

Nutrition and Physical Activity RAFT Assignment

1. Read the RAFT choices and select a topic to write on.
2. You must submit your Role and Topic to me today (refer to the “RAFT—Choices” sheet). If you don’t select a Role and Topic, I will assign you a topic.
3. This RAFT assignment is replacing a Unit Test worth 50 points. Therefore, this RAFT assignment is worth 50 points. It is very important that you take your time doing this assignment and follow the specific directions given to you regarding this RAFT assignment.
4. If you select “Your Suggestions,” you must be very specific regarding your Role and Topic. I can assist you with “Your Suggestions.” Keep in mind this may be a difficult task for some students.
5. The majority of your assessment (grade) is going to be predicated on your ability to describe the topic you chose and to include the information that is listed under each topic. Please refer to your **Nutrition & Physical Activity RAFT Topics** to know exactly what to include in your RAFT writing assignment.
6. Rules for RAFT Paper:
 - a. Health Instructor at a Fitness Club must be formatted into a brochure. You can access a brochure by doing the following:
 - i. Go to a Word
 - ii. Go to File New
 - iii. Select General Templates
 - iv. Select Publications
 - v. Select Brochure
 - vi. Be sure to highlight and delete the text in the brochure before creating your brochure.
 - b. Nutrition Family Label is a conversation that must be typed using a 12 font. Please double space between names.
 - c. Family Meeting and Travelogues must be typed; use 12 font using Times Roman script; margins are to set at one inch on each side of a page; margins for the top and bottom should be one-half inch.
 - d. At the top of the first page, using the left-hand margin, type your name, your class period, and the date (single space). The title (the topic you chose) should be centered and in 12 font bold. Do not give me a title page.
 - e. The rest of this paper is to be double spaced!
 - f. The paper should be two pages in length and double spaced (do not count your graphic page). Please leave two spaces after a period, question mark or exclamation point.
 - g. A new idea or topic should mean a new paragraph. Please indent all new paragraphs.
 - h. You must include at least one picture, graphic, chart, table, diagram, pie graph, etc, in this paper. You may draw your own graphic. Neatness and professionalism counts, so don’t be sloppy.
 - i. Grammar and spelling will be included in the grade. No bibliography is needed for this paper. I strongly suggest you refer to the handouts I gave you during this unit. Your book will also serve you well for this assignment.

- j. **You must visit “The Point” at least once to have your paper proof read.** It is your responsibility to receive a receipt from “The Point” and to staple the receipt to back part of your paper (it will be the last page of your RAFT writing assignment).
- k. **The Nutrition and Physical Activity RAFT writing assignment is due on Tuesday, May 5th, 2009.** Receiving papers after this date will result in severe point deductions.

Paper is due on Tuesday, May 5th, 2009

Nutrition & Physical Activity RAFT Topics

Select one of the following topics and be sure to include the information under each topic for your RAFT assignment.

Topic: New class to improve cardio-fitness

1. The positive effects cardio-respiratory exercise has on the heart.
2. Differentiate between aerobic exercise and anaerobic exercise (exercise examples and why one is better for cardio-respiratory health vs. the other).
3. Your program should include the three basic fitness principles (overload, progression, and specificity).
4. Warm-Up activities.
5. Workout includes the FITT principles (frequency, intensity, time (duration), and type of exercises (explain what exercise you will be utilizing).
 - a. Calculating Resting Heart Rate, Maximum Heart Rate, Exercise Heart Rate (50-80% of a person's maximum heart rate).
6. Cool Down activities.
7. Stress the importance of a low resting heart rate regarding your overall health.

Topic: How to read and understand the Nutrition Fact label to benefit one's own health (explain the relationship the items on a Nutrition Facts label has on your overall health)

1. Calories
2. Calories from Fat
3. Total Fat Grams
4. Saturated Fat Grams
 - a. Saturated Fat
 - b. Trans Fat
 - c. Triglycerides
5. Cholesterol
6. Total Carbohydrate Grams
7. Complex Carbohydrates Grams
8. Simple Carbohydrates (sugars) Grams
9. Dietary Fiber
10. Protein
11. Sodium
12. Vitamin A (% Daily Value)
13. Vitamin C (% Daily Value)
14. Calcium(% Daily Value)
15. Iron (% Daily Value)

Topic: Describe the journey of a candy bar through the Digestive System (explain from the time you eat the candy bar until it is excreted, include digestive health problems).

1. Teeth
 - a. Mastication
2. Salivary glands
3. Tongue
4. Esophagus
 - a. Peristalsis
5. Stomach
 - a. Gastric Juices
 - b. Hydrochloric Acid
 - c. Chyme
6. Pancreas
7. Liver
 - a. Bile
8. Gallbladder
9. Small Intestine
 - a. Duodenum
 - b. Jejunum
 - c. Ileum
10. Large Intestine
11. Problems of the Digestive System
 - a. Indigestion
 - b. Gas
 - c. Constipation
 - d. Diarrhea
 - e. Appendicitis

Topic: Risks of Physical Inactivity (explain health, economic, psychological, and social implications)

1. CDC statistics (visit <www.cdc.gov> to obtain the latest statistics)
2. Health effects of a sedentary lifestyle
3. Contracting diabetes, osteoporosis, heart disease, and other diseases.
4. The effects physical activity has on your metabolism and how exercise affects your weight.