

## HENDERSON BAY PHYSICAL EDUCATION CONTRACT

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### TO EARN A .5 CREDIT, STUDENTS WILL;

#### 1. RECORD 12 WEEKS OF PERSONAL PHYSICAL ACTIVITY LOGS.

Journal entries must describe 12 weeks of physical activity. Each week must have 3 hours of physical activity. Workout combinations may vary. Students may have 3 hour-long workouts, or a several smaller work-outs of no less than ½ hours, (6 half-hour activities, or 2 hour longs plus 2 half-hours.) *Please note that students must have at least 2 workouts per week.* Possible activities vary, but may include running, aerobics, walking briskly, playing team sports, cycling or swimming.

#### 2. COMPLETE THREE MAJOR PROJECTS:

Fitness Brochure  
Health Factors Summarization  
Safety Benefits Essay

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Component 1.2 Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.

Component 1.1 Develops motor skills and movement concepts as developmentally appropriate.

Component 1.4 Understands the components of skill related fitness and interprets information from feedback, evaluation, and self assessment in order to improve performance

## **FITNESS BROCHURE**

Because variety is beneficial in helping you work different muscles and keep your workouts interesting, you are required for this class to research and experiment with a "new" type of exercise. A "new" exercise meaning one that you have never tried before. This could be a group sport or an individual exercise. Options include (but are not limited to) yoga, step aerobics, water aerobics, spinning, or even a sport like rollerblading, tennis, or softball. Choose an exercise that you have never done before. Do some research on this exercise. From your research, create a brochure about the exercise. Your brochure should accurately describe the exercise, list the benefits, and encourage others to participate.

Be creative and be sure to include the following information in your brochure.

1. Give the name and a basic description of the exercise you have chosen.
2. Give some background information on the exercise you have chosen (i.e. where was it invented, by whom, how long has it been around).
3. Does your exercise require equipment? What is the equipment, and what are the costs?
4. List at least 3 tips or techniques for performing the exercise.
5. List 3 rules or safety guidelines for the exercise.
6. List sources someone can go to in order to learn more information.
7. Provide picture(s) if possible.
8. Give any additional information about the exercise that you think is pertinent.

## **Safety Features: Warm Up & Cool Down: Research Activity**

Do you take the time to warm up and cool down when exercising?

Write a 1-2 page paper answering the following questions:

- Explain the purpose of the warm up and cool down.
- List the benefits of the warm up and cool down.
- Why is stretching important? What are the benefits?
- Many exercises require partners, such as rock-climbing or weight lifting. Describe one exercise that requires a partner, and explain why a partner is important for certain exercises?
- Many exercises require protective gear. Please explain one sport that requires protective gear, describe the gear and explain why it is needed.

## Health Factors

While making healthy choices certainly contributes to one's health, it is not the only factor that has an affect. Behavior, heredity, and environment all contribute to your state of physical well being.

**1. Behavior:** Acting on the choices you make – for positive or negative. Examples include eating an unhealthy diet, lack of exercising, getting enough rest, drug use, drinking, and smoking.

**2. Heredity:** The specific and unique genetic code you receive from your parents, grandparents, etc. It is possible to inherit physical characteristics or predispositions that affect our health. Some people may be born with physical limitations or predispositions for disease. For example, we know that if a parent has diabetes or cardiovascular disease, then the child's risk for developing those diseases is much greater.

**3. Environment:** Emotional and physical characteristics of the world around you. Environment can include things like the climate and weather, but also other physical factors such as the lighting, noise, and colors. The emotional environment you are in can also affect your state of well being. For example, working in a high stress environment or living in a home with a lot of tension can have adverse affects on your health.

## What Can You Control?

There are some health factors, such as heredity or pollution that you cannot control. However, there is a lot *you can control*. By assessing your own risk factors, you can make changes to your behavior or environment to help counteract the negative factors.

For instance, if you know that your father and grandfather both have heart disease, then you know that you are at higher risk for also getting heart disease. However, being genetically predisposed does not guarantee you will get the disease. Heredity only plays one part. Obesity and inactivity, along with high stress levels all compound the problem.

## **How Does Physical Activity Make a Difference?**

Physical activity and diet are two of the main controllable factors that effect your health. According to the Center for Disease Control, "Poor diet and physical inactivity are associated with an increased risk of a number of chronic health conditions including cardiovascular disease, diabetes, some cancers, high blood pressure, as well as obesity."

While physical inactivity can be detrimental to your health, the opposite is also true. Proper exercise and nutrition not only promotes a healthy lifestyle, but it can also minimize the effects of other non controllable risk factors. In short, leading a healthy lifestyle increases your chances of a longer, more productive life.

## **What Are the Benefits of Being Physically Fit?**

The Surgeon General's Report on Physical Activity makes these points about the benefits of physical fitness.

Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. Regular physical activity improves health in these ways:

- Reduces the risk of dying prematurely.
- Reduces the risk of dying from heart disease.
- Reduces the risk of developing diabetes.
- Reduces the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have high blood pressure.
- Reduces the risk of developing colon cancer.
- Reduces feelings of depression and anxiety.
- Helps control weight.
- Helps build and maintain healthy bones, muscles, and joints.
- Helps older adults become stronger and better able to move about without falling.
- Promotes psychological well-being.

## **Benefits of Exercise**

In this lesson you've learned about some of the benefits of physical activity. To learn about more specific benefits, try out a handful of Internet keyword searches to find more informative articles about the benefits of exercise. Keyword searches can include:

- *benefits of exercise longer life span*
- *benefits of exercise reduced risk of cancer*
- *benefits of exercise increased immunity*
- *benefits of exercise controlling stress*
- *benefits of exercise flexibility training*
- *benefits of exercise building bone mass OR benefits of exercise preventing osteoporosis*

Be sure to find/read three articles on different topics related to the benefits of exercise. Then, write a one paragraph summary for each article in the activity titled: **Benefits**. Include the website link you gathered your information from at the end of each summarizing paragraph.