

BIOFIT COURSE SYLLABUS

I. COURSE INFORMATION

BioFit

Facilitator: Dave Sampson

Facilitator: Nolan Byrnes

dsampson@innovationtech.us

Nbyrnes@innovationtech.us

II. COURSE DESCRIPTION

This course will provide credit for NYS Regents Living Environment as well as PE and Health credit for students. Varying topics related to personal wellness and safety will be covered to help students have a greater understanding of the effects of their own actions both on their own bodies and their environment. Students will participate in physical activity to strengthen their movement skills and help lead them toward becoming lifelong movers.

III. COURSE OBJECTIVES

Students enrolled in the integrated, freshman level Bio Fit course will become literate scientists through fulfillment of the NYS Health and physical education Standards and Living Environment. Through authentic projects that develop the scientific and analytical writing and promote the formation of critical reading, students are encouraged to become deep thinkers and to improve their ability to express themselves from tentative theories to concrete ideas. Students will also pass the New York State Living Environments Regents at the end of the school year.

IV. MAJOR UNITS OF STUDY AND PROJECTS

<u>1st Marking Period</u> <ul style="list-style-type: none">● You are what you Eat<ul style="list-style-type: none">○ Body systems, nutrition and cell functions●	<u>3rd Marking Period</u> <ul style="list-style-type: none">● When in Love, Stick to Hugs<ul style="list-style-type: none">○ Human Reproduction, Healthy relationships
<u>2nd Marking Period</u> <ul style="list-style-type: none">● Move your Feet<ul style="list-style-type: none">○ Energy, exercise, calories● This is your Body on Drugs<ul style="list-style-type: none">○ Diseases, homeostasis and the ramifications of incurable diseases.	<u>4th Marking Period</u> <ul style="list-style-type: none">● Invent A Species<ul style="list-style-type: none">○ Adaptation, Evolution, survival of the fittest● Course Review<ul style="list-style-type: none">○ Regents review based project for submission to other NYS students taking living environment exam

V. MATERIALS

- i. Laptops
- ii. Appropriate clothing for movement and outdoors
- iii. Writing Utensil
- iv. Inquisitive attitude

VI. GRADING/EXPECTATIONS

Students will be graded on the following criteria:

- a. Knowledge & Thinking (20%)
- b. Collaboration (20%)
- c. Oral Communication (25%)
- d. Written Communication (35%)