

**Student Written Assignments  
(6<sup>th</sup> 6 Weeks)**

Name \_\_\_\_\_

1. Nutrition and Activity Journal \_\_\_\_\_/100 pts total

2. Goal Setting Worksheet \_\_\_\_\_/100 pts total

3. 5 Weekly Topic Sheets with Questions

• Week 31: Staph Infections \_\_\_\_\_/100 pts total

• Week 32: Drugs/Prescription Drug Abuse \_\_\_\_\_/100 pts total

• Week 33: Vegan vs. Vegetarian, Vitamins and Minerals \_\_\_\_\_/100 pts total

• Week 34: Carbohydrates, Proteins, Fats, and the Athlete \_\_\_\_\_/100 pts total

• Week 35: Lifetime Fitness Goals \_\_\_\_\_/100 pts total

**Written Work Average Grade (Total points divided by 7) \_\_\_\_\_**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**1<sup>st</sup> Time Taken**

**6<sup>th</sup> 6 Weeks Nutrition and Activity Journal**

This sheet is done once per six weeks but can be done on any week during the grading period.

**Nutrition Goal: (20 pts)**

**(30 pts)**

	Breakfast	Lunch	Dinner	Snacks
MON				
TUES				
WED				
THURS				
FRI				

**Lifestyle Factors for the Week (10 pts)**

Average Hours of Sleep: \_\_\_\_\_ # of Breakfasts: \_\_\_\_\_

Glasses of Water: \_\_\_\_\_ # Sugar Drinks: \_\_\_\_\_

# of Protein Servings \_\_\_\_\_ # of Fruit Servings \_\_\_\_\_

# of Veggie Servings \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Physical Activity and Exercise Goals (FITT): (20 pts)**

**(30 pts)**

	Cardiovascular Endurance Activities	Muscular Strength/Endurance Activities	Flexibility Activities
MON			
TUES			
WED			
THURS			
FRI			

**Lifestyle Factors for the Week (10 pts)**

Trouble Sleeping:  Exercise Fatigue:  Muscle/Joint Pain:

Change in Appetite:  Gained Interest in Exercise:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## HS 1<sup>st</sup> Time Taken Goal Setting Worksheet

My goals for this 6 weeks are: (25 Points)

- 1.
  
  
  
  
- 2.

Start Date: \_\_\_\_\_ Target Completion: \_\_\_\_\_

What will help you reach your goal?  
(25 Points)

- 1.
  
  
  
  
- 2.
  
  
  
  
- 3.

What are things that will stand in your way?  
(25 Points)

- 1.
  
  
  
  
- 2.
  
  
  
  
- 3.

How will reaching these goals affect you? (25 Points)

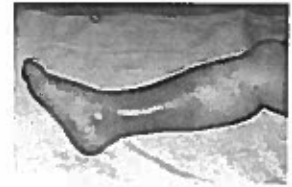
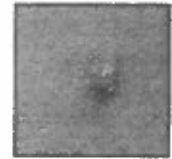
## Staph Infections

Staph infections are caused by staphylococcus bacteria, a type of germ commonly found on the skin and/or nose of healthy individuals. Most of the time, these bacteria cause no problems or result in relatively minor skin infections. However staph infections can turn deadly if the bacteria invade deeper into your body, entering your bloodstream, joints, bones, lungs or heart through a wound or scratch. People with skin problems like burns or eczema may be more likely to get staph skin infections.

### Skin Infections

Skin infections caused by staph bacteria include:

- **Boils.** The most common type of staph infection is the boil, a pocket of pus that develops in a hair follicle or oil gland. The skin over the infected area usually becomes red and swollen. If a boil breaks open, it may drain pus, blood or an amber-colored liquid. Boils occur most often on the face, neck, armpits or around the groin or buttocks.
- **Impetigo.** This contagious, often painful rash can occur in all ages, but it's most common in young children and infants. The types of impetigo caused by staph bacteria usually feature small blisters that may ooze fluid and develop a honey-colored crust. These sores occur most commonly around the nose and mouth.
- **Cellulitis.** Cellulitis is an infection of the deeper layers of skin which causes skin redness and swelling on the surface of your skin. Sores (ulcers) or areas of oozing discharge may develop too. As this begins to spread, a person may feel feverish and ill. Cellulitis occurs most often in the lower legs and feet of older persons.
- **Staphylococcal scalded skin syndrome.** Toxins produced as a result of a staph infection may lead to staphylococcal scalded skin syndrome. Affecting mostly newborns, this condition features fever, a rash and sometimes blisters. When the blisters break, the top layer of skin comes off, leaving a red, raw surface that looks like a burn.



### Prevention

These common-sense precautions can help lower your risk of developing staph infections:

- **Wash your hands.** Careful washing of hands is your best defense against germs. Wash your hands briskly for at least 15 to 30 seconds, and then dry them with a disposable towel and use another towel to turn off the faucet. If your hands aren't visibly dirty, you can use a hand sanitizer containing at least 62 percent alcohol.
- **Keep wounds covered.** Keep cuts and abrasions clean and covered with sterile, dry bandages until they heal. The pus from infected sores often contains staph bacteria, and keeping wounds covered will help keep the bacteria from spreading. Don't shave infected areas.
- **Don't share towels, sheets or clothing with someone who has a staph infection.**

