

My Fitness & Wellness Portfolio



Student Booklet

Name: _____

Date: _____

My Health Profile!



Name: _____ Age: _____

1. On average how many serving of fruit and vegetables combined do you eat each day?

None 1-2 3-5 5 5 or more

2. What did you have for breakfast this morning? _____

3. How many hours of sleep did you get last night? _____ Hours

4. What is the normal time you go to bed on a school night? _____

5. How many hours (on average) of TV/computer/tablet/game console time do you have during a week night?

None <1 2 3 5 5>

6. How many hours (on average) of TV/computer/tablet/game console time combined do you have over the weekend?

None 1-2 3-4 5-6 7-8 9-10 10> 20>

7. What physical activities do you do on a regular basis:

Example: I play on a hockey team in the winter.

- I go swimming in a pool once a week
- I play at the park 2-3 times a week
- I play little league baseball in the spring
- I take dance lessons once a week
- I walk my dog every day for ½ an hour
- I walk to school every day (2x10 mins)



8. How would you rate your overall fitness level?

5= Highly Athletic, 4= Athletic, 3= Like to be Active, 2= Need to be fitter, 1=Couch Potato

1 2 3 4 5



9. How would you rate your safety during Physical Activity at school

	ALWAYS	OFTEN	RARELY
I follow the safety rules in PE.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I follow the safety rules at free play.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid dangerous maneuvers when using equipment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I wear appropriate clothing for PE.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My shoes are closed toe and appropriate for movement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I pay attention and respect others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use the equipment only after receiving instructions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. How would you rate your ability to handle stress?

	ALWAYS	OFTEN	RARELY
I use internet/TV/music to relax.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I joke with my friends and use humor to take the edge off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seek out friends for conversation and support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I try to focus on the things I can control and accept the things I can't	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take a little time to relax, breathe, and unwind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get involved in a hobby or interests that help me Unwind and enjoy myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I change my outlook on the problem and put it in A better perspective.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. Teacher and/or Parent Comments

<hr/> <hr/> <hr/>

Fitness Tests



Cardiorespiratory Fitness: Pacer

THE PACER TEST MEASURES THE EFFICIENCY OF THE HEART & LUNGS.

- You are required to run in 20m shuttles keeping up with a series of beeps on a CD.
- This test is tough because as you get more tired the beeps get closer together.
- The start is only walking pace, by level 10 it is a sprint.
- If you miss a beep you get a warning
- Miss 2 beeps in a row you **must** stop the test
- Leave by the end of a shuttle **not across the court as you may interrupt someone else's run**
- This will test both your physical fitness and your determination!

Muscular Strength & Endurance: 90 degree Push Up and Curl Up Test

These two strength tests measure muscular endurance. Your score is simply the number of repetitions you can perform until you lose form or you cannot continue at the correct speed/cadence.

Testing Procedure

- Once the test starts perform as many good quality curl ups or 90 degree push ups (depending which test you are doing) as possible.
- For a curl up to qualify you must place your hands on the mat, bend your knees and keep your feet flat on the floor. Your head must go back to touch the mat each time you curl up. Feet must stay touching the floor.

Flexibility: Sit and Reach Test

This test measures flexibility. Your score is a measure in inches, of how far you can reach across the sit and reach box. It is an indicator of back and hip flexibility which is also an indicator of overall flexibility (like touching your toes.)

Testing Procedure

- Remove shoes and sit on the floor with one leg out straight and the other leg knee bent, foot flat on the floor by your outstretched knee.
- Place outstretched foot up against the box and hands flat on the top, palms down.
- Reach forward along the measuring line (slowly without jerking) as far as possible.
- Practice reaching three times and on the fourth time hold for one second while a partner records the score.
- Repeat on the other side.



Fitness Test Scores

Name: (first and last): _____

Age: _____ Height: _____ Weight: _____

Cardiorespiratory Endurance	Pre Test	Post Test	Muscular Endurance	Pre Test	Post Test
20 Meter Pacer			Curl-ups		
Muscular Strength	Pre Test	Post Test	Trunk Extension	Pre Test	Post Test
Push-ups			Trunk Lift		
Flexibility	Pre Test (Right)	Pre Test (Left)	Post Test (Right)	Post Test (Left)	
Back-Saver Sit and Reach					



5 Components of Health- Related Fitness

1. **Cardiorespiratory fitness** is the ability of the body's circulatory and respiratory systems to supply fuel and oxygen during sustained physical activity
2. **Muscular strength and endurance** is the muscle's ability to produce effort or perform work.
 - a. **Muscular endurance** refers to the ability of the muscle to work over an extended period of time without fatigue. Performing pushups and sit-ups or crunches for one minute is commonly used in fitness testing of muscular endurance.
 - b. **Muscular strength** refers to the maximum amount of force a muscle can exert against an opposing force. Fitness testing usually consists of a one-time maximum lift using weights (bench press, leg press, etc.).
3. **Flexibility** is the ability to move a body part through a full range of motion at a joint (ROM). The sit-and-reach is commonly used to determine flexibility.
4. **Body composition** is the ratio of body fat to lean body mass (including water, bone, muscle, and connective tissue). Having too much fat tissue is a risk factor for cardiovascular diseases, diabetes, cancer, and arthritis.

	Definition	Definition in your own words	What exercise is used to evaluate	1-2 Activities to improve	1 Health related issue
Muscular Strength					
Muscular Endurance					
Flexibility					
Body Composition					
Cardiorespiratory Endurance					



6 Components Skill-Related Fitness

1. **Agility** is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion.
 - a. For example, changing directions to hit a tennis ball.
2. **Balance** is the ability to control or stabilize the body when a person is standing still or moving.
 - a. For example, skateboarding
3. **Coordination** is the ability to use the senses together with body parts during movement.
 - a. For example, dribbling a basketball. Using hands and eyes together is called hand-eye coordination.
4. **Speed** is the ability to move your body or parts of your body swiftly. Many sports rely on speed to gain advantage over your opponents.
 - a. For example, a basketball player making a fast break to perform a layup, a tennis player moving forward to get to a drop shot, a football player out running the defense to receive a pass.
5. **Power** is the ability to move the body parts swiftly while applying the maximum force of the muscles. Power is a combination of both speed and muscular strength.
 - a. For example, fullbacks in football muscling their way through other players and speeding to advance the ball and volleyball players getting up to the net and lifting their bodies high into the air.
6. **Reaction Time** is the ability to reach or respond quickly to what you hear, see, or feel.
 - a. For example, an athlete quickly coming off the blocks early in a swimming or track relay, or stealing a base in baseball.

	Definition	Definition in your own words	What exercise is used to evaluate	1-2 Activities to improve	1 Health related issue
Agility					
Balance					
Coordination					
Speed					
Power					
Reaction Time					



Heart Rate Definitions



Resting Heart Rate: This is your heart rate when you are resting and relaxed. Average resting heart rate is around 70 Beats Per Minute (BPM), though yours may be lower or higher.

Maximum Heart Rate (MHR): This is the fastest that your heart is designed to beat. You do not want to reach your MHR as your heart would be working too hard. A healthy person would

Pulse: is a measure of your heartbeat. Whenever your heart beats, it forces a surge of blood through your arteries. You can feel this surge by placing 2 fingers (not your thumb) on the inside of your wrist. You can also take your pulse on the side of your neck (carotid pulse.)

Target Heart Rate is a range bordered by MODERATE INTENSITY on the lower end and VIGOROUS INTENSITY at the high end, measured in **beats per minute**. Your target heart rate is calculated using your age, so most people in the class are going to have a similar or the same target heart rate. Some people however, will reach their target sooner than others and will be able to maintain their target with different levels of intensity according to their size, body type and training. It is important to become familiar with target heart rate and the concepts of MVPA (moderate to vigorous physical activity) in order to effectively exercise in a way that you know you are going to positively affect your cardiorespiratory endurance.

Notes/examples:



Calculating Your Target Heart Rate



1. Determine MHR - "Maximum heart rate"

$$\text{MHR} = 200 - \frac{\quad}{\text{your age}} = \quad \text{Max Heart Rate}$$

(example: if your age is 10 years $200 - 10 = 190$ your MHR is 190 BPM)

2. Determine Target Heart Rate for Moderate Intensity activities (lower range)

Moderate Intensity = 50 - 70% of MHR (from step 1)

$$\text{MHR} \quad \times .50 = \quad \text{(a)}$$

$$\text{MHR} \quad \times .70 = \quad \text{(b)}$$

My Target Heart Rate zone for moderate physical activity is _____ (a) to _____ (b) BPM

3. Determine Target Heart Rate for Vigorous Intensity activities (upper range)

Vigorous Intensity = 70 - 85% of MHR (from step 1)

$$\text{MHR} \times .70 = \text{insert (b) from step 2} \quad \text{(c)}$$

$$\text{MHR} \quad \times .85 = \quad \text{(d)}$$

My Target Heart Rate zone for vigorous physical activity is _____ (c) to _____ (d) BPM



MVPA (Moderate to Vigorous Physical Activity)

Vocabulary:	Description and Teaching Points:
Moderate to Vigorous Physical Activity (MVPA)	Description: Moderate-vigorous physical activity pertains to the intensity levels that will benefit cardiovascular health. Generally speaking, this means a heart rate of at least 130-140 beats per minute.
Physiological Signs	Description: When your body engages in moderate physical activity, certain changes occur - increased heart rate (50%-70% of maximum) and breathing. When your body engages in vigorous physical activity, there will be increased heart rates (70%-85% of maximum), breathing, sweating, and muscle fatigue.
Talk Test	Talk Test: For children, a simple way to measure MVPA intensity is the Talk Test. Generally, if you're doing moderate intensity activity you can talk, but not sing, during the activity (e.g., walking briskly). In vigorous intensity activity, you will not be able to say complete sentences without pausing for a breath.
Radial and Carotid Arteries	Description: These are the two places on the body where you can most easily and accurately monitor heart rate. The radial artery is on the wrist and the carotid artery is on the neck.
CDC Recommendations for Physical Activity	Description: There are four recommendations from the Centers for Disease Control (CDC). These include: <ol style="list-style-type: none"> (1) 60 or more minutes of activity every day. (2) This should include vigorous-intensity aerobic activity on at least 3 days per week. (3) This should include muscle strengthening activities at least 3 days per week. (4) This should include bone strengthening activities, such as jumping rope or running, at least 3 days per week.

HEART FIT IN THE ZONE

HEART RATE ZONES

50-70%
EASY

70-90%
MODERATE

90-100%
VIGOROUS

Light, Easy Effort
I Can Talk and Breathe Comfortably
Light Sweating
I Can Stay Here a Long Time

Moderate, Steady Effort
I Can Talk but My Breathing is Heavy
Heart is Really Pumping
I Burn Lots of Calories in this Zone

All Out Effort
I Can't Talk, My Breathing is Fast
Very Exhausting
I Get Faster and Stronger Here

ACTIVITY EXAMPLES
Yoga
Golf
Lifting Weights
Walking a Comfortable Pace

ACTIVITY EXAMPLES
Cycling
Dancing
Fitness Games
Jogging an Even Pace

ACTIVITY EXAMPLES
Soccer
Basketball
Swimming Fast Sprints
Running an All Out Pace



BENEFITS OF TIME IN ZONE

Improves Muscle Tone,
Recovery and Heart Health

Improves Aerobic Fitness,
Stamina and Endurance

Improves Performance,
Speed and Power

My Perceived Exertion Scale

Here's how to use this scale:

While you're doing an activity, think about your overall feelings of physical effort and fatigue. Don't concern yourself with any single thing, like leg pain or shortness of breath. Try to concentrate on your total, inner feeling of exertion (how hard you are working.)

Find the best description of your level of effort from the examples on the right side of the table.



The graphic features a circular image of three people running on a path at sunset. To the right of the image is a dark blue header with the text "Rate of Perceived Exertion". Below this header are seven horizontal blue bars, each with a white circle on the left and a white text box on the right. The text boxes contain the following descriptions:

- 1-2** Extremely easy. You can easily carry on a conversation.
- 3** Very easy. You can converse with almost no effort.
- 4** Moderately easy. You can converse with a little bit of effort.
- 5** Starting to get challenging. Conversation requires more effort.
- 6-7** Difficult. Conversation requires a lot of effort.
- 8** Very difficult. Conversation requires maximum effort.
- 9-10** Full-out effort. No conversation is possible.

What numbers on the Perceived Exertion Scale do you think correspond to the upper and lower levels of your range for Moderate and Vigorous Physical activity?

Devise a table or diagram to chart your perceived activity score while doing various activities and also record your heart rate to see if it matches. Hint: It takes practice



Principles of Training

1. **Principle of Overload** refers to the amount of load or resistance, providing a greater stress, or load, on the body than it is normally accustomed to in order to increase fitness.
 - a. **Frequency** ~ Refers to how many times a week you do workouts.
 - b. **Intensity** ~ How hard you work during exercise
 - c. **Time** ~ How long you exercise
 - d. **Type** ~ The type of activity you're doing

Notes/examples:

2. **Principle of Specificity** should be relevant and appropriate to your desired outcome. Training must go from general (at the beginning) to specific (as the program progresses).

Notes/examples:

3. **Principle of Progression** simple as changing the exercise you're doing to something different.

Notes/examples:



Name(s): _____ Period: ____

Wellness Plan

Directions: Develop a physical activity plan based on your goals developed below. The plan needs to include two of the health related components of fitness: cardiorespiratory fitness, and a choice of one of the following: flexibility, muscular strength, or muscular endurance. Follow the rubric for further guidelines. Must turn in rubric for grading.

Use your FitnessGram results to guide you in developing your wellness plan. **Have fun** 😊

1. My Cardiorespiratory goal is:

2. My (choose one) Muscular strength, muscular endurance, flexibility (circle one) goal is:

3. What three activities will you do (outside of school) to help improve your cardiorespiratory fitness?

1. _____
2. _____
3. _____

3. What three activities will you do (outside of school) to help improve the other area of fitness?

1. _____
2. _____
3. _____

4. How can you get your family and others involved in improving their fitness with you?

5. Why did you choose the types of activities in your wellness plan?

6. Did you participate in these activities by yourself or with others? Why or why not?

Parents Signature (optional): _____



Using your goals from your Fitness Plan create a Physical Activity plan following the **F.I.T.T** principle. You must show progression and specificity

F requency (How often?)	I ntensity (How hard?)	T ime (How long?)	Activity (T ype) (What?)
3 times per week	Moderate intensity/ 65% of my max heart rate	30-40 minutes	Example: Jogging
-----	-----	-----	Cardiorespiratory
			1
			2
-----	-----	-----	Other HRF area
			1
			2

7. **Reflection:** What are some things you learned about having to complete this assignment?

Reflection: What are some things you learned about having to complete this assignment?

Reflection: What are some things you learned about having to complete this assignment?



Name _____

NUTRITION/PHYSICAL ACTIVITY LOG

Nutrition/Physical Activity Log Dates: _____

(2 Week Days and 1 Weekend Day)

Food and Drink Intake	Time of Day	Calories Consumed

Reflection:

Total Calories Consumed: _____

Name _____

NUTRITION/PHYSICAL ACTIVITY LOG

Nutrition/Physical Activity Log Dates: _____

(2 Week Days and 1 Weekend Day)

Type of Physical Activity	Time/Steps and/or Heart Rate

Reflection

Total Types of Physical Activity

Time: _____ Steps: _____

Heart Rate (time in Zone): _____



Name _____

NUTRITION/PHYSICAL ACTIVITY LOG

Nutrition/Physical Activity Log Dates: _____

(2 Week Days and 1 Weekend Day)

Food and Drink Intake	Time of Day	Calories Consumed

Reflection:

Total Calories Consumed: _____

Name _____

NUTRITION/PHYSICAL ACTIVITY LOG

Nutrition/Physical Activity Log Dates: _____

(2 Week Days and 1 Weekend Day)

Type of Physical Activity	Time/Steps and/or Heart Rate

Reflection

Total Types of Physical Activity

Time: _____ Steps: _____

Heart Rate (time in Zone): _____

Name _____

NUTRITION/PHYSICAL ACTIVITY LOG

Nutrition/Physical Activity Log Dates: _____

(2 Week Days and 1 Weekend Day)

Food and Drink Intake	Time of Day	Calories Consumed

Reflection:

Total Calories Consumed: _____

Name _____

NUTRITION/PHYSICAL ACTIVITY LOG

Nutrition/Physical Activity Log Dates: _____

(2 Week Days and 1 Weekend Day)

Type of Physical Activity	Time/Steps and/or Heart Rate

Reflection

Total Types of Physical Activity

Time: _____ Steps: _____

Heart Rate (time in Zone): _____

Reflection

Analyze

Looking back on the data you have collected for your FitnessGram test, nutrition log and physical activity log: write a 7-10 sentence reflection on what you learned about your lifestyle. Discuss how this will or will not change your daily choices.

NAME: _____

RUBRIC for Physical Activity Plan, Nutrition log and Physical Log (for page 13-21)

Category- # relates to the number on your worksheet	Points	Points earned
#1 and #2 Goals clearly stated	-----	
Specific- - definite objective you want to achieve	5	
Measurable- way of knowing when you have reached your goal	5	
Action oriented- fitness related requiring activity	5	
Realistic/ Reasonable- for you to attain in the time frame	5	
Timely-has a time frame- deadline	5	
# 3 What three activities will you do outside of school?	5	
#4 How you can involve others in improving fitness? Minimum of 3 sentences	10	
#5 Why you chose the activities. Minimum of 3 sentences	10	
#6 How did you participate? Alone or with others. Min. of 3 sentences	10	
Total	60	
Fitness program: each area below on the fitness program 3 activities for each goal.	-----	
Frequency- how often	4	
Intensity- how hard	4	
Time- how long	4	
Type- What activity?	4	
#7 Reflection: did you meet your goals? Why or Why not. Min. of 3-5 sentences	15	
Turned in on time (Physical Activity Plan)	10	
Total	41	
Nutrition/Physical Activity Log	-----	
Day 1 (Nutrition and Physical activity logs/reflection completed)	15	
Day 2(Nutrition and Physical activity logs/reflection completed)	15	
Day 3 (Nutrition and Physical activity logs/reflection completed)	15	
Reflection question	25	
Turned in on time (Nutrition/Physical Activity Log—all three days)	10	
Total	80	
Total	181	

