Nutrition and Physical Fitness for Lifelong Health
Course Overview

Objectives
After participating in this lesson, students will
• Understand the content and requirements of the course.

Time
40 minutes          Prep Time: 15 minutes

Activities
1. Plan for the Day           5 minutes
2. Introductions        15 minutes
3. Course Overview       20 minutes

Key Terms
• Syllabus
• Objectives
• Criteria

Materials
☐ Human Scavenger Hunt (Activity Sheet Pre.1)
☐ Course Syllabus
☐ Student portfolios

Teacher Preparation
• Write Plan for the Day and Objectives on chart paper or board.
• Make copies of Human Scavenger Hunt (Activity Sheet Pre.1), 1 for each student.
• Assemble student portfolios with label on front.
• Make copies of Course Syllabus, 1 for each student, and place in portfolios.
Pre-1  Plan for the Day  

**Materials:** Plan for the Day and Objectives

Write the Plan for the Day and Objectives on the board before class, listing all of the activities students will be doing and objectives for the lesson.

- **Plan for the Day:**
  - Introductions
  - Course Overview

Explain that today’s class will be an introduction to the whole course. Expectations and agreements of the course will also be discussed.

Review the Objectives with students.

Pre-2  Introductions  

**Materials:** Human Scavenger Hunt (Activity Sheet Pre.1), pencils

Play an icebreaker game called Human Scavenger Hunt.

- Give each student a Human Scavenger Hunt activity sheet. They are to walk around the room and find people who possess the qualities listed on the worksheet. They write the name of the person who has that quality or experience on the line provided.
- Finish by asking students some of the different questions on the sheet and what new things they learned about their classmates.

Pre-3  Course Overview  

**Materials:** Pencils, colored markers, Course Syllabus, student portfolios

Present students with their individual student portfolios. Have them write their names on the portfolio and decorate it if desired. Explain that the portfolio will be collected after every class session because more information will be added to it.

- Direct students to the Course Syllabus in the portfolio. Review the course overview, goals and objectives.
- Review the assignment criteria.
- Explain the grading system. Each component contributes equally to their grade.
- Let students know that during the next class they will be doing some exercises in class, so they should wear appropriate clothing.
Human Scavenger Hunt

1. A person who has younger siblings: _______________________

2. A person who has been to a professional sports game: __________

3. A person who was not born in the USA: _________________________

4. A person whose father is over 6 feet tall: _______________________

5. A person whose birthday is the same month as yours: __________

6. A person who likes to eat vegetables more than fruit: __________

7. A person who has played on a sports team: _____________________

8. A person who knows how to read a Food Label: _________________

9. A person who has eaten squid: ________________________________

10. A person who drinks 8 glasses of water a day: _________________
Course Syllabus

Come and Get It:
Nutrition and Physical Fitness for Lifelong Health

Course Overview
This course will cover topics concerning the overall health of individuals. The course material will cover the major components of wellness (physical, emotional, social, spiritual, and mental health) with a focus on regular physical activity (cardiorespiratory, flexibility, strength and endurance) and nutrition (nutrients, Food Labels, Food Pyramid, goals and choices).

Course Goal
The goal of this course is to give students a basis of knowledge and skills to make healthy lifestyle choices which support their whole “well-being,” and encourage them to make positive changes in their nutrition and physical activity health behaviors.

Course Objectives
After participating in this course students will
• Have specific exercises they can participate in to enhance their health through physical activity.
• Have the knowledge to make healthy choices around what they eat.
• Be able to make decisions around healthy lifestyle choices.
• Have the ability to set future goals.
• Have a plan to maintain the practices of this course.

Assignment Criteria
There will be assignments during class time that students will be required to complete. There will be both individual and group assignments. Individual assignments must be kept in the provided portfolio. Attending class and completing these assignments will be 50% of a student’s grade. Only the My Healthy Eating/Physical Activity Goals assignment from Lesson 7 will be allowed to be made up. This assignment must be completed before a student can proceed with Lesson 8.

Grading
Attendance and assignments (50%)
Participation and attitude (50%)

Please note: Many sessions of this class will require physical activity to be performed. Students will be notified a class in advance so that they can wear appropriate clothing.