



Total Health Educator Guide

A Virtual Field Trip with the NBA and WNBA

Learning Goals

- Explore the importance of mental and emotional wellbeing
- Develop critical thinking and teamwork skills
- Make personal connections to health and wellness
- Discover the importance of nutrition and hydration
- Identify the multiple careers tied to the professional sports industry

Overview

Dive into total health with an exclusive behind-the-scenes look at how professional basketball players for the Minnesota Timberwolves and Minnesota Lynx maintain their health on and off the court! This virtual field trip inspires students to live a healthy lifestyle by showcasing the NBA and WNBA's dedication to mind and body wellness for their world-class athletes. Students will enjoy special access to state-of-the-art facilities, meet dedicated health and fitness experts, and even have a chat with **Timberwolves Center** Rudy Gobert. By connecting professional sports to real-life health and wellness habits, students will gain a deeper understanding of how to take care of their own bodies, set goals, and develop lifelong healthy habits.

Materials

- Total Health: A Virtual Field Trip with the NBA and WNBA
- Paper, pens, pencils, and markers
- **F-A-S-T-B-R-E-A-K** Student Capture Sheet
- **The Pressure is On!** Student Capture Sheet
- **Dream Team Roles** Student Resource Sheet
- Poster board **if chosen for final activity*
- Paper and construction paper **if chosen for final activity*
- Computer for digital slideshow **if chosen for final activity*
- Video Recording Device **if chosen for final activity*



Key Terms

- **Stress management:** related to sports psychology, this term refers to equipping athletes with the tools they need to navigate the pressures of training and competition through various techniques.
- **Growth Mindset:** believing that your abilities, intelligence, and talents can be improved by effort, learning, and persistence.
- **Visualization Techniques:** imagining scenarios, processes, or outcomes to improve performance and reduce anxiety.
- **Breathing Exercises:** techniques that focus on controlled breathing for relaxation, reducing stress, and improving physical/mental wellbeing.
- **Positive Self-Talk:** the practice of using encouraging and constructive thoughts to improve confidence and motivation. It involves changing negative self-thoughts into affirmations that support growth and resilience.
- **Sports Nutrition:** nutrition tailored to an individual athlete's body needs and goals to help them achieve top performance.
- **Hydration:** maintaining or replacing water and minerals lost to keep the human body functioning and performing properly.



National Education Standards

National Health Education Standards

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 2: Analyze influences that affect health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 5: Use a decision-making process to support health and well-being of self and others.
- Standard 6: Use a goal-setting process to support health and well-being of self and others.

C3 Framework for Social Studies State Standards

- Dimension 4: Communicating and Critiquing Solutions
- Dimension 4: Taking Informed Action

Common Core ELA Standards

CCSS.ELA-LITERACY Speaking & Listening

Comprehension and Collaboration: Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on topics, texts, and issues, building on others' ideas and expressing their own clearly.

Presentation of Knowledge and Ideas:

- Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts, and details to accentuate main ideas or themes; use appropriate eye contact, adequate volume, and clear pronunciation.
- Include multimedia components (e.g., graphics, images, music, sound) and visual displays in presentations to clarify information.



Pre-VFT Activity: Engage

Pre-Game Preparation

Before viewing the virtual field trip, students will explore the importance of stress management and sports psychology.

Millions of fans worldwide follow the NBA and WNBA, watching from home and filling stadiums. The Minnesota Timberwolves' home arena can seat up to 18,798 dedicated fans! The amount of pressure placed on these elite athletes over 82 season games can be challenging both mentally and physically. This activity will prepare students for their virtual field trip by putting them into the mindset of a professional basketball player and become mindful of the cohesive team behind the scenes that makes them successful.

Objectives

1. Introduce stress-reducing strategies that are useful in and out of the court.
2. Hypothesize strategies used by NBA and WNBA players to stay focused and thrive under pressure.

Procedure

1. Have students imagine the following scenario:

"You are in a professional basketball game where there are 3 seconds left. Your team is down by 1 point. The ball is in your hands. Thousands of fans are watching. How do you feel?"

Facilitate a group discussion in which students answer these questions:

- o "What emotions would you feel (Nervous? Excited? Confident? Pressure?)"
- o "How would you handle the stress?"
- o "What could go wrong if negative emotions take over?"

Explain that professional athletes face constant pressure like this every game and their mental strength is just as important as their physical skills.

2. Using **The Pressure is On!** Student Capture Sheet, introduce some strategies and concepts to help manage stress in high-stress situations.
 - a. **Growth Mindset**—Believing that your abilities, intelligence, and talents can be improved by effort, learning, and persistence.
 - b. **Visualization Techniques**—Imagining scenarios, processes, or outcomes to improve performance and reduce anxiety.
 - c. **Breathing Exercises**—Techniques that focus on controlled breathing for relaxation, reducing stress, and improving physical/mental wellbeing.



- d. **Positive Self-Talk**—The practice of using encouraging and constructive thoughts to improve confidence and motivation. It involves changing negative self-thoughts into affirmations that support growth and resilience.
3. Separate students into teams of 3–5 and assign each group a high-pressure scenario such as:
 - Taking a game-winning shot
 - Coming back from an injury
 - Playing in front of a large crowd
 - Taking an important free throw
 - Opposing team having a substantial point lead at halftime
4. Have students collaborate on a strategy and ask them to brainstorm new concepts that could be beneficial in managing their high stress scenario. Have them fill out the table found in **The Pressure is On!** Student Capture Sheet with their assigned scenario. Afterward, ask students to brainstorm some high-stress scenarios they face in their lives (e.g. taking a difficult test, performing at a concert, speaking in front of a large crowd). Allow students time to brainstorm which strategies would be best to manage their stress in these situations.
5. Give teams time to present their high-stress scenario and strategies. Students should be able to explain how these strategies could be effective on and off the court.



During VFT Activity: Deeper Learning

Fastbreak

The term “fast break” is an offensive strategy that is used when a basketball team gains possession of the ball. After gaining possession, the team aims to quickly move the ball up the court and into a scoring position. This strategy’s goal is to catch the defense off guard and score points quickly. In this activity, we will be using the “F-A-S-T-B-R-E-A-K” capture sheet while on the virtual field trip.

Materials

- Pencil
- F-A-S-T-B-R-E-A-K Student Capture Sheet

Procedure

1. Distribute the F-A-S-T-B-R-E-A-K student capture sheet and review the background information.
2. Have students watch [Total Health: A Virtual Field Trip with the NBA and WNBA](#). While they watch, they should use the Student Capture Sheet as a guide.
3. During the virtual field trip, students will complete the *F-A-S-T-B-R-E-A-K* Discovery Education Student Capture Sheet.
 - **F** (Fact): Write down one new fact about health, training, or mental wellness in the NBA/WNBA.
 - **A** (Athlete’s Routine): Describe one daily routine or habit that an NBA/WNBA player uses to stay physically or mentally strong.
 - **S** (Surprise): What is one thing that surprised you, or was something unexpected/different from what you previously assumed?
 - **T** (Training and insight): What is one training method or workout that stood out to you?
 - **B** (Brain and body): How do NBA/WNBA players take care of their mind and body? Give one example.
 - **R** (Recovery): What is one method NBA/WNBA players use to recover from intense games, pressure, and workouts?
 - **E** (Emotion): How did hearing about their challenges, routines, or lifestyle make you feel?
 - **A** (Application): What is one tip or habit from this virtual field trip that you could apply to your own life (fitness, nutrition, mindset)?
 - **K** (Key question): What is one question you still have after watching?



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4. Bring the group back together after viewing the virtual field trip. Facilitate a discussion in which students can mention important points and questions they have from the experience. Have students raise a few key questions they created from their **F-A-S-T-B-R-E-A-K Student Capture Sheet**.
5. Reflect on the following questions:
 - “Which expert in the virtual field trip stood out to you the most? What did you learn from them?”
 - “What role does health play in helping NBA and WNBA players stay in peak condition? Can you think of other ways health, data, and technology are used in sports?”
 - “Why do you think recovery such as sleep, stretching, and hydration is just as important as training? How do these factors affect long-term health?”



After VFT Activity: Application

Dream Team: Peak Performance

The hard work of these athletes and the cohesive team working in collaboration to ensure their total health is what keeps them at their peak performance. Now that students have learned about the teamwork that goes into making an NBA/WNBA team successful, they will work to design their own *Dream Team*. Their team will optimize training, nutrition, mental wellness, and recovery using scientific principles. Students will then present a comprehensive team strategy that contributes to peak athlete performance.

Procedure

1. Divide students into teams of 3–5 and assign them a role in their Dream Team's Training and Performance Staff. They can personalize their team by creating a name and mascot. The roles that were explored during the virtual field trip are going to be assigned to each team member. Each of these roles plays a crucial part in optimizing player performance, health, and development. Here's a reminder of what each professional does:
 - **Sports Science and Performance** oversees all aspects of player health, training, and performance. Think of them as the CEO of player health and performance!
 - **Athlete Performance and Player Development Coach** focuses on skill development and long-term player growth. They bridge the gap between training and on-court performance.
 - **Sports Psychologist** optimizes players mental strength, focus, and emotional resilience. A player's mindset is just as important as their skills; they train the brain for success.
 - **Team Performance Dietician** creates customized nutrition plans to fuel peak athletic performance. They ensure the players eat like champions!
 - **Head Coach** leads the team's strategy and gameplay. They are the leaders who bring together all of the science, training, and mental preparation to build a winning team.

Note: *If working in smaller teams, students can take on multiple roles or collaborate on shared roles.*
2. Each team must develop a plan to ensure players perform their best. Encourage students to back up their choices using what they learned from the virtual field trip. Their plan must include:
 - **Sports Science and Performance**
 - How will you use sports science and data to improve player performance and reduce injuries?
 - What technology will you use to gather data to track player speed, reaction time, and fatigue?



- How will you balance training and rest to prevent burnout during a long season?
- How will you ensure your team stays ahead of the competition in strength, speed, and endurance?
- **Athlete Performance and Player Development Coach**
 - How will you identify what each player needs to focus on (e.g. shooting, dribbling, defense)?
 - How will you customize your training for different player positions?
 - What daily or weekly drills can you brainstorm to improve strength and agility?
 - How will you track and measure player progress over the season?
- **Sports Psychologist**
 - What mental techniques (breathing exercises, visualization, or focus drills) will you teach your players?
 - How will you help your players stay confident after a mistake or a losing streak?
 - What strategies will you use to help players manage stress and pressure during big games?
 - How will you support players who struggle with mental fatigue, anxiety, or motivation?
- **Team Performance Psychologist**
 - What will your players eat before and after games to maximize energy and recovery?
 - How will you ensure your players are hydrated to prevent cramping and fatigue?
 - How will you create individual nutrition plans for your players?
 - How will you educate your players on the long-term impact of nutrition on performance?
- **Head Coach**
 - How will you keep your team motivated and focused throughout the season?
 - How will you ensure this team will be a cohesive group?
 - If there is a group member in need of support, how will you help them meet their goals?
 - How will you balance overall team growth and individual success?

Teacher's Note: Give students the *Dream Team Role Student Resource Sheet* of these various roles.



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3. Teams will present their Dream Team's comprehensive strategy using one of the following formats:
 - Poster or infographic
 - Digital slideshow
 - Live press conference skit
 - Mini-documentary style video
4. After each presentation, lead a class discussion with questions such as:
 - What did you notice about the similarities and differences between the teams' approaches?
 - Which strategies could you apply to your own health, fitness, or mindset?
 - What was the most important lesson from this activity that you learned?

High-pressure situations can impact an athlete's performance and overall well-being. There are various strategies that they use to help overcome or manage stress during various high-pressure scenarios:

- **Growth Mindset**—Believing that your abilities, intelligence, and talents can be improved by effort, learning, and persistence.
- **Visualization Techniques**—Imagining scenarios, processes, or outcomes to improve performance and reduce anxiety.
- **Breathing Exercises**—Techniques that focus on controlled breathing for relaxation, reducing stress, and improving physical/mental wellbeing.
- **Positive Self-Talk**—The practice of using encouraging and constructive thoughts to improve confidence and motivation. It involves changing negative self-thoughts into affirmations that support growth and resilience.

Use your assigned high-pressure scenario and determine what the best strategy would be in that given situation and add it to the chart. Afterwards, consider various high-pressure scenarios in your everyday life where you can apply these strategies to navigate the demands of your everyday life. Write down a few of your group's high-pressure scenarios and brainstorm new strategies along with the ones given above.

High Pressure Scenario	Strategy



F (Fact): Write down one new fact about health, training, or mental wellness in the NBA/WNBA.

A (Athlete's Routine): Describe one daily routine or habit that an NBA/WNBA player uses to stay physically or mentally strong.

S (Surprise): What is one thing that surprised you, or was something unexpected/different from what you previously assumed?

T (Training and insight): What is one training method or workout that stood out to you?

B (Brain and body): How do NBA/WNBA players take care of their mind and body? Give one example.

R (Recovery): What is one method NBA/WNBA players use to recover from intense games, pressure, and workouts?

E (Emotion): How did hearing about their challenges, routines, or lifestyle make you feel?



A (Application): What is one tip or habit from this virtual field trip that you could apply to your own life (fitness, nutrition, mindset)?

K (Key question): What is one question you still have after watching?



Sports Science and Performance

- How will you use sports science and data to improve player performance and reduce injuries?
- What technology will you use to gather data to track player speed, reaction time, and fatigue?
- How will you balance training and rest to prevent burnout during a long season?
- How will you ensure your team stays ahead of the competition in strength, speed, and endurance?

Athlete Performance and Player Development Coach

- How will you identify what each player needs to focus on (e.g. shooting, dribbling, defense)?
- How will you customize your training for different player positions?
- What daily or weekly drills can you brainstorm to improve strength and agility?
- How will you track and measure player progress over the season?

Sports Psychologist

- What mental techniques (breathing exercises, visualization, or focus drills) will you teach your players?
- How will you help your players stay confident after a mistake or a losing streak?
- What strategies will you use to help players manage stress and pressure during big games?
- How will you support players who struggle with mental fatigue, anxiety, or motivation?

Team Performance Psychologist

- What will your players eat before and after games to maximize energy and recovery?
- How will you ensure your players are hydrated to prevent cramping and fatigue?
- How will you create individual nutrition plans for your players?
- How will you educate your players on the long-term impact of nutrition on performance?

Head Coach

- How will you keep your team motivated and focused throughout the season?
- How will you ensure this team will be a cohesive group?
- If there is a group member in need of support, how will you help them meet their goals?
- How will you balance overall team growth and individual success?

