**Micro Lesson #4- External Teaching**

Name: Katie Horrell Date: Fall 2014 Cooperating Teacher/Mentor: Mary Beth Ohlms Organization: Fontbonne University Age: College Athletes
Length of Lesson: 30-45 mins Title of Lesson: Timing Nutrition

**Goal(s)**

* FCS Competencies and Standards

14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.

* Academy of Nutrition and Dietetics Position Papers

Nutrition and Athletic Performance

Total Diet Approach to Healthy Eating

**2. Prior Knowledge**

Students will be verbally assessed to see what types of foods they choose as pre-workout, during workout, and post-workout snacks & meals.

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| **3. Learner Outcomes**: Upon completion of lesson, students will be able to name the appropriate time ranges to consume both a pre-workout and post-workout meal/snack. (Cognitive)Upon completion of lesson students will be able to identify what food combinations fit in which category: Pre-workout, During Workout, or Post-workout. (Cognitive)Upon completion of lesson, students will collaboratively think of one benefit of consuming carbohydrates pre-workout. (Affective)Upon completion of lesson, students will collaboratively think of one benefit of consuming protein within 30 minutes post-workout. (Cognitive) | **4. Assessment of Learner Outcomes:** Instructor will ask athletes to name the appropriate time ranges to eat pre-workout, and post workout. Instructor will ask students when fuel during a workout is necessary, and how often is it necessary to refuel during a workout. DOK 1: Recall (Remembering)* Identifying
* Naming
* Describing

After the instructor reviewed PowerPoint slides, students will be asked to analyze pictures of combinations of food for fuel, and place them in either the “pre-workout”, “post-workout”, or “during workout” category. DOK 1: (Understanding)* Interpreting
* Explanation

Instructor will hand out a scrap piece of paper to each student. Students will write on the paper what they believe is one benefit of consuming carbohydrates pre-workout (or during a workout). DOK 1: Recall (Remembering)* Explanation
* Describing

On a second scrap piece of paper, students will write one benefit of consuming protein post-workout. DOK 1: Recall (Understanding):* Explanation
* Describing
 | **5. Procedures:** Introduction to the class.Instructor will introduce idea of “timing nutrition” for physical performance. Before class discussion, instructor will ask students what types of foods they choose as pre-workout, during workout, and post-workout snacks & meals. Students will right examples for each category until there are at least three examples per category as a frame of reference. PowerPoint slides will review the benefits of timing nutrition for athletes. PowerPoint will also review common myths/mistakes made by athletes.(Interpersonal, Intrapersonal, Visual)Instructor will introduce the role carbohydrates play in fueling college athletes with a video by Jim White, RDN (White, 2014)Instructor will review PowerPoint slides for Pre-workout, During Workout, and Post-workout recommendations. After reviewing, and answering any student questions, students will be quizzed on material.(Interpersonal, Visual)After completion of quiz via PowerPoint, students will be handed Timing Nutrition Handout. Questions on PowerPoint will be answered at this time. Students will be asked to reflect if their snacks listed in the pre-assessment (beginning of class) follow guidelines in PowerPoint & Handout.(Visual, Interpersonal)Instructor collects scrap paper with benefits of protein & carbohydrates and reads them back to class. Class will reflect on lesson, video, and overall benefits of timing nutrition for physical activity.(Intrapersonal, Interpersonal) | **6. Questions:** What do you *remember* eating the last time you had a big game or practice? *Name* a few foods you believe to be good workout fuel?  What are some examples of foods that you felt have weighed you down during a workout or practice? *Describe* a time when your pre-workout meal (or lack thereof) effected your performance.Why are carbohydrates an important food group to include for a pre-workout meal? During a workout? Do you *remember* a time when you skipped a meal before practice? How did that effect you?Why is protein recommended in higher amounts post-workout?  |