

Wallenpaupack Area School District Planned Course Curriculum Guide

Exercise Science and Sports Medicine Career and Technical Education

Course Sport Nutrition .5 credit CTE Program (CIP 51.2604)

Course Description:

The Exercise Science and Sports Medicine program is designed for any student who may be considering going into one of the athletic or rehabilitative fields, such as physical therapy, athletic training, occupational therapy, fitness instructor, physical education, kinesiology, massage therapy, or sport nutrition. This program is a two and a half-year program that will prepare students to enter college with a comprehensive background in anatomy and physiology, rehabilitation, sport nutrition and emergency care. Students graduating from this program will have certifications in OSHA 10-hour health, first aid and CPR, and blood borne pathogens. Students will also be prepared to sit and take the ACSM personal training test if they choose to go into the personal fitness field. During their senior year, students will be doing clinical rotations at local facilities of the student's interest, such as, AT room, PT facility, hospital, and local fitness center.

Revision Date:

Oct. 2022- Ragonese

Wallenpaupack Area School District Curriculum	
COURSE: Sport Nutrition .5 cr	GRADE/S: 10
Macro nutrients	TIMEFRAME: 5 classes

COMMON CORE STANDARDS:

POS: 601, 602

UNIT OBJECTIVES (SWBATS):

- Students will explain daily nutritional requirements
- Students will be able to differentiate between Proteins, Carbohydrates, and fats
- Students will understand how each macro nutrient supplies the body with energy

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

- Power points
- Group project
- Food diary

ANCHOR VOCABULARY:

- Protein
- Carbohydrate
- Fats
- DV %
- Food labels

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- written test
- scenario analysis
- quizzes

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)

RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):

Advanced Sports Nutrition 4th edition (Dan Benardot)
Myplate.gov

RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Vitamins and minerals	TIMEFRAME: 6 classes

COMMON CORE STANDARDS: POS: 601, 602, 603
UNIT OBJECTIVES (SWBATS): • Students will explain daily nutritional requirements • Students will evaluate food labels • Students will evaluate basic and sport nutrition
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • Group project • Food diary
ANCHOR VOCABULARY: • Vitamins • Minerals • Trace minerals • DV%
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • written test • scenario analysis • quizzes
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov
RESOURCE SPECIFIC VOCABULARY: Fat soluble requirements essential RDA water soluble phytochemicals Deficiency

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Food labels	TIMEFRAME: 3 classes

COMMON CORE STANDARDS: POS: 601, 602
UNIT OBJECTIVES (SWBATS): • Students will be able to analyze a food label • Students will be able to determine the nutritional content of a food label • Students will understand serving size and calorie calculations
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • Food label worksheets • scenarios
ANCHOR VOCABULARY: • Calories per gram
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • worksheets • Quizzes • Menu construction
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Fluids and Electrolytes	TIMEFRAME: 5 classes

COMMON CORE STANDARDS: Rehabilitative Aide Task Grid POS: 603, 604
UNIT OBJECTIVES (SWBATS): • Students will be able to identify commonly used hydration-related terms • Students will be able to recognize signs and symptoms of dehydration • Students will understand factors influencing fluid intake • Students will recognize fluid related problems • Students will develop a hydration plan
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • videos • scenarios
ANCHOR VOCABULARY: •
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • worksheets • Quizzes • Hydration scenarios • test
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Ergogenic Aids	TIMEFRAME: 5 classes

COMMON CORE STANDARDS: POS: 605, 607
UNIT OBJECTIVES (SWBATS): • Students will analyze supplements • Students will be able to determine the nutritional need of a supplement • Students will understand the consequences of using of ergogenic aids
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • Research presentation • scenarios
ANCHOR VOCABULARY: •
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • worksheets • Quizzes • Presentation • test
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Weight loss and weight gain	TIMEFRAME: 6 classes

COMMON CORE STANDARDS: POS: 605, 607
UNIT OBJECTIVES (SWBATS): • Students will be able to analyze a food label • Students will be able to determine the nutritional content of a food label • Students will understand serving size and calorie calculations • Students will scientifically evaluate weight loss methods • Students will develop a weight gain plan
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • project • scenarios
ANCHOR VOCABULARY: •
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • worksheets • Quizzes • Menu deconstruction
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Illnesses or diseases affecting nutritional needs	TIMEFRAME: 3 classes

COMMON CORE STANDARDS: POS: 601, 603
UNIT OBJECTIVES (SWBATS): • Students will explore factors that affect nutritional needs • Students will be able to determine the nutritional needs of an individual •
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • scenarios
ANCHOR VOCABULARY: • Celiac's disease • Diabetes • Crohn's disease • Irritable bowel syndrome
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • worksheets • Quizzes • Menu construction
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Nutrition for optimal performance	TIMEFRAME: 5 classes

COMMON CORE STANDARDS: POS: 601, 603, 605
UNIT OBJECTIVES (SWBATS): • Students will understand the digestion tract and its relationship to gastric emptying • Students will create a plan for pre and post-game meals and hydration • Students will differentiate between power and endurance athlete's nutritional needs
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • scenarios
ANCHOR VOCABULARY: •
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • scenarios • Quizzes • Menu construction
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Eating disorders	TIMEFRAME: 5 classes

COMMON CORE STANDARDS: POS:803, 804, 805
UNIT OBJECTIVES (SWBATS): • Student will identify common mental disorders that lead to disordered eating • Students will recognize symptoms of anorexia, bulimia, and binge eating, EDNOS
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • movie • scenarios • articles
ANCHOR VOCABULARY: •
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • Research presentation
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov
RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Nutrition .5 cr	GRADE/S: 10
Vegetarian considerations	TIMEFRAME: 3 classes
COMMON CORE STANDARDS: POS:803, 804, 805	
UNIT OBJECTIVES (SWBATS): • Student will identify the different types of vegetarianism. • Students will create a diet meeting all their nutritional needs	
INSTRUCTIONAL STRATEGIES/ACTIVITIES: • Power points • scenarios • articles	
ANCHOR VOCABULARY: •	
ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative): • 2 day menu	
EVIDENCE OF MASTERY/Cut Score (Keystone Exam):	
DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)	
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Advanced Sports Nutrition 3 rd edition (Dan Benardot) Myplate.gov	
RESOURCE SPECIFIC VOCABULARY:	