



SPIRIT CURRICULUM STUDENT RESOURCES

Unlock Your Inner Strength
and Empower Ownership
of Your Health.





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“When just starting out on a

new journey it’s only natural to feel vulnerable.

After all, it may seem that you have much to lose. But may I remind you that never again, at any other point in the same journey, will you have so much to gain?”

—Mike Dooley,
entrepreneur, author, adventurer

UNIT TWO

FITNESS

Concepts and Activities

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Did You Know?

- On average, it takes about 12 weeks after beginning to exercise to see measurable changes in your body.
- No matter how poor your current level of fitness, you can start an exercise routine and become fitter and healthier at anytime.
- Muscle is three times more efficient at burning calories than fat, even when at rest.
- Consistent exercise teaches your body to burn fat rather than store it.
- No one ever drowned in sweat.

Health Related Fitness Components

“Physical fitness is not only one of the most important keys to a healthy body,
it is the basis of dynamic and creative intellectual activity.”

—John F. Kennedy, 35th President of the United States

Directions: The five components of health-related fitness are listed and defined below. Add an activity or exercise that would enhance each component. Complete the chart below.

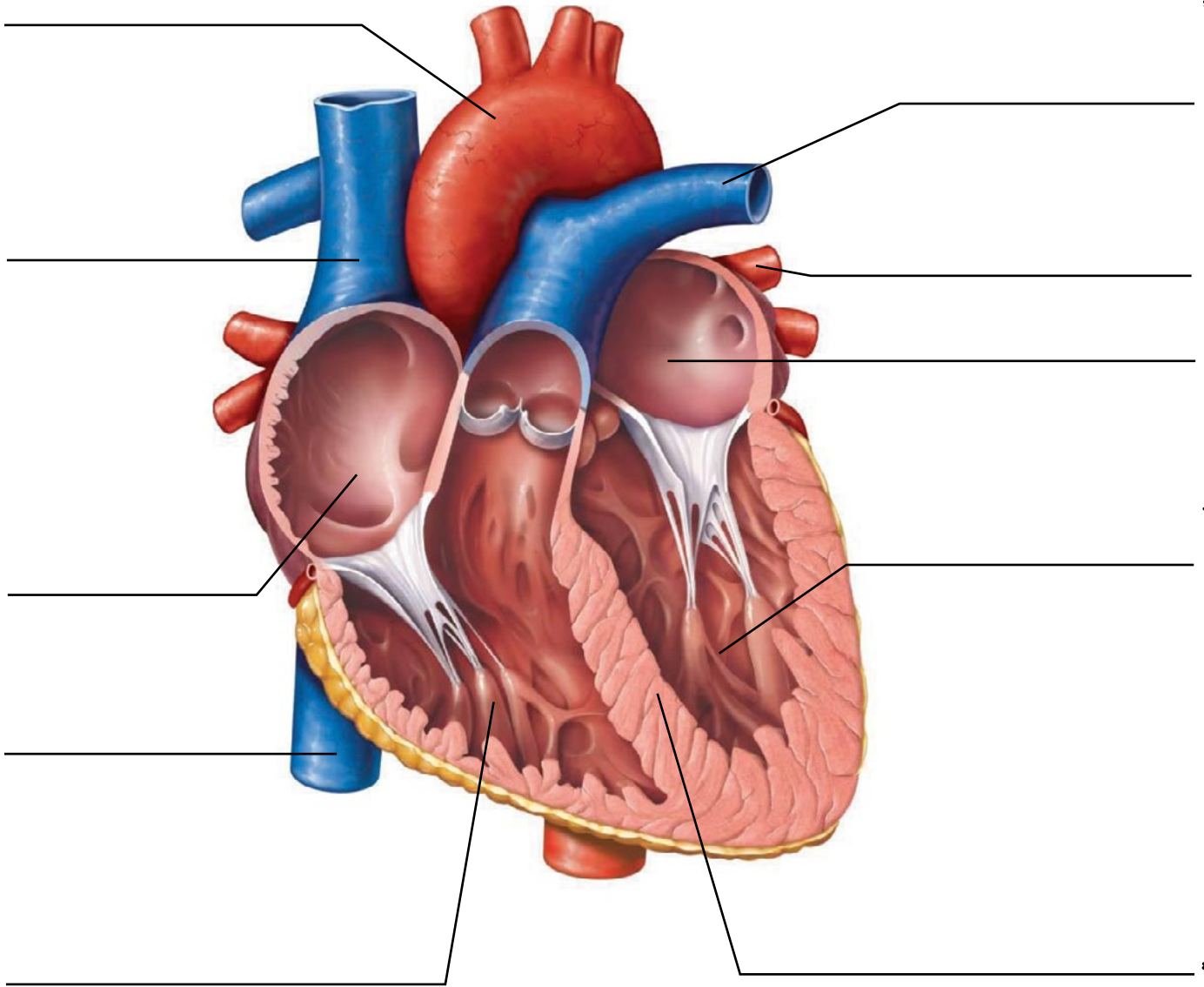
Component	Definition	Activity
Muscular Endurance	The ability of the muscles to repeatedly exert themselves over a period of time.	
Strength	The ability of the muscles to exert maximum force.	
Cardiorespiratory Fitness	The ability of the heart, blood vessels, blood and respiratory system to supply oxygen and fuel to the muscles at a steady rate for a considerable length of time.	
Flexibility	The ability to move the body joints through the full range of motion (ROM) without discomfort or pain.	
Body Composition	The relative percentage of muscle fat, bone and other tissues that comprise the body.	

Labeling the Components of the Heart

“Exercise is good for my heart, health, and lungs.”



You've worked hard to reach your heart rate zone levels and improve the health and fitness of your heart. In the beginning of your journal. You also learned about the anatomy of the heart - what each part looks like and how each part works. you also learned the role of your heart in your overall health. Go online and further research the components of the heart and label the diagram below.



UNIT THREE

SELF-AWARENESS

Concepts and Activities

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Did You Know?

- To lose one pound of fat, a person has to burn roughly 3,500 calories.
- Your tongue is the only muscle in your body that is attached at only one end.
- Crunches don’t give you a 6-pack alone. You need to see your abs first, so reduce your calories and increase your cardio to remove the layer of fat on top.
- There is the same amount of sugar in a McDonald’s fruit smoothie as in four Reese’s Peanut Butter Cups.

Becoming Aware of My Passion

“My written goals are helping me to live my life’s passion and purpose.”

IHT One of the most important aspects of self-awareness is to become cognizant of what you are passionate about. What do you love to do? Who do you want to be in life? What keeps you up late or what gets you up early? While getting a good education and finding a good job are important, being passionate about what you’re doing is the key to a life well lived. Finding and living that passion can unlock your true happiness.

To find your passion you have to FEEL what excites you. When you’re passionate about something, others can see it and they can be inspired by it as well. Living your passion is one of the most effective ways to change the world: each heart, living through their own passion and inspiring others to do the same!

What are you passionate about?

Are you living your passion, or just dreaming about it?

How will you find something to get passionate about?



Inclusion of Others

Valuing Other People

“We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion.”

—Max de Pree

It is important to recognize everyone in the room. Please reflect on the activities from your physical education class for the first two questions. For the third question, reflect back on the entire school day.

During the activity part of physical education (small-sided game play) how many different classmates passed you the ball or object? Can you name them?

During the skill development activity (toss/catch three and team toss/catch five) how many different classmates did you toss the ball to? Can you name them?

Why is it important to include all classmates during the entire physical education class period?

Describe a situation during your school day when you allowed another individual to become a part of a group situation.

“I Am” Vision Board

“Every day I visualize the attainment of my goals.”

IHT Now that you have your goals, your plan to achieve them and you know what you’re passionate about, it helps to think of yourself already “being” there, living those dreams and your passion right now. This visualization is the best way to turn your dreams and intentions into your reality.

Before you start, point to yourself while saying the words “I am.” Now realize where you’ve placed your finger. If in a group, look around at where everyone has placed their finger. There’s a great chance everyone’s finger is pointed at the heart and there’s good reason why it’s there: your heart is where your well-being, health, moral compass and consciousness are created and centered.

Use the example below to create your own “I Am” Vision Board on the next page. Be creative and put as many “spokes” around your heart as you can think of. Write things you can envision yourself doing as they relate to achieving your goals. Place your vision board somewhere you can look at it often. Each time you read a “spoke,” point to your heart and start with “I am...”



Date: _____

My "I Am" Vision Board

Health and Wellness





“How do you say ‘thank you’ for

sunshine or health... for clear days or gentle
rains... for happiness, joy or love? You say it
by sharing what you have. You say it by making
the world a better place in which to live.”

—**Thomas D. Willhite, 1940-1983**
Awareness Instructor and Novelist

UNIT FOUR

NUTRITION

Concepts and Activities

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Did You Know?

Water is one of the easiest, cheapest and best de-stressors around. Your body is about two-thirds water. When you get dehydrated, it means the amount of water in your body has dropped below the level the body needs to function normally. Small decreases don't cause problems, and in most cases, they go completely unnoticed. But not drinking enough to keep up with the loss of fluid can sometimes make a person feel quite sick. You can get dehydrated from playing sports. If you don't replace the fluid you lose through sweat as you go, you can become dehydrated from lots of physical activity, especially on a hot day. Even mild dehydration can affect an athlete's physical and mental performance.

Something to Think About:

Young people often worry about what others are doing rather than building their own identity and appreciating who they are. Take action to fulfill your potential without undue stress on what others are doing. A few ways to accomplish this are:

- have positive role models
- exercise regularly
- make new friends
- meditate
- focus on your passion and purpose
- sleep eight hours per night
- surround yourself with good friends

Taking 10 to 30 minutes a few times a week to be present and clear your mind of anxiety can be one of the best exercises you can ever do to relieve stress. Sit quietly in a comfortable place, ideally in nature, and let stress flow out of the body as the mind calms and the body relaxes.

The Math of Nutrients

“There is always, always, always something to be thankful for.”



Each food group offers a mix of nutrients essential for a healthy body. The key to a balanced diet is not only eating foods from each food group, but also choosing the most nutritious foods from within each group.

Incorporating nutrient-dense foods into your diet can provide valuable nutrition for your body and help you lose weight. Your body needs certain nutrients to function well. You must get these from the food you eat. The five essential nutrients are **carbohydrates**, **proteins**, **fats**, **vitamins** and **minerals**. Eating nutrient-dense foods will deliver the nutrition you need without additional calories.

The Nutritional Content in the following:

Food Item	Nutritional Content
1 serving of cereal	24 grams of carbohydrates
3 cookies	8 grams of fat
24 pretzels	25 grams of carbohydrates
1 serving of rice	2 grams of fat
1 serving of noodles	7 grams of protein

Nutrients to know:

1 gram of fat =	9 calories
1 gram of carbohydrate =	4 calories
1 gram of protein =	4 calories

Now, answer the following questions:

1. How many calories from fat are in 3 cookies? _____
2. How many calories from carbohydrates are in 24 pretzels? _____
3. Which is greater, the calories from protein in 1 serving of noodles, or the calories from fat in 1 serving of rice? _____
4. Which is greater, the calories from carbohydrates in 1 serving of cereal of calories from fat in 3 cookies? _____

