


Healthy Heart

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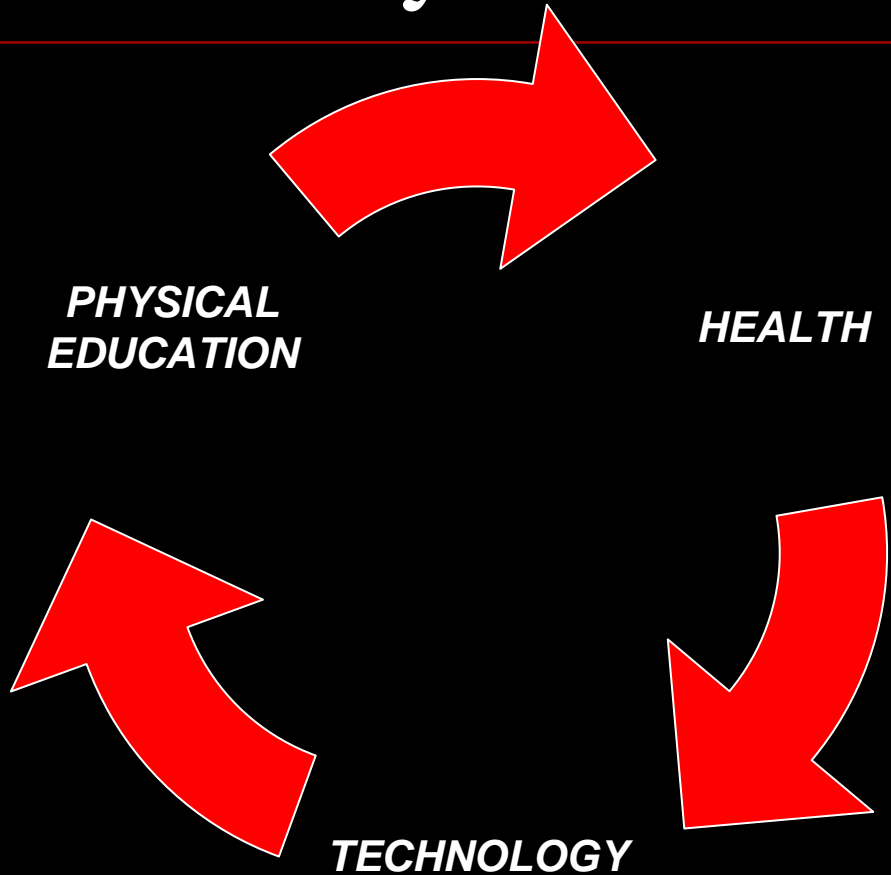
Virginia Erion
Hilary Lampard
Thorp Schools

Introduction

- Among the leading causes of morbidity (CDC, 2004)
 - Early onset of adult diseases (CDC, 2004)
 - Cardiovascular disease risk factors of (AHA, 1992)
 - Smoking
 - High blood pressure
 - High cholesterol
 - Physical inactivity
- 
- **NUTRITION**
 - **FITNESS**
 - **PHYSICAL ACTIVITY**
 - **STRESS MANAGEMENT**
 - **ANATOMY AND PHYSIOLOGY OF THE HEART**
 - **CPR**

Project PATHS/ Healthy Heart

- Land Development and Use
 - Classroom in the field
- Healthy Heart



Purpose

- To create and implement an integrated Health and Physical Education curriculum.
- To determine and monitor levels of fitness and physical activity levels in middle school students.
- To ensure that the middle school students' knowledge would be sufficient to educate the community on how to use and understand technological tools in addressing heart health issues.

Subjects

- Rural community
- Middle school students
 - Year 1 – 7th & 8th grade
 - Year 2 – 6th grade

Integrated Curriculum

- Sequence

- Curricular adjustments

- First year

- Physical Education and Health offered on alternating days

- Second year

- Both fit into 1 hour class

Student Proficiency in Technology

- Heart rate monitors
- Pedometers
- Biofeedback machines
- Nutrition software
- Body composition scales
- FitnessGram software
- Digital camera
- Pedometers
- Presentation Software (PowerPoint)
- LCD projection equipment



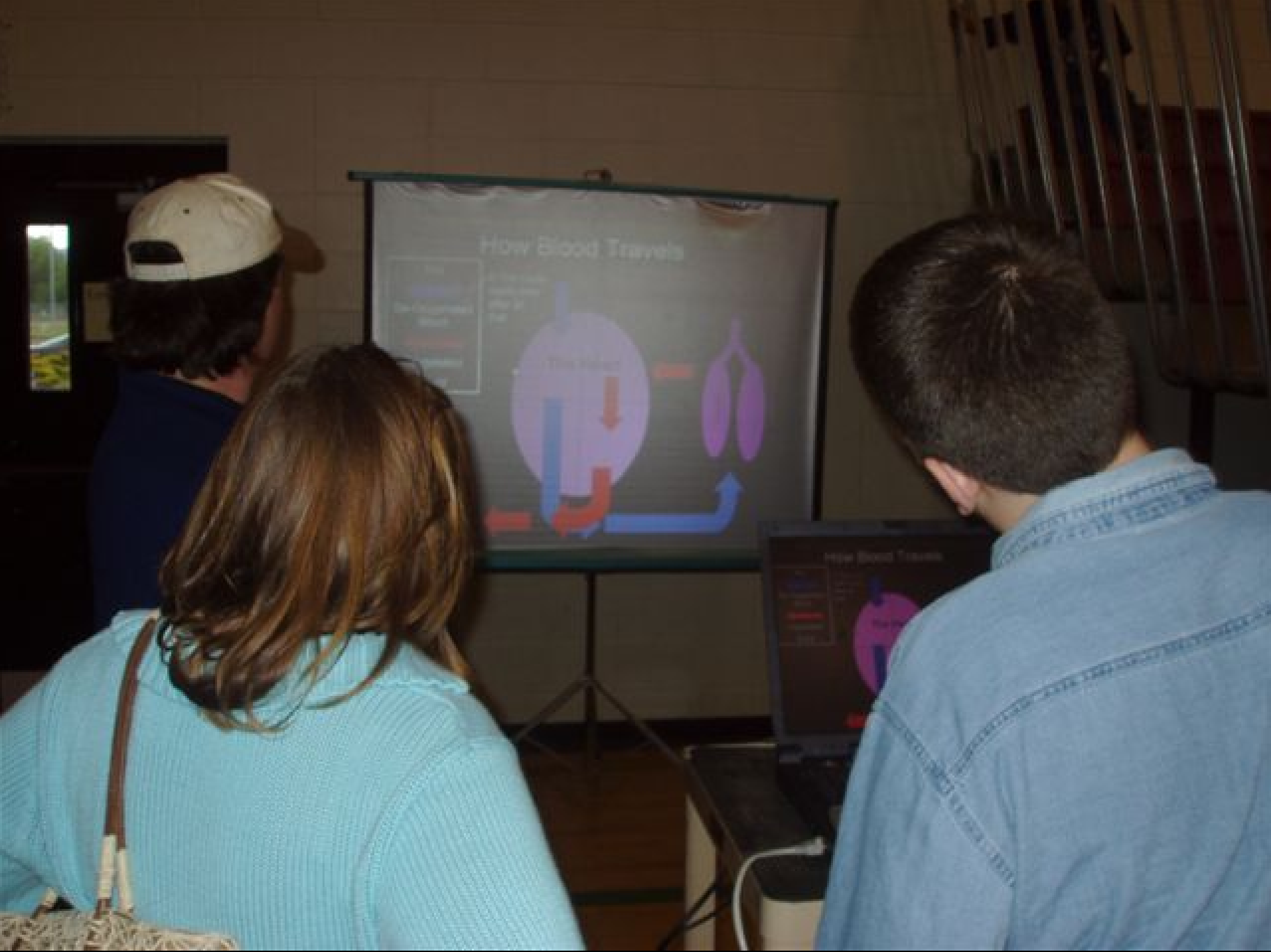


Distress The bad kind of stress

Here are some
examples

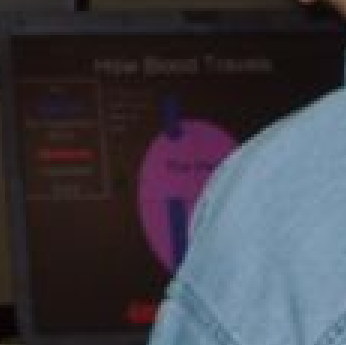
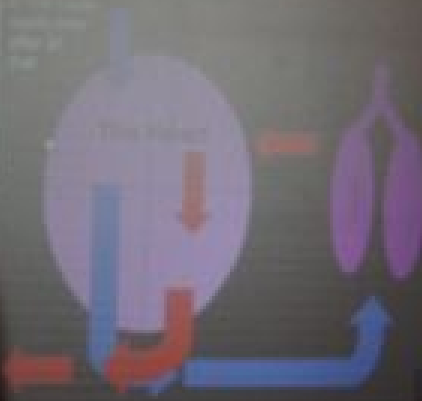
- Work demands
- Death of a family member or friend
- Car accident

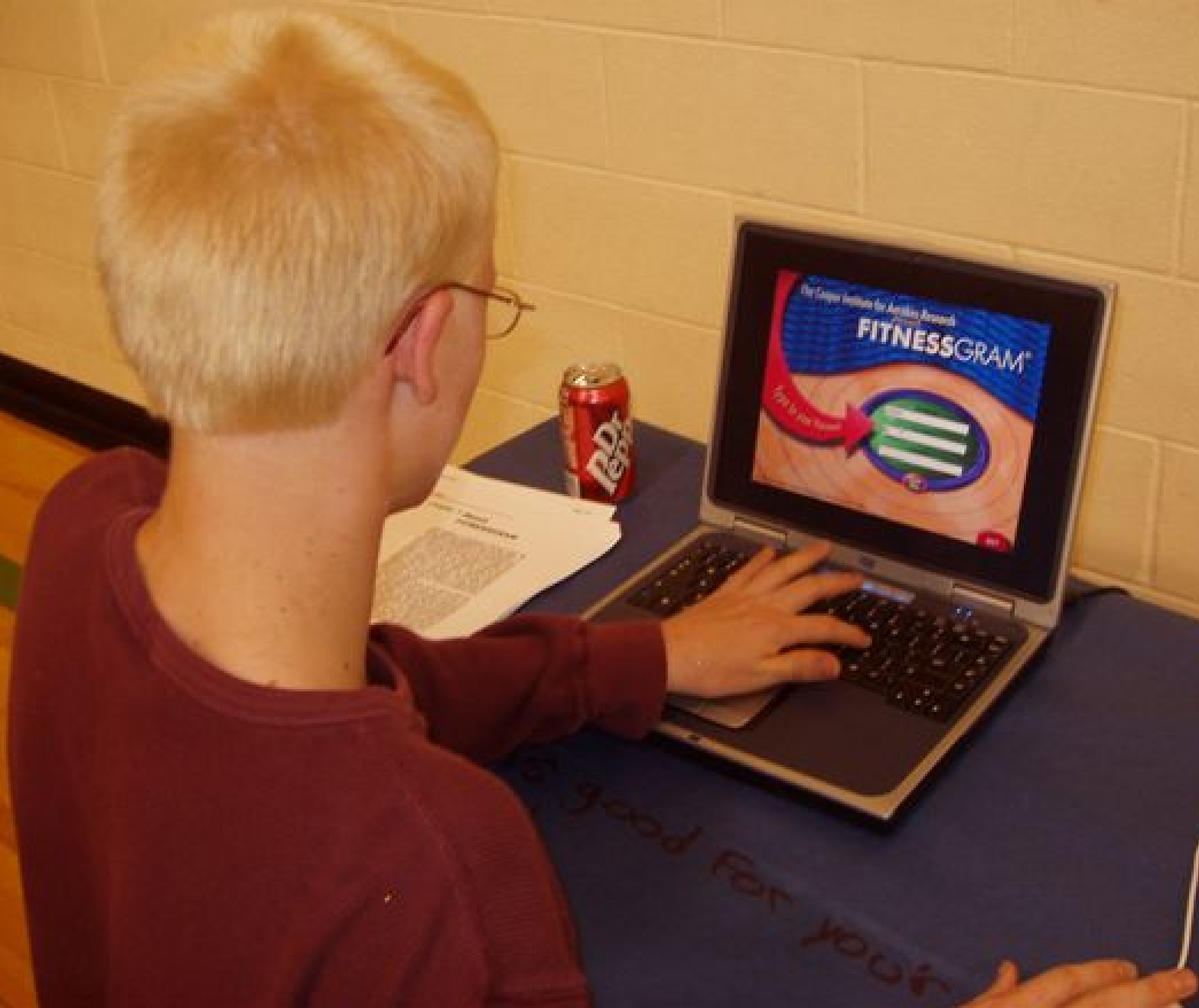




How Blood Travels

- Red
- Blue
- Pulmonary





The Computer Activities for Activities Research
FITNESSGRAM
Get to the point!



...good for you!

Faculty Proficiency in Technology

- Identify appropriate technologies
- Knowledgeable in how to use these technologies
- Knowledgeable in how to teach these technologies
- Knowledge in interpretation of the data collected

Institutional Change

- Curricular change
 - Integration of technology in preservice training
- Faculty
 - Content integration
 - Relationships within k-12 settings