

# **Lifetime Sports and Nutrition**

Henry Miller/ Elizabeth Wilson

**The goal of this course is to expose students to the variety of physical activities available to them, learn about healthy eating habits and experience simple stress management techniques. "Keeping it simple to sustain a lifetime."**

**Lifetime Sports is a semester course that meets everyday. Students will need to wear appropriate shoes (sneaker, running shoes, hiking), clothes for the weather, and clothing he/she can move in.**

## **1. Physical Activities-**

**walking, hiking, jogging, rollerblading, yoga, tennis, ice skating, basketball, baseball, hockey, skiing, weight training (free weights), and calisthenics.**

**Learn the importance and differences between cardio workout, muscle building, stretching/flexibility and balance.**

## **2. Nutrition-**

**calorie intake- what is right for your age, weight and exercise level.**

**fats- good and bad**

**sugars- types of sugars and daily appropriate levels**

**protein- importance and where we find it**

**Eating for different reasons- hunger or emotions?**

## **3. Stress Management-**

**Breathing Techniques**

**Visualization**

**Yoga**

**Exercise**

### **Monthly Food Activity**

**Once a month students will create a meal for the class to enjoy. Recipes and nutritional content will be required. The students will spend one class period planning a nutritious meal and delegating recipes. Each student will bring in entree, recipe and nutritional information on the day of feast.**

**Field trips- We will have two field trips per semester. The students will choose a physical activity that they have not experienced before and try it out.**

**hiking on shoreline  
xcountry skiing- millcreek  
water aerobics- fairmont  
weights and calisthenics- sports complex  
rollerblading- liberty park  
sledding- liberty park**

**\*Parents volunteers to help out with these activities. Students would beak up into small groups and travel with parent instructors. We would need two hours to have ample travel and experience.**