



Activity

# Health Inventory

## Physical Fitness

Read each statement below. Decide whether it describes how you take responsibility for your physical fitness. Write *always*, *sometimes*, or *never* in the space to the left of each statement.

- \_\_\_\_\_ 1. I am careful to use correct form when exercising.
- \_\_\_\_\_ 2. I make time to do a warm-up and cool-down when I exercise.
- \_\_\_\_\_ 3. I am aware that physical activity can improve body composition.
- \_\_\_\_\_ 4. I try to exercise longer to improve my fitness.
- \_\_\_\_\_ 5. After exercising, I check my heart rate to see if it is in my target zone.
- \_\_\_\_\_ 6. I practice good sportsmanship when participating in sports.
- \_\_\_\_\_ 7. I incorporate weight training, aerobic activity, and stretching in my exercise work-outs.
- \_\_\_\_\_ 8. I follow safety rules while weight-lifting.
- \_\_\_\_\_ 9. I pay attention to warning signs of injury and, if necessary, seek treatment.
- \_\_\_\_\_ 10. I rarely spend long periods of time watching TV, playing video games, or using a computer.

**Score yourself: Give yourself 4 points for each always answer, 2 points for each sometimes answer, and 0 points for each never. Write your score here \_\_\_\_\_.**

36–40: Excellent—You have a safe and effective physical program.

26–35: Good—You are developing a safe and effective physical fitness program.

20–25: Fair—You should improve your physical fitness program.

Fewer than 20: You should develop a physical fitness program right away.

## Cross-Disciplinary: Math

### Lesson: Components of Physical Fitness

Work with a partner. You will take turns—one partner completing the activity while the other partner uses a watch with a second hand to time the activity.

First, find your pulse by placing your fingertips on your inner wrist or against the side of your windpipe. Count the number of heart beats in a 20-second period. Write this number on a piece of paper as your *resting heart rate*. Next, do jumping jacks for one full minute. Immediately after your partner tells you the minute is up, take your pulse again for 20 seconds. Record the number of heart beats. Write this number on the paper as your *active heart rate*.

Switch roles. This time your partner will measure his or her pulse while you keep track of the time. When both of you have completed the activity, complete the calculations below and compare your results.

My Resting Heart Rate:

Number of beats per 20 seconds  $\times 3 =$  \_\_\_\_\_ per minute

My Active Heart Rate:

Number of beats per 20 seconds  $\times 3 =$  \_\_\_\_\_ per minute

7/4/11

Skills Worksheet

# Concept Review

## Lesson: Components of Physical Fitness

Match the definition with the correct term. Write the letter in the space provided.

- |                                                                                        |                                |
|----------------------------------------------------------------------------------------|--------------------------------|
| _____ 1. the amount of force that muscles apply when used                              | a. flexibility                 |
| _____ 2. the ability to use a group of muscles over and over without tiring easily     | b. cardiorespiratory endurance |
| _____ 3. the ability of heart and lungs to work efficiently during physical activity   | c. muscular strength           |
| _____ 4. the ability to use joints easily                                              | d. body composition            |
| _____ 5. a comparison of weight of fat in body to weight of bones, muscles, and organs | e. muscular endurance          |

## Lesson: How Exercise and Diet Affect Physical Fitness

- \_\_\_\_\_ 6. You need to eat well to get the most from exercise because food
- a. slows you down while exercising.
  - b. is fuel for physical activity.
  - c. is fuel for sleeping.
  - d. keeps your muscles tight.
7. Describe the relationship between exercise overload and rest in physical fitness.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Lesson: The Benefits of Exercise

- \_\_\_\_\_ 8. Which of the following is NOT a benefit of exercise?
- a. better heart and lung function
  - b. improvement of body composition
  - c. decreased flexibility
  - d. disease prevention

**Concept Review *continued***

9. When you exercise for a long time, your brain makes chemicals called \_\_\_\_\_ that make you feel calm.

10. How can exercise benefit the social part of your life?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Lesson: Testing Your Fitness**

Match the definition to the correct term. Write the letter in the space provided.

- |                                                                   |                           |
|-------------------------------------------------------------------|---------------------------|
| _____ 11. 60 to 85 percent of maximum heart rate                  | a. maximum heart rate     |
| _____ 12. test for muscular strength and endurance                | b. one mile walk or run   |
| _____ 13. test for cardiorespiratory endurance                    | c. target heart rate zone |
| _____ 14. test for flexibility                                    | d. sit-and-reach          |
| _____ 15. largest number of times heart can beat while exercising | e. pull-up or curl-up     |

**Lesson: Your Fitness Goals**

16. List five influences on your fitness goals.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

17. Why is it a good idea to choose physical activities what you think are fun?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Concept Review** *continued*

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**18.** List five things you could record in your fitness log.

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**19.** What does FIT stand for and how does it relate to a fitness program?

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**Lesson: Injury and Recovery**

**20.** Identify the six warning signs of injury.

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**21.** An injury that happens suddenly is a(n) \_\_\_\_\_.

**22.** The process of regaining strength, endurance, and flexibility while you recover from an injury is called \_\_\_\_\_.

**23.** An injury that develops over a period of time is called a(n) \_\_\_\_\_.

**24.** Discomfort that happens a day or two after hard exercise is called \_\_\_\_\_.

**Concept Review** *continued*

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**Lesson: Exercising Caution**

**25.** The reduced level of exercise to let your body repair itself while you maintain your fitness is called \_\_\_\_\_.

**26.** Describe eight ways to protect yourself from injury while exercising.

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**27.** If you return to activity before an injury is fully healed, what is likely to happen?

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**Enrichment Activity** *continued***Lesson: The Benefits of Exercise**

On the Internet or in a book from the library, do research to identify at least three exercises that strengthen particular muscles, such as the abdominals and the muscles of the upper arm. Make note of how each exercise is to be performed and what muscles it strengthens. Then, using this knowledge and your imagination, create an action figure who is especially strong in these areas. Draw one or more frames of a comic strip showing the figure in a difficult situation and using the muscles to escape from it. In the final frames, have the figure explain what exercises he or she did, what muscles were involved, and how those exercises helped in the escape. Post the comic strip in your classroom to share it with others.

**Lesson: Testing Your Fitness**

You have read about the five components of physical fitness. You also understand that testing your fitness is important. In this activity, you will teach what you have learned to a younger child. To do this, you will write a paper that explains step-by-step how the younger child can test one of the components of physical fitness.

- Select one of the following fitness components: muscular strength, muscular endurance, cardiorespiratory endurance, body composition, and flexibility.
- Determine a simple test that a child age eight or nine can do easily and quickly to test the fitness component you have chosen.
- Complete the test yourself, noting how many steps it takes to do correctly.
- Write detailed instructions for completing this test.

Ask a friend to follow your instructions to determine if your wording is clear and organized. Rewrite any instructions that are unclear or confusing.