

**Student Written Assignments
(2nd 6 Weeks)**

Name _____

1. Nutrition and Activity Journal _____/100 pts total

2. Goal Setting Worksheet _____/100 pts total

3. 5 Weekly Topic Sheets with Questions

• Week 7: Health-Related Fitness _____/100 pts total

• Week 8: Skill-Related Fitness _____/100 pts total

• Week 9: Short-Term vs. Long-Term Goals _____/100 pts total

• Week 10: Target Heart Rate _____/100 pts total

• Week 11: Hydration _____/100 pts total

Written Work Average Grade (Total points divided by 7) _____

Name: _____

Date: _____

HS 1st Time Taken
2nd 6 Weeks Nutrition and Activity Journal

This sheet is done once per six weeks but can be done on any week during the grading period.
Nutrition Goal: (20 pts)

(30 pts)

	Breakfast	Lunch	Dinner	Snacks
MON				
TUES				
WED				
THURS				
FRI				

Lifestyle Factors for the Week (10 pts)

Average Hours of Sleep: _____ # of Breakfasts: _____

Glasses of Water: _____ # Sugar Drinks: _____

of Protein Servings _____ # of Fruit Servings _____

of Veggie Servings _____

Name: _____

Date: _____

Physical Activity and Exercise Goals (FITT): (20 pts)

(30 pts)

	Cardiovascular Endurance Activities	Muscular Strength/Endurance Activities	Flexibility Activities
MON			
TUES			
WED			
THURS			
FRI			

Lifestyle Factors for the Week (10 pts)

Trouble Sleeping: Exercise Fatigue: Muscle/Joint Pain:

Change in Appetite: Gained Interest in Exercise:

Name: _____

Date: _____

HS 1st Time Taken Goal Setting Worksheet

My goals for this 6 weeks are: (25 Points)

- 1.

- 2.

Start Date: _____

Target Completion: _____

What will help you reach your goal?
(25 Points)

- 1.

- 2.

- 3.

What are things that will stand in your way?
(25 Points)

- 1.

- 2.

- 3.

How will reaching these goals affect you? (25 Points)

Health-Related Fitness

Health-related fitness is often divided into several components which affect our overall health status.

Body Composition

Body composition is the ratio of fat to lean body tissue including muscle, fat, bone, cartilage, etc. that make up our bodies. The amount of fat we carry varies from person to person and healthy averages vary with gender and age. **A healthy amount of fat for a man is between 15 -18% and for women it is higher at 20-25%.** It is important to maintain a healthy percentage of body fat because excess body fat can contribute to developing a number of health problems such as heart disease and diabetes. Excess body fat also places strain on the joints, muscles, and bones, increasing the risk of injury.

Cardiovascular Fitness (Aerobic Fitness)

Cardiovascular fitness is the ability of your body to continuously provide enough energy to sustain submaximal levels of exercise. It is also known as **stamina**. To do this, the circulatory and respiratory systems must work together efficiently to provide the working muscles with enough oxygen to enable aerobic metabolism.

This type of fitness has enormous benefits to our lifestyle as it allows us to be active throughout the day. Examples include walking while shopping, climbing stairs or running to catch a bus. It also allows us to get involved in sports and leisure-time activities.

If we have good cardiovascular fitness, then our overall health is also good. Cardiovascular fitness helps with:

- fat metabolism.
- improved delivery of oxygen.
- faster removal of waste products.
- decreased levels of stress.

Muscular Strength

Muscular strength is vitally important, not only in sports but in day-to-day life. We need to be strong to perform certain tasks, such as lifting heavy bags or using our legs to stand up from a chair. **Muscular strength is defined as the ability of a muscle to exert a force to overcome a resistance.** Muscular strength is important for our health as it enables us to avoid injuries, maintain good posture, and remain independent (in older age).

Muscular Endurance

Muscular endurance, unlike strength, is the ability of a muscle to make repeated contractions over a period of time. This is used in day-to-day life activities such as climbing stairs, digging in the garden and cleaning. Muscular endurance is also important in sports such as soccer (repeated running and kicking), tennis (repeated swinging of the arm to hit the ball) and swimming (repeating the stroke).

Flexibility

Flexibility is the ability of our joints to perform a full range of motion and is usually controlled by the length of our muscles. This is often thought to be less important than strength or cardiovascular fitness. However, **if we are not flexible, our movement decreases and joints become stiff.** Flexibility in sports allows us to perform certain skills more efficiently. For example, a gymnast, dancer or diver must be highly flexible, but flexibility is also important in other sports to aid performance and decrease the risk of injury. In daily activities we must be flexible to reach for something on a shelf or off the floor.

Flexibility also helps with

- prevent injuries.
- improve posture.
- reduce low back pain.
- maintain healthy joints.
- improve balance during movement.

