

**Student Written Assignments
(3rd 6 Weeks)**

Name _____

1. Nutrition and Activity Journal _____/100 pts total

2. Goal Setting Worksheet _____/100 pts total

3. 4 Weekly Topic Sheets with Questions

• Week 13: Stress and Stress Relief _____/100 pts total

• Week 14: Skeletal System and Injury Prevention _____/100 pts total

• Week 15: Carbohydrates, Fats, and Proteins _____/100 pts total

• Week 16: Tobacco _____/100 pts total

Written Work Average Grade (Total points divided by 6) _____

Name: _____

Date: _____

**HS 1st Time Taken
3rd 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)

Stress & Stress Relief

<http://kidshealth.org/>

Stress is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. The events that provoke stress are called **stressors** and can be anything from outright physical danger to making a class presentation.

The human body responds to stressors by activating the nervous system and specific hormones. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to let more blood flow to large muscle groups, putting our muscles on high alert. Pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy. Sweat is produced to cool the body. All of these physical changes prepare a person to react quickly and effectively to handle whatever pressure they are facing.

The stress response (also called the **fight or flight response**) is critical during emergency situations, such as when a driver has to slam on the brakes to avoid an accident. It can also be activated in a milder form at a time when the pressure is on but there is no actual danger. Examples include stepping up to take the free throw that could win the game, getting ready to go to a big dance, and sitting down for a final exam. A little of this stress can help keep you on your toes, ready to rise to the challenge. The nervous system quickly returns to its normal state once the situation is over but always stands by to respond again when needed.

Long-term stressful situations can produce a lasting, low-level stress that's hard on the body. If the nervous system senses continued pressure it may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed and weaken the body's immune system. Although just enough stress can be a good thing, stress overload is a different story and isn't good for anyone. For example, feeling a little stress about a test that's coming up can motivate you to study hard, but stressing out too much over the test can make it hard to concentrate on the material you need to learn.

What can you do to deal with stress overload or, better yet, to avoid it in the first place? The most helpful method of dealing with stress is learning how to manage the stress that comes along with any new challenge, good or bad. Stress-management skills work best when they're used regularly, not just when the pressure's on. Knowing how to "de-stress" and doing it when things are relatively calm can help you get through challenging circumstances that may arise. These are great suggestions for de-stressing:

- Don't overschedule yourself.
- Be realistic.
- Get a good night's sleep.
- Learn to relax.
- Treat your body well.
- Regulate your thinking.
- Solve the little problems before they become big problems.

Exercising on a regular basis is one way to "Treat Your Body Well". Exercise helps to turn down the production of stress hormones and neurochemicals. Studies have found that exercise is a potent antidepressant, anxiolytic (combats anxiety), and sleeping aid for many people.

For those who need help dealing with stress and stress-management, counseling in the form of individual or group therapy is offered by various mental health care providers. Stress counseling and group discussion therapy have proven to reduce stress symptoms and improve overall health and attitude.

Check for Understanding

- How does the body respond to stress?

- When is stress good and when can stress be bad?

- What is another name for the stress response system?

- What is the result of stress overload?

- What do you do to de-stress?

Coach's Reflection: