

S3 E 13 GLO 9-12 Energy Balance Tracker
OKLAHOMA ACADEMIC STANDARDS: Physical Education
Source: University of Central Oklahoma KHS Department

Objectives/ Student Targets

Cognitive:

Students will be able to critically evaluate their energy balance.

Affective:

Student will be able to discuss the value of this activity to maintaining a healthy lifestyle.

Academic Vocabulary:

Macronutrients, RDI,

Introduction / Anticipatory Set:

Have any of you ever tracked your energy balance? Do you know what that means? Well, we are about to do an assignment that is critical in helping us think about what we take into our bodies as food and drink in comparison to our physical activities. This experience will allow us to design and implement a nutrition plan to maintain an appropriate energy balance.

Lesson Focus:

Energy Balance Tracker:

Part 1: Choose a Nutrition & Activity Tracker

You have freedom to choose any app or website that will track your physical activity and nutrition. My Fitness Pal, Choose My Plate, Lose It, and Spark People are all fun to use. Bring all work to class in a week.

Part 2: Record & Track Your Physical Activity and Nutrition

- a) Record everything you eat for 7 consecutive days
- b) Record all forms of physical activity for 7 consecutive days
- c) Go to the website for the app and sign into your account.

Locate the Reports section.

Export (or Screen-Shot) Reports that track, calories burned, calories consumed and Macronutrients.

Part 3: Summarize

A) What app did you use? What macronutrients were you on target, over target or under target? Discuss the changes you could make to your diet to get macronutrients on target. How many days were your RDI's met? Summarize your water consumption during these days. Analyze your calories burned vs. calories consumed. Describe the correlation between your energy levels, productivity and your physical activity.

S3 E 13 GLO 9-12 Energy Balance Tracker

OKLAHOMA ACADEMIC STANDARDS: Physical Education

Source: University of Central Oklahoma KHS Department

B) Explore a website, app, and find a physical activity plan or program you would be interested in following. Please describe the site or app and why it interested/motivates you.

C.) Create a snack plan for before, during and after exercise that addresses your nutritional needs.