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Active Design: How does it affect a person’s health?

Lesson Plan Outline

Subject: NUR2310 Pediatric Nursing
Topic: Active Design
Grade: College level
Time: 10 minute lesson

Goal: Each student will be able to explain how active design can promote more exercise in children and their families. Students will apply certain of the Miami Dade College Learning Outcomes to attempt to solve the problem of obesity in children. At the end of the lesson, students will be encouraged to apply these solutions in a community setting.

Instructional Objectives: Students will:

1. Recognize the impact of active design on encourage of children to be more active every day.
2. Be able to explain to children and their families the relationship between the lack of exercise, overweight and other health problems such as diabetes.
3. Students will identify 2 buildings in Miami Dade County built with Active Design.

Content Outline:

1. What is Active Design?
2. Does it actually encourage more exercise in children and their families?
3. Are there any school buildings in Miami Dade County that incorporate the principles of Active Design? Which ones?

Instructional Strategies:

Warm up

1. Faculty notifies date of lesson.
2. Students are informed of assignment to look up journal articles of active design in grade school buildings, read and bring articles to class on day of lesson.

Activities

1. On day of lesson, students are divided into groups of no more than 5.
2. Students compare their articles, develop their own definition of active design and explain how increased active exercise will decrease childhood obesity.
3. During class, each group will report its own conclusion.

Homework

1. Students journal how they can apply this information to improve the overall well being of a child they know personally.
Closure

1. Can you as a student apply this information in your Community Health Nursing coursing course? (A co-requisite course to Pediatric nursing)?

Material

Each student will research their own article related to Active Design.

Miami Dade College General Education Outcome

2. Solve problems using critical and creative thinking and scientific reasoning.
3. Formulate strategies to locate, evaluate, and apply information.

NUR2310 Course Competencies

Outcome # 3

Solve problems using critical and creative thinking and scientific reasoning.

Intentional Learning

Pediatric nursing theory content will be presented emphasizing family center Cree. The importance of preventive healthcare will be emphasized. Students will have small group discussion to present their own ideas and come to a consensus report to the large group.

Outcome # 4

Formulate strategies to locate, evaluate and apply information.

Intentional Learning

The student will use textbooks, Internet websites to locate information related to the assigned topic. They will be encouraged to look at statistical research about assigned topic.