

Dehydration in Sports¹



Grade 10

Overview	Students will learn how to spot signs of dehydration, as well as, learning exactly how much they should drink before, during, and after a sporting event or practice.
Objective	Students will learn <ul style="list-style-type: none">• How to spot signs of mild, moderate, and severe dehydration• How to use the Urine Color Test² chart to track their hydration level• To use their rehydration Drink Chart³ to properly hydrate themselves for sporting events
Materials	<ul style="list-style-type: none">• A computer• Internet• Kontainer
Procedure	<ul style="list-style-type: none">• Students will work individually, and will be asked with using their computers and finding 3 symptoms of mild, moderate, and severe dehydration.• Students will download the worksheet off Kontainer to record their answers on.• The will upload their answers for my approval.• The Urine Color Test and Rehydration Drink charts will be issued to the students, via Kontainer, and they will be taught how to spot dehydration in their urine.• I will upload a sheet of information about how much they should drink before, during, and after a sporting or recreational activity.

¹ Lesson Plan adapted from <http://school.discoveryeducation.com/lessonplans/programs/nutrition/>

² Chart taken from <http://www.detrick.army.mil/ih/ehhot.cfm#indicators>

³ Chart taken from <http://www.jeffersonhospital.org/kit/orthopedics/article14696.html>

	<ul style="list-style-type: none">• Also on the facts sheet will be information on how to spot dehydration in their fellow athletes and suggest hydration options.
Evaluation	Students will download a quiz and submit the answers on Kontainer . If the student does not receive an 85% or better, they will be required to write a one page paper explaining what they learned on the facts sheets given to them.
Standards	4. Develop proficiencies in basic health care skills ⁴

⁴ Class standards found at http://www.doe.in.gov/octe/health/hce/integrated_health_sciences-II.pdf