
- How to start implementing a fitness program into their schedule?
- What is nutrition?
- What constitutes a healthy diet?
- What is my nutritional plan?
- How do I maintain a healthy weight throughout my life?
- What measures do I need to take to continue with a healthy diet?

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- the five components of health-related fitness: Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition
- the F.I.T.T. principle
- Heart rate, resting heart rate, target heart rate, and maximum heart rate
- aerobic vs. anaerobic exercises
- the definition of nutrition and nutrients
- the influences on their current food choices
- the six basic nutrients and the roles they play in an individual's overall health
- the immediate and long term benefits of good nutrition
- how to make smart choices for each of the food groups
- how to use and follow the guidelines of myplate.gov that promotes healthy eating for life
- how to read and assess food labels

### **Students will be skilled at...**

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Students will be skilled at...

- identifying the components of health-related fitness
- defining the F.I.T.T principle and it's role in planning a fitness program
- comparing resting, maximum, and target heart rate and their impact on one's overall fitness level
- comparing aerobic and anaerobic exercises and their impact on a workout
- define applicable vocabulary
- identifying the 6 basic nutrients and identify their roles in the body

- identifying smart choices from each of the food groups
- understanding how to read food labels to make healthier food choices
- understanding the importance of balancing good nutrition and physical activity for a higher quality of life

## **Academic Vocabulary**

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Physical Activity

Physical Fitness

Exercise

Sedentary

Cardiorespiratory Endurance

Muscular Strength

Muscular Endurance

Flexibility

Body Composition

Cardiovascular disease

Aerobic Exercise

Anaerobic Exercise

Target heart rate

Resting heart rate

Maximum heart rate

Overload

Progression

Specificity

Body Mass Index- BMI

Warm-up

Workout

Cool-down

Nutrition

Nutrients

Calories

Hunger

Appetite

Carbohydrates

Proteins

Fats

Vitamins

Minerals

Water

Glucose

Glycogen

Complex Carbs

Fiber

Lipids

Unsaturated fats

Saturated fats

Cholesterol

Whole Grains

Portion size

Junk food

Empty calories

MyPlate

Apply basic fitness concepts to develop a fitness plan to improve one's wellness.

- Apply basic fitness concepts to develop a fitness plan to improve one's wellness.

HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
HPE.2.6.12.A.2	Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (FITT and additional training principles)
HPE.2.6.12.A.3	Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.
HPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.
HPE.2.6.12.A.CS1	Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

### **Target 1**

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Differentiate between exercise and physical activity and identify the immediate and long term impact of living a sedentary lifestyle on one's wellness.

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### **Target 2**

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Compare and contrast the importance of the health-related components of fitness as a measure of one's fitness level.

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### **Target 3**

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Analyze the role of genetics, age, gender, nutrition, activity level, and exercise type on body composition. Describe what factors impact teen body image. Identify different performance enhancing drugs and debate the legality of using them. List the different types of eating disorders and identify the impact on one's body composition.

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## Target 4

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Demonstrate knowledge and application of the fitness training principles (FITT, overload, progression, specificity) to enhance a workout and develop a personal fitness plan.

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## Learning Goal 2

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Apply basic nutritional concepts to develop a nutrition plan to improve one's wellness.

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HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.B.2	Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.
HPE.2.1.12.B.3	Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.
HPE.2.1.12.B.CS1	Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness.

## Target 1

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Explain how different factors such as genetics, culture, social environment and psychological factors may have an influence on one's weight.

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## Target 2

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Compare and contrast the different dietary trends of young adults in the U.S. and in various countries.

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## Target 3

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Analyze the importance of consuming all of the essential nutrients on a daily basis (fats, carbohydrates, proteins, vitamins, minerals, and water) and identify sources of each nutrient.

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## Target 4

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Explain the relationship between balancing food and physical activity to maintaining one's body weight.

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## Target 5

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Apply the concepts of balance, variety, and moderation when making food choices. Understand how to analyze a nutritional facts label to identify the nutritional value of a food product.

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## Summative Assessment

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- \* Notebooks
- \* Quizzes
- \* Tests
- \* Projects
- \* Benchmark

## 21st Century Life and Careers

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP11	Use technology to enhance productivity.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.

## Formative Assessment and Performance Opportunities

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- \* Teacher observation



- \* Class participation
- \* Discussions
- \* Homework
- \* Notebook

## **Differentiation/Enrichment**

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- \* Modifications as per IEP/ 504 plans
- \* Google classroom resources (powerpoint, guided notes)
- \* Small group activities
- \* Reteaching opportunities in textbook
- \* Directed reading
- \* Inclusion strategies in textbook
- \* Motivating activities in textbook

## **Unit Resources**

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Comprehensive Health, 2nd Edition by Goodheart-Wilcox Publishing

Powerpoints

Topic related videos- 5 health-related components of fitness

Related internet resources- Myplate, nutritional labels,

Topic Related Worksheets

- Related internet resources- Myplate, nutritional labels
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