

Challenger High School
2019-2020
Introduction to Nutrition and Fitness
CEDARS CODE 16054
CTF 401

Instructor: Missy Widmann Phone: (253) 686-0001 Email: mwidmann@bethelsd.org
Grade Level: 9,10,11,12
Credit (.5): Health and Fitness, Elective, or CTE NCAA Approved

Widmann Zoom Room: <https://bethelsd.zoom.us/j/86133691942>

Welcome! In this course, students will learn about the role nutrition plays in overall health. Topics will cover basic nutritional needs, digestion, diet analysis, planning balanced meals, how to prepare nutrition foods through healthy cooking, safe and sanitary handling of food, nutrition careers, fitness baseline data, and how to plan and execute a fitness program. The focus is to help students learn how good nutrition and fitness affects health.

Course Overview:

Intro to Nutrition & Fitness focuses on the role nutrition plays in overall health and wellness. Topics will cover wellness, basic nutritional needs, digestion, diet analysis, safe and sanitary handling of food, nutrition careers, fitness baseline data and various exercise programs.

Upon successful completion of this course, students will earn .5 Health or .5 Fitness credit (this class also satisfies the graduation requirement of .5 vocational credit).

Course Materials:

Nutrition & Fitness Canvas Course:
~ USDA & FDA websites
~ News articles on up-to-date nutritional research
~ Formative Assessments
~ Summative Assessments
~ Cooking Supplies (to be picked up on campus)

Needed Supplies:

~ Pen/pencil
~ Binder or folder to keep course materials organized
~ I Pad (charged).

Course Objectives & Units:

Competency	Topics
Wellness	Summarize how physical, mental and social wellness affect optimal health
	Judge how lifestyle choices affect health now and in the future
Fitness	Describe key benefits of physical activity
	Complete a baseline data assessment
	Learn the basics of hands-on CPR
Safety	Evaluate factors that affect food safety, from production through consumption
	Demonstrate ability to acquire, handle and use foods to meet nutritional needs
	Earn a Pierce County Food Worker Card
Nutrition Basics:	Determine major functions and sources of the six nutrients
	Describe functions of the major parts of the digestive system
Nutrition Guidelines	Evaluate nutritional needs of individuals & families in relation to health and wellness
	Apply the MyPlate food guidance system to make healthy food choices
	Use the Nutrition Facts label to analyze nutritional quality of foods
	Analyze foods for nutrient density
	Demonstrate food science, dietetics and nutrition management principles
	Complete a diet analysis to appraise nutritional intake

Grading Policy:

- **Assessments (70%):** Unit Quizzes, projects, CBA, Final Exam
- **Formative work, Leadership & Fitness (30%):** Daily work & Food Preparation, Weekly fitness days & Exercise Logs
- **Leadership:** Daily Entry tasks, Time management, Professionalism, Efficiency & Dependability (see below)

Percent	Letter Grade	Percent	Letter Grade
100-93	A	82-80	B-
92-90	A-	79-77	C+
89-87	B+	76-73	C
86-83	B	72-70	C-
69 and below earns no credit			

Formative Challenges, Canvas Assignments, & Fitness days: Due to the nature of this competency-based course, a maximum all Challenges, Assignments, and Fitness days are fundamental in learning the concepts of the course. Missed classes will need to be made up in Canvas.

Summative Quizzes: Retakes of weekly quizzes are recommended and encouraged during the course.

Final Exam: All assignments, challenges, and fitness days are cognitive rehearsal opportunities to prepare for the final exam. **There are no retakes for the final exam.**

Leadership: Leadership development is an integral component of Career and Technical Education. All students will be expected to practice and demonstrate leadership qualities throughout the quarter in terms of time management, professionalism, organization, group coordination, punctuality, efficiency and dependability. Leadership skill building opportunities will be implemented by being punctual at attending zoom meetings, turning in assignments on time, being proactive in asking for help, and participating in discussions.

Remote Learning – Daily Student Responsibility Guide

Zoom:

- Attend required live zoom session as scheduled by teacher
- Additional zoom meetings will be available for students who are who are struggling to meet standard.
- Most Wednesdays, teachers will open have zoom office hours/help session on a drop-in basis from 11:00 am to 12 pm.

Canvas:

- All assignments are posted on Monday and due by Friday
- Submit all assignments by due date/time. Let your teacher know if you need additional time or support.

Collaborative and Independent Work:

- Anticipate spending 5 to 6 hours weekly on assigned daily tasks which includes, but is not limited to, watching instructional videos, reading content, attending zooms, and completing hands-on cooking labs to show mastery of standard being assessed.

Email: Please check email twice daily – morning and afternoon

Additional Assistance:

- Teachers have posted office hours each day, as well as, a scheduled drop-in zoom
- Students may also request individual appointments for assistance

Program Success/Attendance/Grades

- If students have an extenuating circumstance that impacts their ability to make progress, they must contact their teacher – teacher email, office hours, and phone number are provided on the course syllabus.
- Students are expected to engage in classroom activities and check email on a daily basis
- Teachers will provide weekly feedback on student progress
- Students are expected to self-manage and turn in assignments/activities by the end of the course
- Students are expected to communicate with teachers if they are having challenges or need assistance – this would include anything that would impact a student's success in the course – technology issues, content mastery, additional assistance, etc.

Safety Policy

Students will be expected learn and follow all safety procedures in the classroom. The following procedures apply:

- Backpacks and/or purses must be kept off of the tables and out of walkways.
- A safety test must be passed with 100% accuracy before being authorized to participate in lab activities.
- Students are expected to treat all classroom equipment appropriately and act in a safe manner at all times.
- Masks and social distancing mandates must be followed when on campus.

Student & Parent Signature Form

We have read and fully understand the classroom rules, expectations and consequences for this Nutrition & Fitness course. We agree to comply with the requirements.

SIGNATURES:

Printed Student Name: _____ Period: _____

Cell number: _____ Email: _____

Student Signature: _____ Date: _____

Printed Parent/Guardian Name: _____

Parent/Guardian email: _____

Home phone number: _____ Work/Cell number: _____

Preferred method of contact: Phone Email Either

Parent/Guardian Signature: _____ Date: _____

Questions, Comments, Concerns?

Please circle the appropriate statement below if you have written down a question, comment, or concern:

- Just letting you know. We can talk later.
- Please contact me as soon as possible via phone or email.
- I/We would like a guardian/student meeting as soon as possible.