

# Wyoming Department of Education Required Virtual Education Course Syllabus

## 2201000 - Washakie County School District No. 1

|              |                            |                 |                     |
|--------------|----------------------------|-----------------|---------------------|
| Program Name | Washakie #1 Online         | Content Area    | VE                  |
| Course ID    | W19253G0.5011              | Grade Level     | 9-12                |
| Course Name  | WOL-Nutrition & Wellness-a | # of Credits    | 0.5                 |
| SCED Code    | 19253G0.5011               | Curriculum Type | K-12 Fuel Education |

### COURSE DESCRIPTION

This one-semester elective course provides students with an overview of good nutrition principles that are necessary for physical and mental wellness and a long, healthy life. Instructional materials include discussions of digestion, basic nutrients, weight management, sports and fitness, and life-span nutrition.

The course emphasizes an understanding of today's food and eating trends and gives students the capacity to intelligently evaluate all available sources of nutrition information and make informed decisions.

The course is organized in six units:

- Course Introduction;
- Wellness and Food Choices in Today's World;
- Digestion and Major Nutrients;
- Body Size and Weight Management;
- Physical Fitness, Sports Nutrition, and Stress;
- and Life Cycle Nutrition.

### WYOMING CONTENT AND PERFORMANCE STANDARDS

| STANDARD# | <a href="#">BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets</a>   |
|-----------|---|
| CV12.2.1  | College and career-ready students communicate clearly, effectively, and with reason.  |
| CV12.2.2  | College and career-ready students identify and model integrity, ethical leadership and effective management skills.                                     |
| CV12.2.3  | College and career-ready students work productively in teams while using cultural global competence.  |
| CV12.2.4  | College and career-ready students apply safe, legal, and responsible use of information and technology as appropriate to the task.                      |
| CV12.3.1  | College and career-ready students identify and define authentic problems and significant questions for investigation.                                   |
| CV12.3.2  | College and career-ready students identify trends, forecast possibilities, and explore complex systems and issues.                                      |
| CV12.3.3  | College and career-ready students employ valid and reliable research strategies and apply prior knowledge to solve a problem or complete a project.     |
| CV12.3.4  | College and career-ready students demonstrate creativity and innovation while considering the environmental, social, and economic impacts of decisions. |
| CV12.2.1  | College and career-ready students communicate clearly, effectively, and with reason.  |
| CV12.5.1  | College and career-ready students manage resources to develop, analyze, and implement systems and applications.   |
| CV12.5.2  | College and career-ready students productively complete tasks taking constraints, priorities and resources into account.                                |

| CV12.5.3  | College and career-ready students safely and ethically use current industry-standard tools and emerging technologies. |  |
|---|---|--|
| CV12.5.4  | College and career-ready students utilize technology to develop innovative solutions or products.                     |  |
| SCOPE AND SEQUENCE  |   |  |
| UNIT OUTLINE  | STANDARD#   | OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS |
| <p><b>COURSE OBJECTIVES:</b></p> <ul style="list-style-type: none"> <li>Describe the expanding role and need for good Nutrition in Human physical and mental wellness.</li> <li>Identify and be able to apply good Nutrition and food safety information sources available.</li> <li>Outline the processes of digestion, absorption and metabolism and how major nutrients are processed in the body.</li> <li>Define basic components of Carbohydrates, Proteins, and Fats and what forms and functions that they have in human metabolism.</li> <li>Describe general function of Vitamins, Minerals, and Fluids and relate these to body health needs.</li> <li>Complete body size measurements and explain influences on weight management in today's world.</li> <li>Use a wellness and critical thinking approach to evaluate current weight control programs and body image influences.</li> <li>Identify the nutritional processes involved in physical fitness and stress.</li> <li>Discuss the relationship of nutrition to athletic performance and sports related dietary supplements.</li> <li>Identify and apply wellness and nutrition principles throughout the human life cycle.</li> </ul> |   |  |
| <p><b>COURSE OUTLINE:</b></p> <p>Unit 1: Course Introduction</p> <ul style="list-style-type: none"> <li>Section 1 - Course Introduction: Nutrition &amp; Wellness</li> <li>Section 2 - Getting Started</li> <li>Section 3 - Research Paper</li> </ul>   |   |  |
| <p>Unit 2: Wellness &amp; Food Choices in Today's World</p> <ul style="list-style-type: none"> <li>Section 1 - Wellness &amp; Food Choices in Today's World: Introduction</li> <li>Section 2 - Influences in Food Habits and Consumption Trends</li> <li>Section 3 - Food Selection Guides &amp; Evaluations</li> <li>Section 4 - Reading Food Labels</li> <li>Section 5 - Foodborne Illness &amp; Safety of Food Supply</li> <li>Section 6 - Community Sources of Nutrition &amp; Wellness</li> <li>Section 7 - Exam Preparation &amp; Exam</li> </ul>   |   |  |
| <p>Unit 3: Digestion &amp; Major Nutrients</p> <ul style="list-style-type: none"> <li>Section 1 - Digestion &amp; Major Nutrients: Introduction</li> <li>Section 2 - Digestion, Absorption, &amp; Metabolism • Section 3 - Carbohydrates</li> <li>Section 4 - Fats</li> <li>Section 5 - Proteins</li> <li>Section 6 - Vitamins</li> <li>Section 7 - Minerals</li> <li>Section 8 - Fluids &amp; Hydration</li> <li>Section 9 - Exam Preparation &amp; Exam</li> </ul>  |   |  |
| <p>Unit 4: Body Size &amp; Weight Management</p> <ul style="list-style-type: none"> <li>Section 1 - Body Size &amp; Weight Management: Introduction</li> <li>Section 2 - Calculating &amp; Interpreting Body Measurements</li> <li>Section 3 - Function &amp; Regulation of Body Fat Levels</li> <li>Section 4 - Culture, Body Image, &amp; Genetics</li> </ul>   |   |  |

|   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Section 5 - Evaluating Diet Programs &amp; Products</li> <li>• Section 6 - Eating Disorders</li> <li>• Section 7 - Developing a Wellness Approach to Body Size</li> <li>• Section 8 - Exam Preparation &amp; Exam</li> </ul>   |  |  |
| <p>Unit 5: Physical Fitness, Sports Nutrition, &amp; Stress</p> <ul style="list-style-type: none"> <li>• Section 1 - Physical Fitness, Sports Nutrition, &amp; Stress: Introduction</li> <li>• Section 2 - Nutrient &amp; Energy Pathways</li> <li>• Section 3 - Fitness &amp; Physical Activity in Wellness</li> <li>• Section 4 - Athletic Performance &amp; Nutritional Needs</li> <li>• Section 5 - Use of Diet Supplements &amp; Ergogenic Aids in Sports</li> <li>• Section 6 - Body Response and Nutrition Changes in Stress</li> <li>• Section 7 - Exam Preparation &amp; Exam</li> </ul> |  |  |
| <p>Unit 6: Life Cycle Nutrition</p> <ul style="list-style-type: none"> <li>• Section 1 - Life Cycle Nutrition</li> <li>• Section 2 - Pregnancy &amp; Breastfeeding</li> <li>• Section 3 - Infants</li> <li>• Section 4 - Childhood</li> <li>• Section 5 - Adolescent</li> <li>• Section 6 - Adulthood</li> <li>• Section 7 - Frail Elderly</li> <li>• Section 8 - Exam Preparation &amp; Exam</li> </ul>  |  |  |
| <p>Final Exam</p>   |  |  |