

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.

Do you like how you look? Is there anything you can do that will result in you liking your physical shape more?

PERSONAL WELL BEING

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

Explain:

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

Explain:

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: _____

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

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:

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):

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:

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

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

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

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