

# Personal Wellness

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

## Unit Introduction

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The Movement and Skill performance unit is focused primarily on the mastery of the actual techniques and skills associated with different forms of physical activity. The Personal Wellness unit is focused more so on the overall philosophy of taking personal responsibility to develop and maintain healthy habits, based on the knowledge and understanding of fitness and nutrition principles and how they relate to physical, social, and emotional health. The goal of the Personal Wellness unit, and Lifestyle Fitness to a greater extent, is to provide students with the foundational skills and knowledge needed to maintain a healthy lifestyle into adulthood. The students, by the end of this unit, will be able to:

1. Identify their own strengths and weaknesses, and develop a personalized fitness and nutrition plan that syncs with their unique interests
2. Learn to set attainable short and long term goals, find the motivation to achieve goals, and the ability to set new/challenging goals.
3. Identify fitness options in their community.
4. Recognize the physical, social, and emotional health benefits associated with physical activity.

## Standards

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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.CS1	Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
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.

## Essential Questions

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1. How does personal responsibility play a role in maintaining personal, family, community, and global wellness?
2. What factors impact are health? How can we adjust our lifestyle behaviors to positively impact these factors?
3. How do nutrition and physical activity relate to weight loss, weight gain, and weight maintenance?
  - \*How do we determine a healthy body weight and body composition?
  - \*What is your personal body weight/body composition goal and how does this relate to your overall wellness?
  - \*What personal adjustments will you make to your nutritional intake and physical activity to achieve your goals?
4. How do the dietary trends and eating habits of adolescents and young adults in the United States compare to the eating habits of adolescents/young adults in other countries?
  - \*What are dietary trends/eating habits of US adolescents?
  - \*Are US adolescent eating habits healthy?
  - \*Do other countries have different eating habits?
    - Are other countries eating habits healthy?
    - What are some of the impacts of the difference in eating habits?
  - \*What food options are readily available to US adolescents vs young people in other countries?
5. What are the unique contributions of each nutrient class?
  - \*What are proteins, fats, carbohydrates, water, vitamins, and minerals, and what purpose does each serve?

- What food sources provide a healthy combination of nutrients?
- What factors influence our personal dietary needs?
- What changes can you make to your eating habits to achieve/maintain your personal goals?

6. How can we develop and implement an effective personal wellness plan that will lead to healthy decision making factors over one's lifetime?

- What factors can affect our personal wellness plan, both negatively and positively, throughout life?
- How do we avoid "burnout"?

7. What factors influence our motivation?

8. How does short term inactivity impact our wellness?

9. What role do genetics, gender, age, nutrition, activity level, and exercise type have on body composition?

10. How can we use health related fitness components to assess and measure our fitness and health?

11. How does taking personal responsibility to develop and maintain physical activity levels provide opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction?

## **Content / Skills**

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-Students will learn what factors impact our health and how to change their lifestyle behaviors to positively impact these factors.

\*Stress, Nutrition, Physical Activity Levels, Social Interaction

-Students will understand the correlation between nutrition/physical activity and weight loss/gain/maintenance.

\*Weight can be one of the factors used to set goals and evaluate personal wellness. Weight alone is not the sole factor in evaluating personal wellness.

\*Healthy eating habits and physical activity will have a positive impact on body composition.

\*Students will evaluate their own personal goals to determine a healthy body weight and re-evaluate periodically based on physical growth and changing goals/needs.

-Students will compare their diets to diets of other countries' adolescents and determine any noticeable differences.

\*Students will discuss what foods are readily available to them and how that impacts their eating habits

\*Students will discuss practical ways to maintain a healthy diet long term.

-Students will study nutrition and design a personal diet plan tailored to their goals and physical activity levels.

-In addition to nutrition, students will be introduced to and participate in a variety of different forms of exercise and physical activity in order to develop a personal wellness plan that will lead to healthy decision making factors over their lifetime.

\*Students can determine which physical activity they prefer most

\*Students will be able to understand how different forms of exercise, along with a healthy diet, can be used to achieve their personal goals

\*Students will be introduced to community fitness instructors and learn the options available in their communities post graduation.

-Students will be able to identify the factors that impact motivation.

\*Achieving short and long term goals/ personal success

\*Helping others achieve success

\*Individuals have different likes and abilities, and will tend to stick with an exercise plan that they enjoy

\*Nutrition can affect mood and motivation

\*Stress and other extrinsic factors can affect motivation

-Students will know how short term inactivity impacts our wellness

\*Balance between rest and recovery and "use it or lose it"

-Students will look at the impact of genetics, gender, age, nutrition, activity level, and exercise type on body composition and use this knowledge to help shape their personal wellness plan.

-Students will use health related fitness components to assess and measure their fitness and overall health.

\*Flexibility tests, Heart Rate tests, Muscular Strength and Endurance Tests

\*Students with a personal plan that focuses on athletics will incorporate agility, speed, reaction time tests as well

-Students will evaluate how taking personal responsibility for their physical activity levels has impacted their health, enjoyment, challenges, self-expression, and social interaction.