

# Student Learning Map

Grade/Course: Wellness Unit: Choices/Decision Making

Key Learning: The choices we make in life can affect our health both positively and negatively.

Unit Essential Question:  
How can the choices we make on a daily basis affect our health?

Lesson Topic 1:  
What is health?

Lesson Topic 2:  
Short Term Decisions

Lesson Topic 3:  
Long Term Decisions

Lesson Essential Questions:

How do we define health?

What types of health exist?

Lesson Essential Questions:

What types of choices do we make on a daily basis?

How can our short term choices affect our health both positively and negatively?

Lesson Essential Questions:

What types of long term decisions do we make?

How can our long term decisions affect our health both positively and negatively?

Vocabulary

Health, life expectancy, quality of life, physical health, mental health, emotional health, social health

Vocabulary:

Risk factor, short term consequences, long term consequences

Vocabulary:

Risk factor, short term consequences, long term consequences

**Note:** For more concepts, use this same template but change Lesson Topic #. Remember to save new unit files under a different name.

# Student Learning Map

Grade/Course Wellness 11 & 12 Unit: Fitness Concepts

<p><b>Vocabulary:</b> Kinetic Muscular Endurance Muscular Strength Nutrient Physical Fitness Progression Repetitions Rotary Motion Warm-up</p>	<p><b>Vocabulary:</b></p>
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# Student Learning Map

Grade/Course Wellness 11 & 12 Unit: Fitness Concepts

**Key Learning:** Creation of a fitness plan based on Health & Skill Related components of fitness.

**Unit Essential Question:**  
What is the difference between Health Related Fitness & Skill Related Components of Fitness?

Lesson Topic 1: <b>Health Related components of fitness</b>	Lesson Topic 2: <b>Skill Related components of fitness</b>	Lesson Topic 3:
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Lesson Essential Questions: What are the 5 Health Related components of fitness?	Lesson Essential Questions: What are the 6 Skill Related components of fitness?	Lesson Essential Questions:
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<b>Vocabulary</b> Aerobic Anaerobic Body Composition Cardiorespiratory endurance Circuit training Cool Down Eating Disorders Equilibrium Flexibility Force Health-related fitness Intensity	<b>Vocabulary:</b> Agility Balance Coordination Power Reaction Time Skill Related fitness Speed Static Balance	<b>Vocabulary:</b>
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# Student Learning Map

Grade/Course Wellness 11/12 Unit: Stress Management

**Key Learning:** Understanding and decreasing the risk of long term effects of stress through active coping strategies.

**Unit Essential Question:**  
How does stress affect my life, and how can I reduce the consequences of those affects?

**Lesson Topic 1:**  
Stress & Stressors

**Lesson Topic 2:**  
Defense Mechanisms  
Coping Strategies

**Lesson Topic 3:**  
Personalities

**Lesson Essential Questions:**  
What are the stressors in my life that evoke a stress response in my body?

**Lesson Essential Questions:**  
How do I react to stress, and is it effective?

**Lesson Essential Questions:**  
How does my personality affect my stress levels?

**Vocabulary:**  
Stress  
Stressor  
Eustress  
Distress  
Sources  
Internal pressure  
External Pressure

**Vocabulary:**  
Defense Mechanism  
Compensation  
Identification  
Rationalization  
Projection  
Regression  
Denial  
Ventilation  
Daydreaming  
Sublimination  
Reaction Formation

**Vocabulary:**  
Personality  
Type A  
Type B  
Type C  
Type D

# Student Learning Map

Grade/Course Wellness Unit: Nutrition for Academic and Athletic Performance

**Key Learning:** Nutrition habits can have a positive or negative impact on academics and/or athletics.

**Unit Essential Question:**  
How can nutrition impact academic and athletic performance?

Lesson Topic 1: Components of nutrition	Lesson Topic 2: Nutrition and academics	Lesson Topic 3: Nutrition and athletics
↓	↓	↓
Lesson Essential Questions:  What is the significance of nutrients?  How can you get the most out of your diet?	Lesson Essential Questions:  How can eating impact your performance in school?	Lesson Essential Questions:  How can eating impact your athletic performance?
↓	↓	↓
Vocabulary  Carbohydrates, protein, fat, water, vitamins, minerals, nutrients, macronutrients, micronutrients, homeostasis	Vocabulary:  Calories, hydration, dehydration, trans fats, energy, concentration, additives	Vocabulary:  Replenish, calories, glucose, restrict, supplement, recovery, creatine, caffeine, carb loading, fad diet

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