

# 05\_Movement and Physical Activity for Health

Content Area: **Science**  
Course(s):  
Time Period: **Full Year**  
Length: **3-4 weeks**  
Status: **Published**

## **General Overview, Course Description or Course Philosophy**

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This course is a university level course which tests student's knowledge of the impact of lifestyle on one's overall health and well-being including on their physical, mental, and emotional status. It examines interventions to improve health in the areas of nutrition, physical fitness, stress management, disease prevention, and addiction use disorders . An examination by Rutgers University is required to obtain 3 college credits and an official transcript from the university.

## **OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS**

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Students will understand that:

- The mind-body connection has an impact on health and wellness.
- Basic nutrition, fitness, and weight management guidelines aid to promote wellness.

## **CONTENT AREA STANDARDS**

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SCI.HS-LS1-2	Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms.
SCI.HS-LS1-3	Plan and conduct an investigation to provide evidence that feedback mechanisms maintain homeostasis.
VHEL.9-12.9.4.12.H.4	Demonstrate knowledge of human structure and function as well as diseases and disorders to pursue the full range of postsecondary education and career opportunities in this cluster.

## **RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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TECH.9.4.12.CI	Creativity and Innovation
TECH.9.4.12.CI.3	Investigate new challenges and opportunities for personal growth, advancement, and transition (e.g., 2.1.12.PGD.1).
TECH.9.4.12.IML	Information and Media Literacy

## **STUDENT LEARNING TARGETS**

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### **Declarative Knowledge**

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Students  
will know:

- Develop an understanding of the mind-body connection and its potential impact on health and wellness.
- Summarize basic nutrition, fitness, and weight management guidelines that promote wellness.

### **Procedural Knowledge**

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Students  
will be able to:

- define nutrient-dense food and calorie-dense food
- describe the US government and health organization dietary guidelines
- describe the nutrition fact labels on manufactured food
- three functions of food
- three functions of biological energy
- seven components of food
- describe the kinds of vegetarian diets and the reasons for them
- extent and causes of overweight in the US
- significance of body mass index (BMI) to health
- body's energy-control system and factors affecting
- Explain why calorie-restriction weight loss often fails

- features of sensible weight management
- advantages and disadvantages of medical treatments for overweight
- weight-loss fads and fallacies

## **EVIDENCE OF LEARNING**

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### **Formative Assessments**

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- Worksheets
- End of chapter reviews
- Group and partner activities are assigned when possible
- Students will be grouped based on learning styles and approaches to processing content

### **Summative Assessments**

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- Benchmarks – departmental benchmark given at the end of MP1, MP2, or MP3 & MP4 b(Semester Based Course)
- Alternative Assessments
  - Lab inquiries and investigations
  - Lab Practicals
  - Exploratory activities based on phenomenon
  - Gallery walks of student work
  - Creative Extension Projects
  - Build a model of a proposed solution
  - Let students design their own flashcards to test each other
  - Keynote presentations made by students on a topic
  - Portfolio

## **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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Health and Wellness, 11th Edition

ISBN-13: 978-1449687106

ISBN-10: 1449687105

- Edpuzzle
- Nearpod analysis

## **INTERDISCIPLINARY CONNECTIONS**

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- Ethics
- Data Analysis
- Informal writing

## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.