

# Healthy Gamecocks

## **Contact Information**

Campus Wellness

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**Length of Presentation** 50 minutes

**Presenter Information**

Professional Staff  
 Graduate Students  
 Undergraduate Students

## **UNIV 101 Learning Outcomes** IIa, IIIc

### **Abstract**

The "Healthy Gamecocks" presentation will cover two major areas related to a college student's health and well-being. The students will have a chance to move about the classroom as they work in groups to come up with the longest list of foods in each food group, and to build their own healthy plate based off the proper serving size for each major food group. Students will work independently to build their own personalized meal plan for the day using the skills taught earlier in the presentation and by utilizing the MyPlate resource, and then build their own personalized workout plan.

### **Presentation Learning Outcomes**

*As a result of this presentation, students will be able to:*

- Identify the proper serving size for each food group.
- Build their own personalized workouts and identify the resources on campus that will help them get started.
- Identify on-campus resources to help them maximize their health and well-being.

### **Outline of Presentation**

#### I. Introduction

#### II. Activity - Food Group Race

- a. Students will work in groups to design a list of foods in each food group

#### III. Activity - MyPlate Builder

- a. Students will work in small groups to build their own healthy balanced plate based on serving size

#### IV. Activity - Campus Meals

- a. Students will have the opportunity to identify healthy meals at various campus locations

#### V. Activity - Workout Builder

#### VI. Resources & assessment