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MEA 0322 – Medical Management  

Lesson Plan for MEA 0322 - Health and the Built Environment  

Topic: Make Healthy Happen - Health & the Built Environment  

Lesson Plan  

Lesson Objectives  
1. Identify what is a “Fit City”  
2. Define the opportunities available for increasing physical activity  
3. Define the opportunities available for better access to healthier food choices  
4. Address how building design and policy decisions can improve health outcomes  

MDC Learning Outcomes addressed:  
# 1 Communicate effectively using listening, speaking, reading and writing skills.  
# 3 Solve problems using critical skills to evaluate creative thinking and scientific reasoning  
# 6 Create strategies that can be used to fulfill personal, civic, and social responsibilities  
# 7 Demonstrate knowledge of ethical thinking and its application to issues in society  
# 8 Use computer and emerging technologies effectively  
#9 Demonstrate an appreciation for aesthetics and creative activities  
#10 Describe how natural systems function and recognize the impact of humans on the environment  

Lesson Outline  
1. Have students go to Active Design Guidelines at http://www.nyc.gov/adg and to  
   http://aiamiami.org/fit-city-miami-presentations/ take notes on information learned, including the  
   definition of “Fit City”  
2. Form student groups and have them discuss the following  
   a. Which do they consider to be the most important Active Design Guidelines and why?  
   b. Why are these guidelines important to our health?  
   c. What changes can be done at school to become a “Fit City” school?  
   d. What changes can be done at home to become a “Fit City” home?  
   e. What impact can all these changes have if more cities become “Fit Cities”?  
3. Homework: Have students prepare a journal and enter daily information of changes they have done  
   at home and at school for a whole month. Discuss outcomes with class at the end of the month.