

## Health & Fitness Activity Guide

### Objectives

*In this unit, students will:*

1. Identify the 7 major body systems.
2. Describe the function, impact and importance of weight to height ratio.
3. Operate biomedical equipment and make predictions relative to exercise.
4. Identify and describe measures to prevent sport injuries, and produce an exercise warm-up program.
5. Identify, describe, predict and rectify sleep disorders.
6. Describe a system of 5 health related components of fitness and learn to use them in their daily activities.

Day #	Activity #	Activity Description	Type of Activity
1	1	<b>Human Body</b> Learn about the human body and the applications of technology in medicine and health with "Body Works." Complete sentences.	<b>Computer Program</b>
1	2	<b>Human Body</b> Explore the circulatory system and related organs with "Body Works."	<b>Computer Program</b>
2	2	<b>Personal Health Data</b> Collect and record personal health data: height, weight	<b>Project</b>
2	3	<b>Fitness Levels</b> Students perform stationary flexibility experiment and record data.	<b>Project</b>
3	1	<b>Nutritional Content</b> Learn how to interpret nutritional information provided on a product label. Provide several food containers such as cereal, soup, frosting, vegetable, etc... for food label reference.	<b>Project</b>
3	2	<b>Eating habits</b> Analyze your eating habits. Complete sentences.	<b>Project</b>
4	1	<b>Sleep</b> Obtain information on the importance of adequate sleep	<b>Video</b>
4	2	<b>Drug Abuse</b> Explore stories from drug users and people who deal with drug users. Look up information and specific drugs. Write in journal.	<b>Internet</b>
5	1	<b>Health &amp; Fitness</b> Become familiar with the importance of exercise and healthy eating to maintain a healthy body	<b>Computer Program</b>
5	2	<b>Narrative Writing activity/on-screen multiple-choice test</b> Design a brochure explaining essential elements of health and fitness	<b>Test</b>
6	1	<b>Blood Pressure</b> Video will show how to measure blood pressure.	<b>Video</b>
6	2	<b>Measuring Blood Pressure</b> Measure blood pressure using digital blood pressure cuff. Use rechargeable batteries in the blood pressure kit. Record data.	<b>Project</b>
6	3	<b>Heart Rate</b> Measure your heart rate before and after exercise. Record data	<b>Project</b>
7	1	<b>Calorie Use</b> Determine the number of calories that are burnt up while using the exercise bike. Record data.	<b>Project</b>
7	2	<b>Food and Nutrition</b> Explore information about the human body. Write sentences about body systems.	<b>Internet</b>
8	1	<b>Food and Nutrition</b> Explore information on Food and Nutrition. Write in journal.	<b>Internet</b>
8	2	<b>Sports Injuries</b> Video will demonstrate proper technique to avoid injury	<b>Video</b>
9	1	<b>Health &amp; Fitness</b> Explore areas concerning fitness, nutrition and weight loss. Write in journal.	<b>Internet</b>
10	1	<b>Design Brief</b>	<b>Internet</b>
10	2	<b>Persuasive Writing activity/on-screen multiple-choice test</b> Describe your daily eating habits and physical activity	<b>Test</b>