

Self Assessment

Content Area: **Generic Content Area**
Course(s):
Time Period: **Generic Time Period**
Length: **School Year**
Status: **Published**

Unit Introduction

Through the Self Assessment unit, students will engage in a variety of assessments to set, monitor, and achieve personal and team/group goals. These bulk of these assessments will be designed primarily to cater to each students unique skill levels and expectations.

Standards

HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
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.
HPE.2.2.12.B.2	Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.
HPE.2.2.12.B.CS1	Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.
HPE.2.2.12.C.1	Analyze the impact of competition on personal character development.
HPE.2.2.12.C.CS1	Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.
HPE.2.3.12.A.1	Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements.
HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.4	Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.
HPE.2.5.12.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices,

	adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
HPE.2.5.12.C.CS2	Cultural practices regarding physical activity, sports, and games reflect a microcosm of society.
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.5	Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal substances) to improve performance.
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.

Essential Questions

PERSONAL WELLNESS PLANS

1. What are important factors to consider when designing a personal wellness plan?
2. How do personal wellness plans relate to social, physical, emotional health?
3. How do personal wellness plans relate to a lifetime of healthy decision making?
4. What factors influence motivation?

NUTRITION AND PHYSICAL ACTIVITY

1. What are the unique contributions of each nutrient class in regards to our health?
2. How does nutrition and physical activity relate to weight loss/gain/maintenance, and other health factors?

Content / Skills

Students will engage in the following assessments (assessments may be modified and additional assessments may be added):

1. Designing and maintaining a personal wellness plan. This plan will be modified throughout the school year. Some key points of the plan will include:

A. Recording baseline results for muscular strength, muscular endurance, flexibility, cardiorespiratory endurance, and body composition.

B. Creating and recording personal fitness goals based on baseline results.

C. Participating in and recording daily physical activity.

C. Designing a personalized workout and nutrition plan to achieve goals.

D. Perform tests to determine if goals were achieved, record results, and set new goals.

2. Create and lead a workout for your peers (group activity) based on knowledge of fitness principles and movement skills.

3. Participate in a community wellness event (community service) and write/discuss the impact on self and community.

4. Research a health/wellness related topic and provide class presentation.

-Written essay for alternative assignment.

5. Written Tests

6. Classroom discussion