

Lesson 1 Hand In RATE YOURSELF

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Lesson 1
Hand In

ACTIVE HEALTH 9

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RATE YOURSELF ACCORDING TO THE VALUES OF FITNESS

Lesson # 1 Hand-In

*This worksheet is due at the beginning of next class!

/5

ENERGY

Do you have adequate energy (without excessive fatigue) for the following?

- Work or school? YES NO
- Recreational activities? YES NO
- Meeting emergency or stressful situations? YES NO

BODY SHAPE

If you regularly participate in physical activity, have you noticed any benefits to your physical shape? (ex. fat loss, dimension loss, muscular definition, posture, etc.) If so, list the benefits.
Well I don't really see any difference when I exercise but one of the things I do see is that I don't really have wide hips or a large stomach.

Do you like how you look? Is there anything you can do that will result in you liking your physical shape more?
I like the way I look but it would really be great if my stomach were a lot more flatter and if my arms were not as "noodle-like" as they seem.

PERSONAL WELL BEING

Do you feel better when you are fit/when you exercise? YES NO NO DIFFERENCE

Explain:

I get the feeling of achievement every time I feel sweat on my forehead and back but I also feel a bit tired with vigorous exercise.

Do you know the difference between feeling fit and feeling unfit? YES NO

Explain:

Other than all of the physical signs, I know that I would be fit because since, I come up with writing ideas while exercising. I know that I am fit because I already have a load of ideas in my head. Also, I know because I would have a sense of achievement.

SAFETY (answer the following based on the sample situations)

Do you feel physically capable of meeting an emergency such as a fire in your home? YES NO

If you underwent a serious operation, how do you think your current physical condition would affect your recovery? SPEED IT UP NO DIFFERENCE SLOW IT DOWN

Explain: I wouldn't really know because I may not take all the time I need to rest.

If a car is speeding out of control, do you have the strength, speed, agility and reaction time to avoid getting hit? I THINK SO I DOUBT IT

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OPTIMAL PRODUCTIVITY

On average, how many school days do you miss per year for medical reasons?

0-2 / 3-5 / 6-10 / 11-15 / 15+

Do you think a person's fitness is connected to the number of sick days they take? YES NO

Explain:

I think that person's fitness level is connected to the number of sick days because if they were fit, they would be able to heal faster except in a really bad physical injury (broken bones).

FUNCTIONAL FITNESS

If you maintain your current physical condition 30 years from now, are you likely or unlikely to suffer from any of the following ailments: postural defects, heart disease, degenerative bone disease, high blood pressure, low back pain, and stress-induced diseases like anxiety and worry.

Are you currently willing to take steps to avoid the above listed problems? YES NO

Explain (what and why):

I am willing to avoid any of these conditions because I feel that I should live life to the fullest and do what ever I can to live longer.

LIFE SPAN

There is evidence that physical fitness can contribute to a longer life span. Make predictions about your level of participation in fitness and activities in the future.

At 20 years old my fitness will be: POOR FAIR STRONG

I will participate in the following sports/fitness-related activities:

Using a bike, climbing the stairs, hiking, walking, using fitness centres and water aerobics.

At 40 years old my fitness will be: POOR FAIR STRONG

I will participate in the following sports/fitness-related activities:

Biking, using the stairs, walking, using fitness centres and water aerobics.

At 60 years old my fitness will be: POOR FAIR STRONG

I will participate in the following sports/fitness-related activities:

Walking, hiking and water aerobics.