



## LILIE, LLC Course Information

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Title of Course (45 hours):           The Effects of Nutrition and Exercise on the “Student Body”

### Course Description:

There is presently an obesity epidemic in the United States and children are at risk due to their diets and lack of opportunity for exercise. This class will examine the current problem of obesity and discuss proactive ways in which teachers can help create healthy eating and exercise habits in their students through information and role modeling. Specific topics will include healthy versus harmful foods, the debate over the nutritional value of school lunches, the place of candy and soda and other high sugar foods in schools, fast food restaurants, and the effect of diet and exercise on the brain, and the physiological and psychological effects of healthy diet and exercise on academic student performance.

### Overall Course Objective and Expectation(s):

- To analyze the current obesity epidemic in the United States and how it is affecting children K-12.
- To examine the physical and psychological effects of diet and exercise.
- To determine the role of teacher in promoting health.

### Course Instructional Materials:

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

### Instructor Consultation and Interaction:

Real time consultation and instruction is provided through the LILIE, LLC discussion boards for each course/classroom on a daily basis.

### Suggested Readings (subject to change):

- Body Weight and Body Image Lessons For Adolescents (V. Star Campbell)
- Bright Futures In Practice Nutrition ( Susan Miller)
- Childhood Obesity: Prevention and Treatment (Jana Parizkova and Andrew Hills)

### Proof of Course Completion:

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits contemplated by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructors. These enrollee postings must be made four times each week in separate sessions. Enrollees will be required to submit a detailed log documenting at least 45 hours of course work, including discussion board posts, and will be required to apply information and strategies acquired from the course content to weekly classroom instruction. Attempts to falsify logs or discussion board entries will result in denial of credit and a report to the enrollee’s employer.



## Scope & Sequence/Weekly Topics and Objectives

### *Week I*

#### Topic(s):

- Introductions
- Test your health IQ
- Are you a Healthy Eater?
- Food pyramid
- Physical fitness
- Nutrition and children

#### Objectives:

Educators will

- Determine their own eating habits.
- Understand the importance of the food guide pyramid and the food selection process.
- Understand the importance physical fitness for children.

#### Impact on Classroom Instruction:

Educators will

- Implement their knowledge of food guide pyramid to their students in making healthy food choices.
- Impart their knowledge of physical fitness and activity to their students and implement strategies into their classroom
- Apply their knowledge of child nutrition to the instruction of their students

#### Learner Outcomes:

Educators will

- Recognize how culture influences various food choices.
- Analyze the food pyramid and select their food accordingly.
- Understand how physical fitness is beneficial to health.
- Be able to assess if they are a healthy eater and how to foster such in students

#### Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

Educators will

- critically view the documentary Supersize Me
- Comment on peer responses and other peer Interactive conversation relating to food and culture and child nutrition.
- Compare the old vs. new food pyramid and discuss how the possible improvements have better informed students and impacted their food choices



## *Week II*

### Topic(s):

- Sedentary lifestyles (Physical, Psychological, and Social Effects).
- Childhood obesity- Impact on Academics and Self Esteem.
- Food Addiction

### Objectives:

Educators will understand the impact of childhood obesity on academics and self esteem.

- Recognize how sedentary lifestyles affect our physical, psychological and social health.
- Understand the implications of food addiction.

### Impact on Classroom Instruction:

Educators will

- Develop strategies to prevent childhood obesity in their students.
- Understand how childhood obesity affects the self esteem and academic performance of their students.
- Understand how food addiction influences childhood obesity.
- Understand how a sedentary lifestyle leads to childhood obesity

### Learner Outcomes:

Educators will

- Encourage physical activity for their students to prevent a sedentary lifestyle.
- Learn how to deter the behaviors that causes childhood obesity.
- Learn the implications of food addiction

### Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

Educators will

- Record their entire consumption of food and drink. At the end of this week, they will estimate their caloric intake and compare it to the FDA's standards based on their height, weight, activity level, age and gender.
- Critically respond to peer postings on the childhood obesity epidemic, the effects of sedentary lifestyles, and food addiction.
- Choose a physical activity to conduct everyday of this class and report findings back to class to provide reflection and understanding regarding physical and mental benefits



### Week III

#### Topic(s):

- Supersize Me- Film Discussion
- Weight Gain
- Liver Enzymes
- Cholesterol
- Triglycerides
- School Lunches
- Mood and Depression
- Sexual Side Effects

#### Objectives:

- To understand and recognize the major nutrition related problems of children and identify “high risk” behaviors associated with these problems.
- To understand and identify chronic disease risk factors in children and dietary recommendations of youth

#### Impact on Classroom Instruction:

Educators will

- Develop strategies to prevent the selection of fast food choices for the students.
- Recognize how unhealthy food choices such as fast food influences academic performance.

#### Learner Outcomes:

Educators will

- Encourage their students to make healthy food choices.
- Recognize the factors that influence the selection of unhealthy food.
- Understand how poor food choices affect their bodies, physically, mentally and emotionally

#### Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

Educators will

- Visit their school cafeteria and assess its nutritional value. Students will report their findings in week four.
- Critically respond to peer postings on the implications of fast food in their diets.
- Critically respond to peer reactions regarding critical viewing of super size me
- Review and debate school lunch programs in their own districts, modification suggestions and possible options

## Week IV

### Topic(s):

- School lunch debate
- Assess your school's cafeteria
- Candy in the cafeteria
- Soda in schools
- Role as teacher

### Objectives:

- To become familiar with nutrition interventions, policies practices and program affecting children and adolescents.
- To understand nutrition education and health promotion concepts interventions, strategies and resources pertinent to school age children.
- To provide students with skills and tools that will enhance the practice of nutrition and obesity prevention in public health settings.

### Impact on Classroom Instruction:

Educators will

- Develop healthy school lunch programs for their students.
- Recognize the impact of unhealthy snacks on student performance.

### Learner Outcomes:

Educators will

- Discourage the ingestion of foods and beverages that are high in sugar and caffeine.
- Develop strategies to plan a healthy school lunch program for their students.
- Understand their role in the promotion of proper nutrition for their students

### Assessment of Understanding and Learning/ Weekly Assignments *(including but not limited to posting requirements set forth by LILIE, LLC):*

- Assessment of teacher's role in promoting a healthy lifestyle.
- Educators will post and comment on ways in which you will actively work to alleviate related problems in school and provide specific examples.
- Educators will critically respond to peer postings.
- Discussion on the pros and cons of candy/soda availability within schools