Student Written Assignments
(5th 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 25: Muscles _____**/100 pts total**
    - Week 26: Weight Training Safety _____**/100 pts total**
    - Week 27: FITT Principle _____**/100 pts total**
    - Week 28: Metabolism _____**/100 pts total**
    - Week 29: Sports Supplements _____**/100 pts total**

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

Name: _____ Date: _____

1st Time Taken

5th 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)**

Muscles

Did you know you have more than 600 muscles in your body? They do everything from pumping blood throughout your body to helping you lift your heavy backpack. You control some of your muscles, while others — like your heart — do their jobs without you thinking about them at all.

Muscles are all made of the same material, a type of elastic tissue (sort of like the material in a rubber band). Thousands or even tens of thousands of small fibers make up each muscle. Muscles are connected to bones by tough, cord-like tissues called **tendons** which are how muscles are able to pull on bones allowing us to move.

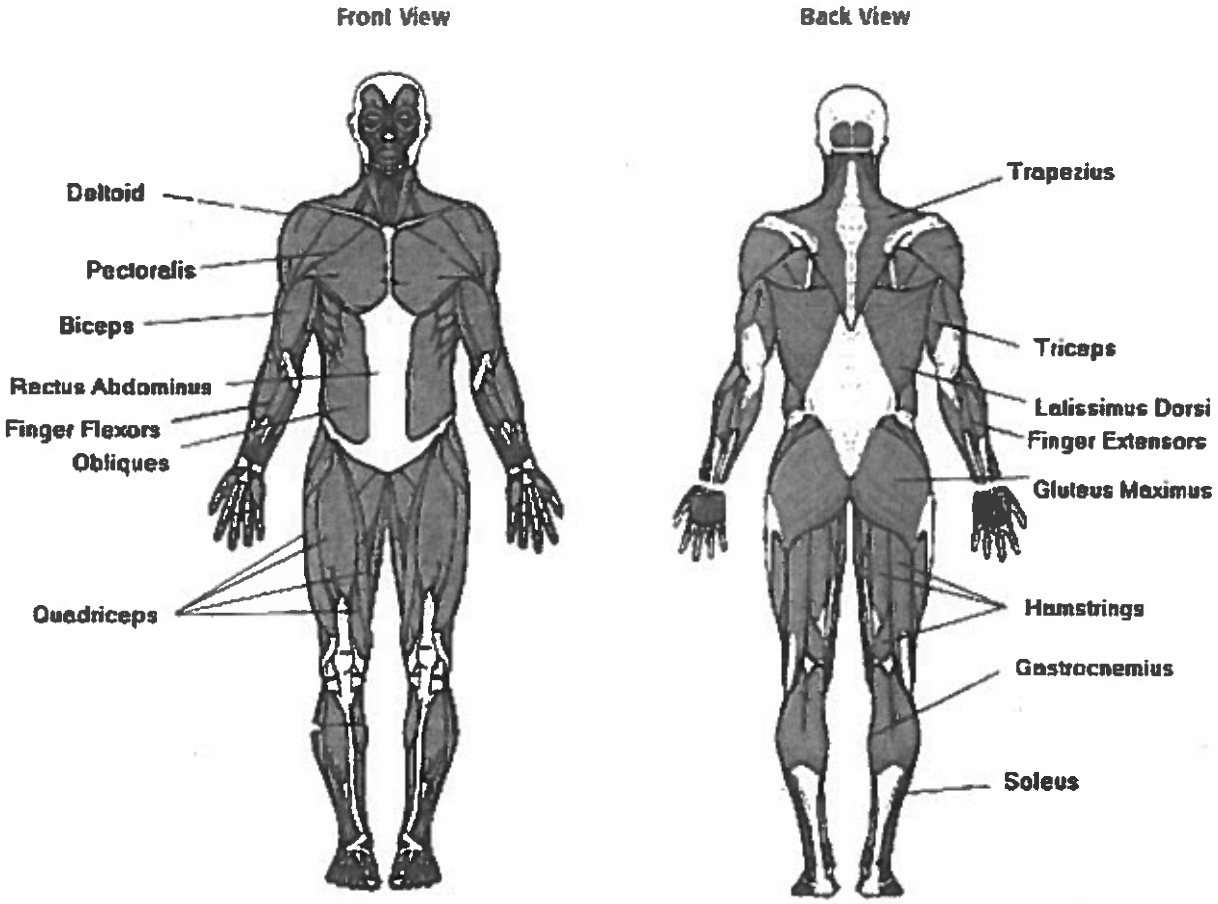
You can improve muscular strength by weight training, calisthenics, or heavy lifting. Benefits of muscular strength include improved functional health and reduced risk of muscle, bone, and joint injury.

- **Flexibility** is the ability to move a body part through a full range of motion. Stretching your muscle before a workout (dynamic stretching) and after a workout (static stretching) is important to increase flexibility, joint range of motion, and blood flow to the muscles. Improving flexibility decreases the likelihood of muscle injury.
- A **strain** is a torn or overstretched muscle that results in pain and limited movement in the affected area. These can be caused by a sudden unexpected movement or a repetitive movement over a long period of time.

Terms used to describe muscular strength and endurance:

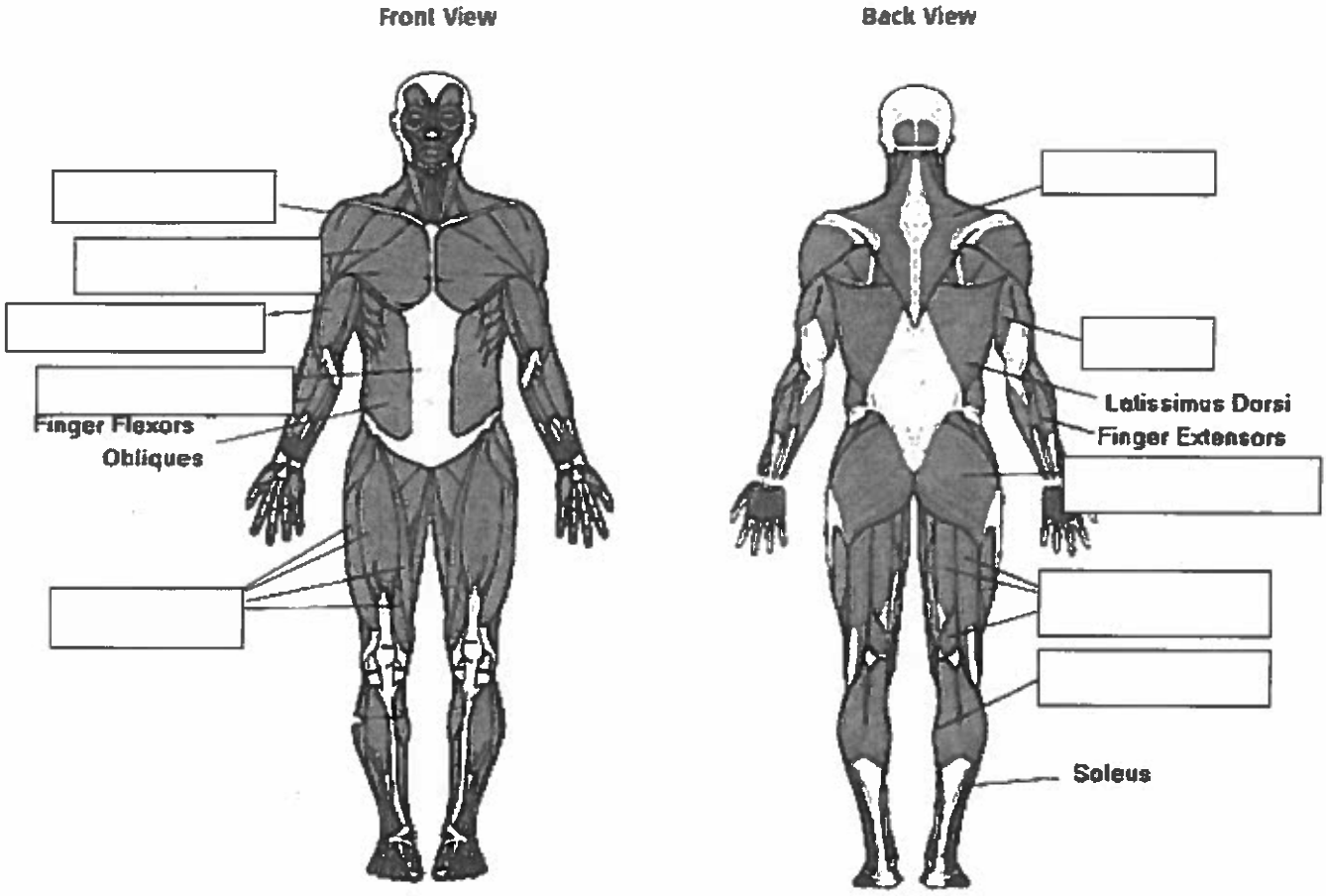
- **Absolute Muscular Strength** - The maximum force you are able to exert regardless of size, age, or weight.
- **Relative Muscular Strength** - The maximum force you are able to exert in relation to your body weight.
- **Relative Muscular Endurance** - The maximum number of times you can repeatedly perform a resistance activity in relation to your body weight.

Muscle Identification Study Sheet



Check for Understanding

Label the muscles.



- How can you tell the difference between muscle soreness and a muscle strain?

- Why is increasing muscular strength important for your sport?

Coach's Reflection: