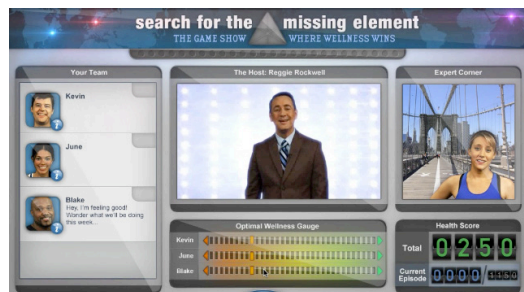


HEALTH & WELLNESS

A game show where wellness wins



Episode 1: GameScape Dashboard



Episode 1: Student's pick their team members



Episode 1: Defining Health and Wellness

EPISODE 1: HEALTHY BALANCE OF MIND AND BODY

Overview

The student is introduced as a contestant on “Search for the Missing Element: The Social Network Game Show Where Wellness Wins.” The host, Reggie Rockwell, explains that to win the show, the student must develop a healthy balance of mind and body to think through critical health issues and lead three contestants through a series of Weekly Challenges.

Learning Objectives

- Define health and wellness
- Reflect on personal health concerns
- Introduce the framework for the GameScape

Assessment Activity

Reggie prompts the student to select attributes that most interest him or her – these selections will “match” the student to three contestants who will be added to the student’s health team for the show. Students then answer the Weekly Reflection questions about the definition of health.

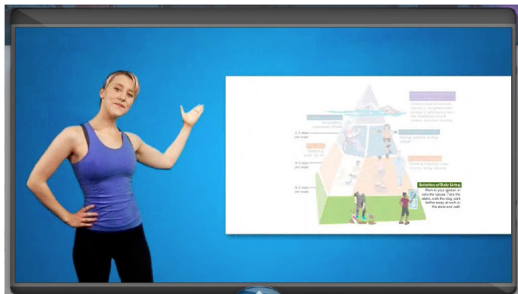
EPISODE 2: THE REWARDS OF PHYSICAL FITNESS, NUTRITION AND HEALTH MANAGEMENT

Overview

As Team Captain, the student must decide which team member is best suited for each leg of the Fitness Relay Race. Consulting with the expert of the week, the student learns that he or she must review the health and fitness background for each teammate before making a race assignment.

Learning Objectives

- Identify the five components of health related fitness.
- Explain methods to determine the nutritional values of food.



Episode 2: Learning from experts



Episode 2: Deciding on a training plan for your team



Episode 2: Coaching your team

Assessment Activity

A Text message from expert prompts the student to assign the most appropriate fitness activities for each team member based on their health background and chosen race assignment.

EPISODE 3: PREVENTING AND TREATING CHRONIC DISEASES

Overview

The student's Health and Wellness team is sent to India for additional training! On this trip, the team produces a "Reveal the Risks!" Public Service Announcement about the risk factors and prevention methods for three major chronic diseases: Cardiovascular Disease, Cancer, and Diabetes.

Learning Objectives

- Describe risk factors for common chronic diseases.
- Identify reliable community and web resources for individuals with chronic diseases.
- Describe the effects of alcohol and tobacco on the body.

Assessment Activity

An interactive activity asks students to identify cause/effect relationships of decisions impacting the development and spread of the three major chronic diseases studied in this episode.

EPISODE 4: INFECTIOUS DISEASES AND ENVIRONMENTAL EFFECTS ON HEALTH

The team must reopen the Pig & Whistle, a London café that was recently closed for serious health violations. The goal: to make the restaurant safe for food consumption AND environmentally friendly as well.

Learning Objectives

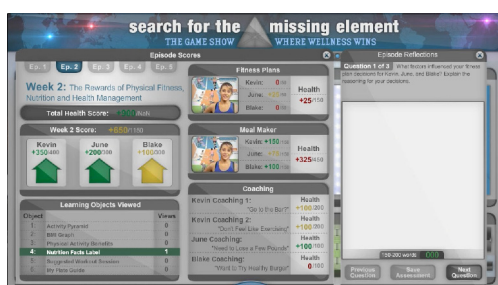
- Explain the immune system's role in protecting the body from disease.
- Identify pathogens that cause infectious diseases.
- Explain ways the environment affects human health and wellness.



Episode 2: Meal Maker game teaches students about healthy eating



Episode 2: The race is on!



Weekly: Episode assessment report

Assessment Activity

“Race to Erase!,” this week’s gamelet, requires the student to work with each teammate to address infectious disease and environmental health risks in each area of the café (food handling, storage/cooking temperatures, ice machines, employee hand washing areas, sneeze guards, bottled water, etc.)

EPISODE 5: HEALTHY LIVING CHOICES

The final health results for each team member and overall performance of the student’s team are evaluated by a celebrity panel of judges (the celebrity experts from weeks 2 -4).

Learning Objectives

- Discuss guidelines for making wise health care decisions.
- Explain why it is important to be a responsible health care consumer and how to encourage health care consumers to take action.

Assessment Activity

The host introduces a final “Knowing What You Know Now” segment where the student reviews his/her team’s successes and setbacks and reflects on lessons learned. A report of the team’s week-to-week progress helps prompt the student’s responses.

HEALTH & WELLNESS

A personalized learning journey where students LEARN by BEING.

Watch the trailer at: <http://www.jblearning.com/catalog/9781284029437/>