

# New Trier Kinetic Wellness

## Sophomore Health - Personal Wellness

### **National Health Education Standards**

The NHES are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health. The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.

**Standard 1** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3** Students will demonstrate the ability to access valid information, products, and services to enhance health.

**Standard 4** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8** Students will demonstrate the ability to advocate for personal, family, and community health.

### **Section 1 - Essential Learning Outcomes**

1. Students will understand how the combination of cardiovascular training, free weight training, stress management and nutrition choices can lead to a healthy lifestyle.
2. Students will participate in various activities to demonstrate and deepen their understanding of fitness concepts and how to apply them to their daily movement.
3. Students will be able to develop their own fitness plan.

## Section 2 – Content

### Health-Related Components of Fitness

- Cardiovascular Endurance
- Muscular Endurance
- Muscular Strength
- Flexibility

### Cardiovascular Training

- FITT model, Resting Heart Rate and Target Heart Rate
- Activities to Self-assess and Understand Fitness Levels
  - Step test, Rockport walk test, mile-run, partner run/walk (interval training), cardio machines
- Effective Use of Technology to Aid or Improve Fitness
  - Polar HR Monitors
  - iPads and Fitness Apps

### Strength Training (Free Weights)

- FITT model
- Diagram of major muscles
- Safety and etiquette
- Principles of opposition, specificity, progression, and overload
- Upper and lower body exercises/lifts
- Circuit training

### Nutrition & Wellness Topics

- Sports nutrition and hydration
- Performance enhancing drugs
- Body image – influences of culture, media, and society
- CPR & AED Review

### Pool – Water Activities

- Review water safety skills: reach & assist, treading, survival float, emergency action plan
- Water fitness activities: water aerobics, water polo, snorkeling, diving, 10-minute fitness swim, sensory-deprivation activity

### Stress Management

- Guided imagery and progressive relaxation
- Time management
- Sleep
- Mindfulness
- Food & Mood