

MIDDLE AND HIGH SCHOOL LEVELS

Physical Best Activity Guide

Includes
CD-ROM
with 127
reproducibles

THIRD EDITION

**PHYSICAL
BEST** 



National Association for
Sport and Physical Education

an association of the American Alliance for Health,
Physical Education, Recreation and Dance

**Jeff Carpenter
Christina Sinclair**
Editors

THIRD EDITION

Physical Best Activity Guide

Middle and High School Levels



National Association for
Sport and Physical Education

*an association of the American Alliance for Health,
Physical Education, Recreation and Dance*



Human Kinetics

Library of Congress Cataloging-in-Publication Data

Physical Best (Program)

Physical best activity guide : middle and high school levels / National Association for Sport and Physical Education. -- 3rd ed.
p. cm.

Includes bibliographical references.

ISBN-13: 978-0-7360-8118-4 (soft cover)

ISBN-10: 0-7360-8118-6 (soft cover)

1. Physical education and training--Study and teaching (Elementary)--United States. I. National Association for Sport and Physical Education.

GV365.P49915 2010

613.7071'2--dc22

2010030727

ISBN-10: 0-7360-8118-6 (print)

ISBN-13: 978-0-7360-8118-4 (print)

Copyright © 2011, 2005 by National Association for Sport and Physical Education

© 1999 by American Alliance for Health, Physical Education, Recreation and Dance

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

The Web addresses cited in this text were current as of October 2010, unless otherwise noted.

Acquisitions Editors: Scott Wikgren and Sarajane Quinn; **Developmental Editor:** Ragen E. Sanner; **Assistant Editor:** Anne Rumery; **Copyeditor:** Bob Replinger; **Permission Manager:** Dalene Reeder; **Graphic Designer:** Joe Buck; **Graphic Artists:** Kathleen Boudreau-Fuoss and Dawn Sills; **Cover Designer:** Keith Blomberg; **CD Face Designer:** Susan Rothermel Allen; **Photographer (cover):** © Human Kinetics; **Photographer (interior):** © Human Kinetics, unless otherwise noted; **Photo Production Manager:** Jason Allen; **Art Manager:** Kelly Hendren; **Associate Art Manager:** Alan L. Wilborn; **Illustrator:** © Human Kinetics; **Printer:** Versa Press

Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

The paper in this book is certified under a sustainable forestry program.

Human Kinetics

Web site: www.HumanKinetics.com

United States: Human Kinetics

P.O. Box 5076

Champaign, IL 61825-5076

800-747-4457

e-mail: humank@hkusa.com

Canada: Human Kinetics

475 Devonshire Road Unit 100

Windsor, ON N8Y 2L5

800-465-7301 (in Canada only)

e-mail: info@hkcanada.com

Europe: Human Kinetics

107 Bradford Road

Stanningley

Leeds LS28 6AT, United Kingdom

+44 (0) 113 255 5665

e-mail: hk@hkeurope.com

Australia: Human Kinetics

57A Price Avenue

Lower Mitcham, South Australia 5062

08 8372 0999

e-mail: info@hkaustralia.com

New Zealand: Human Kinetics

P.O. Box 80

Torrens Park, South Australia 5062

0800 222 062

e-mail: info@hknewzealand.com

E4738

PREFACE

This guide contains information that you need to help sixth through twelfth grade students gain the knowledge, skills, appreciation, and confidence to lead physically active, healthy lives. The easy-to-use instructional activities have been developed and used successfully by physical educators across the United States. You will find competitive and noncompetitive activities, demanding and less demanding activities, and activities that allow maximum time on task.

ABOUT PHYSICAL BEST

Physical Best is a comprehensive health-related fitness education program developed by physical educators for physical educators. Physical Best was designed to educate, challenge, and encourage all young people in the knowledge, skills and attitudes needed for a healthy and fit life. The goal of the program is to help students move from dependence to independence for their own health and fitness by promoting regular, enjoyable physical activity. The purpose of Physical Best is to educate all children, regardless of athletic talent, physical and mental abilities, or disabilities. Physical Best implements this goal through quality resources and professional development workshops for physical educators. Physical Best is a program of the National Association for Sport and Physical Education (NASPE). NASPE is a nonprofit membership organization of over 15,000 professionals in the sport and physical education fields. NASPE is an association of the American Alliance for Health, Physical Education, Recreation and Dance, which is dedicated to strengthening basic knowledge about healthy lifestyles among professionals and the public. Putting that knowledge into action in schools and communities across the nation is critical to improved academic performance, social reform, and the health of individuals.

OVERVIEW OF PHYSICAL BEST RESOURCES

New to this edition will be suggestions found within various activities for incorporating special types of equipment such as heart rate monitors, stability balls, and stretch bands. Also new to this edition is an appendix which lists Internet resources to use when developing special fitness events.

Above all, the activities are designed to be educational and fun. Packaged with the book is a CD-ROM that contains reproducible charts, posters, and handouts that accompany the activities of the third edition. Editable versions of some of the worksheets have been included.

This book has two companion resources:

- *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Third Edition* is a comprehensive guide to incorporating health-related fitness and lifetime physical activity into physical education programs. The guide provides a conceptual framework based on recent research covering topics such as behavior, motivation and goal setting, health-related fitness curriculum development and teaching methods, components and principles of fitness, and inclusion in health-related fitness and health-related fitness assessment. The guide also contains a wealth of practical information and examples from experienced physical educators. The third edition has streamlined and reorganized many of the chapters; added practical information, a glossary, and resources for physical educators; and updated information and references throughout the text.
- *Physical Best Activity Guide: Elementary Level, Third Edition* contains the information

needed to help kindergarten through fifth grade students gain the knowledge, skills, appreciation, and confidence to lead physically active, healthy lives. The easy-to-use instructional activities have been developed and used successfully by physical educators across the United States. You will find both competitive and noncompetitive activities, demanding and less-demanding activities, and activities that allow maximum time on task. Above all, the activities are designed to be educational, fun, and inclusive. Packaged with the book is a CD-ROM of reproducible charts, posters, and handouts that accompany the activities included in the third edition.

RELATED RESOURCES

During a typical school year, many educators use more than one program and a variety of teaching resources, overlapping different approaches on a day-to-day basis. With this in mind, it may be reassuring to know that although Physical Best is designed to be used independently for teaching health-related fitness, the following resources can be used in conjunction with the Physical Best program. *Fitnessgram/Activitygram*, *Fitness for Life*, and the NASPE products listed in this section are suggested resources to complement Physical Best.

Fitnessgram/Activitygram

Fitnessgram/Activitygram (developed by the Cooper Institute) is a comprehensive health-related fitness and activity assessment as well as a computerized reporting system. All elements within *Fitnessgram/Activitygram* are designed to assist teachers in accomplishing the primary objective of youth fitness programs, which is to help students establish physical activity as a part of their daily lives.

Fitnessgram/Activitygram is based on a belief that extremely high levels of physical fitness, while admirable, are not necessary to accomplish objectives associated with good health and improved function. All children need to have adequate level of activity and fitness. *Fitnessgram/Activitygram* is designed to help all children and youth achieve a

level of activity and fitness associated with good health, growth, and function.

Fitnessgram/Activitygram resources are published and available through Human Kinetics, as are the materials for the Brockport Physical Fitness Test, a health-related fitness assessment for students with disabilities.

Fitness for Life

Fitness for Life is a comprehensive K through 12 program designed to promote lifelong healthy lifestyles and associated health-related physical fitness, wellness, and other health benefits. The high school text, *Fitness for Life* (updated 5th ed.), was the first text for secondary personal fitness classes and earned a Texty Award for excellence. *Fitness for Life* has been shown to be effective in promoting physically active behavior after students finish school. *Fitness for Life: Middle School*, also a Texty Award winner, helps middle school students learn concepts of physical activity, fitness, nutrition, and wellness. Both texts are based on NASPE standards and have extensive ancillary packages to make teaching and learning easy and effective.

Fitness for Life: Elementary School, designed to be a significant part of the total school wellness program, features plug-and-play video activity routines for use in the classroom and in physical education classes. Guides for classroom teachers and school coordinators, as well as lesson plans for physical educators, are included along with DVD and CD resources. Students are active while learning important physical activity, fitness, and nutrition concepts. More than 28 activity routines and 160 videos containing grade-appropriate activities with nutrition and physical activity messages are included in the *Fitness for Life: Elementary School* program.

Both *Fitness for Life* and *Physical Best* are based on the HELP philosophy, which promotes **H**ealth for **E**veryone with a focus on **L**ifetime activity of a **P**ersonal nature. The two programs complement one another effectively, because the *Physical Best Activity Guides* (all levels) can be used before and after a *Fitness for Life* program, as well as during the program to provide supplemental activities. In fact, the two programs are so compatible that Physical Best offers teacher training for *Fitness for Life* course instructors.

NASPE Resources

NASPE publishes many additional useful and related resources that are available by calling 800-321-0789 or online through the AAHPERD store at www.aahperd.org.

Quality Physical Education Resources

- ▶ *Moving Into the Future: National Standards for Physical Education, 2nd edition.* (2004). Stock No. 304-10275.
- ▶ *PE Metrics: Assessing the National Standards.* (2008). Stock No. 304-10458.
- ▶ *Beyond Activities: Learning Experiences to Support the National Physical Education Standards: Elementary Volume.* (2003). Stock No. 304-10265.
- ▶ *Beyond Activities: Learning Experiences to Support the National Physical Education Standards: Secondary Volume.* (2003). Stock No. 304-10268.
- ▶ *Physical Activity for Children: A Statement of Guidelines for Children Ages 5–12.* (2003). Stock No. 204-10276.
- ▶ *Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Five Years.* (2009). Stock No. 304-10488.

Appropriate Practice Documents

- ▶ *Appropriate Practices in Movement Programs for Children Ages 3–5.* (2009). Stock No. 304-10487.
- ▶ *Appropriate Instructional Practice Guidelines for Elementary School Physical Education.* (2009). Stock No. 304-10465.
- ▶ *Appropriate Instructional Practice Guidelines for Middle School Physical Education.* (2009). Stock No. 304-10464.
- ▶ *Appropriate Instructional Practice Guidelines for High School Physical Education.* (2009). Stock No. 304-10471.
- ▶ *Appropriate Instructional Practice Guidelines for High Education Physical Activity Programs.* (2009). Stock No. 304-10489.

Opportunity to Learn Documents

- ▶ *Opportunity to Learn Standards for Elementary Physical Education.* (2009). Stock No. 304-10484.
- ▶ *Opportunity to Learn Standards for Middle Physical Education.* (2009). Stock No. 304-10485.
- ▶ *Opportunity to Learn Standards for High School Physical Education.* (2009). Stock No. 304-10486.

Assessment Series

Assorted titles relating to fitness and heart rate.

PHYSICAL BEST CERTIFICATION

Physical Best provides accurate, up-to-date information and training to help today's physical educator create a conceptual and integrated format for health-related fitness education within their programs. NASPE-AAHPERD offers a certification program that allows physical education teachers to become a Physical Best Specialist. The Physical Best certification has been created specifically for the purpose of updating physical educators on the most effective strategies for helping their students gain the knowledge, skills, appreciation, and confidence needed to lead physically active, healthy lives. The program focuses on application—how to teach fitness concepts through developmentally and age-appropriate activities.

To earn certification as a Physical Best Health-Fitness Specialist, you will need to do the following:

- ▶ Attend the one-day Physical Best Health Fitness Specialist workshop.
- ▶ Read this book, *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Third Edition*, and *Fitnessgram/Activitygram Test Administration Manual, Fifth Edition*.
- ▶ Use the required resources to complete an online exam.

For more information, call Physical Best at 800-213-7193.

ACKNOWLEDGMENTS

Many educators contributed their time and expertise to this project. Besides being grateful for the overall guidance of the Physical Best Steering Committee, we especially want to thank Christina Sinclair and Jeff Carpenter for their roles in this revision.

The following individuals contributed new activities or significant editorial input to this edition.

Second Edition Contributors

Melissa Black, Ohio
Jeff Carpenter, Washington
Charles Corbin, Arizona
Darren Dale, Connecticut
Paul Darst, Arizona
Gary Feltman, Illinois
Marian Franck, Maryland
Jennie Gilbert, Illinois
Linda Hilgenbrinck, Illinois
Jill Humann, New Jersey
John Kading, Wisconsin
Margaret Kading, Wisconsin
Melody Kyzer, North Carolina
Judy Jagger-Mescher, Ohio
Nila Ledford, Maryland
Guy LeMasurier, Pennsylvania
Ray Martinez, Wisconsin
Carolyn Masterson, New Jersey
Karen McConnell, Washington
Jennifer Melnick, Maryland
Margie Miller, Missouri
Cindy Mitchell, Washington
Cynthia Naylor, Maryland
Kevin O'Brien, Ohio
Sarajane Quinn, Maryland
Mary Jo Sariscsany, California
Hosung So, California

Belinda Stillwell, California
Kathleen Thornton, Maryland
Linda Webbert, Maryland
Christopher Wunder, Maryland
Elizabeth Zinkand, Maryland

Third Edition Contributors

Robyn Bretzing, Utah
Mary Buddemeier, Maryland
Debbie Buenger, Maryland
Cathy Crabb, Washington
Hal Cramer, Maryland
Steffanie Engle, Maryland
Jill Goldman, New Jersey
Crystal Gorwitz, Wisconsin
Libby Leventry, Maryland
Maria Macarle, New York
Beth Marchione, Pennsylvania
Sally Nazelrod, Maryland
John Perna, Pennsylvania
Scott Ronspies, Illinois
Kelly Schattall, Maryland
Christina Sinclair, Colorado
Sheri Treadwell, Colorado
Pamela Williams, Colorado
Susan Wunder, Maryland

We would also like to thank the many anonymous contributors who gave their time and effort to this work.

CONTENTS

Activity and Reproducibles Finder vii | Preface xiii | Acknowledgments xvi

PART I Introduction 1

Chapter 1	Teaching Health-Related Fitness to Middle and High School Students	3
	National Standards for Physical Education	4
	National Health Education Standards	5
	National Standards for Dance Education.	5
	Integrating Physical Best Into the Middle and High School Physical Education Curriculum	5
	Physical Best Activity Template	6
	Summary.	8
Chapter 2	Introduction to Health-Related Fitness Concepts	9
	Health-Related Fitness.	10
	Summary.	13

PART II Activities 15

Chapter 3	Aerobic Fitness.	17
	Defining Aerobic Fitness.	18
	Teaching Guidelines for Aerobic Fitness	18
	Training Methods for Aerobic Fitness.	19
	Motor-Skill Development Through Aerobic Fitness	20
Chapter 4	Muscular Strength and Endurance.	51
	Defining Muscular Strength and Endurance	52
	Teaching Guidelines for Muscular Strength and Endurance	52
	Training Methods for Muscular Strength and Endurance	52
	Motor-Skill Development Through Muscular Strength and Endurance Activities	53

Chapter 5	Flexibility	83
	Defining Flexibility	84
	Teaching Guidelines for Flexibility	84
	Training Methods for Flexibility	84
	Motor-Skill Development Through Flexibility Activities	85
Chapter 6	Body Composition	105
	Body Composition, Physical Activity, and Nutrition	106
	Teaching Guidelines for Body Composition.	106
Chapter 7	Combined-Component Training.	137
	Teaching Guidelines for Combined-Component Training	138
	Motor-Skill Development Through Combined-Component Training	138

PART III Personal Fitness Connections **191**

Chapter 8	Self-Management and Goal Setting	193
Chapter 9	Being a Good Health and Physical Activity Consumer.	211
Chapter 10	Planning for a Physically Active Lifestyle	219

Appendix	233	References	235	About the Author	237
		How to Use This CD-ROM	240		

ACTIVITY AND REPRODUCIBLES FINDER

Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducibles (on CD-ROM)
3.1	Clean Out Your Arteries	23	Health benefits	•		None
3.2	Aerobic Benefit Hunt	26	Health benefits	•		Aerobic Benefit Cards Aerobic Benefit Student Worksheet
3.3	Chart Your Heart Rate	28	Intensity		•	Chart Your Heart Rate Worksheet
3.4	Aerobic Fitness Is FITT	31	Intensity		•	Aerobic Fitness Worksheet
3.5	Fitting in Fitness	33	Frequency	•		Fitting in Fitness Sport Handouts
3.6	Heartbeat Stations	36	Intensity and time	•		Heartbeat Stations Scoresheet
3.7	Cross-Training Trio	38	Time and type	•	•	Aerobic Fitness: Cross-Training Benefits and Guidelines Aerobic Fitness: Cross-Training Activities Log
3.8	Continuous Relay	41	Intensity and time		•	Individual Workout Log
3.9	Mini Triathlon	44	Intensity and time	•	•	None
3.10	1,000 Reps	46	Growth and development	•	•	1,000 Reps and Seconds Chart Estimated Energy Expenditure for Common Activities Chart
3.11	Aerobic FITT Log	49	Progression	•	•	FITT Log FITT Log Worksheet
4.1	Go for the Team Gold	55	Health benefits	•		Go for the Team Gold Task Cards Go for the Team Gold Handout
4.2	Safely Finding the 8- to 12-Rep Range	57	Intensity		•	Weight Training Chart
4.3	Warm Up With Weights	60	Warm-up and cool-down		•	Weight Training Chart
4.4	Muscle FITT Bingo	62	Specificity	•	•	Muscle FITT Bingo Cards
4.5	Muscles in Action	64	Specificity	•		Muscle Cards Labeled Muscle Diagram Muscles in Action Plan Worksheet
4.6	Mission Push-Up Possible	67	Intensity and progression	•		Mission Push-Up Possible Card Mission Push-Up Possible Chart Individual Push-Up Progress Sheet

(continued)

Activity Finder (continued)

Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducibles (on CD-ROM)
4.7	Get Fit	70	Specificity	•		Get Fit Worksheet Get Fit Exercise Signs
4.8	Muscle Up	72	Specificity		•	Muscle Groups Diagram Muscle Up Classification Chart
4.9	Muscular Fitness Scavenger Hunt	75	Specificity	•	•	Muscular Fitness Scavenger Hunt Handout Muscular Fitness Scavenger Hunt Puzzle Muscular Fitness Scavenger Hunt Station Cards
4.10	Know Your Way Around the Weight Room	78	Type		•	Know Your Way Around the Weight Room: Peer Teaching Exercise Descriptions Know Your Way Around the Weight Room Peer Assessment Know Your Way Around the Weight Room Exercises Common Weight Room Errors
4.11	Muscular Strength and Endurance FITT Log	80	Progression	•	•	FITT Log FITT Log Worksheet
5.1	Stretch Marks the Spot	87	Specificity	•		Stretch Marks the Spot Handout Flexibility Task and Benefit Cards
5.2	All-Star Stretches	89	Health benefits	•	•	Flexibility Task and Benefit Cards Guidelines for Safe Stretching Poster Benefits of Good Flexibility Poster
5.3	Flexibility Puzzles	92	Flexibility benefits	•	•	Benefits of Good Flexibility Poster Flexibility Puzzle Flexibility Word Search Answer Key Flexibility Word Search Worksheet Stretch Station Cards
5.4	Type Cast	95	Specificity	•	•	Flexibility Task and Benefit Cards Benefits of Good Flexibility Poster
5.5	Sport Spectacular	98	Specificity		•	Sport Stretch Pages
5.6	Introduction to Yoga	100	Frequency and time	•	•	Yoga Signs Yoga Pose Cards Yoga Log
5.7	Flexibility FITT Log	103	Progression	•	•	FITT Log FITT Log Worksheet
6.1	All-Sport Body Composition Quizzo	109	Body composition	•		Body Composition Quizzo Chart Body Composition Quizzo Term Cards All-Sport Body Composition Activity List

Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducibles (on CD-ROM)
6.2	Body Composition Survivor	112	Health benefits	•	•	Body Composition Survivor Challenges Benefits of Developing and Maintaining Ideal Body Composition Puzzle Risks of Having a High Percentage of Body Fat Puzzle Body Composition Facts Puzzle Super Survivor Questions
6.3	Frisbee Calorie Blaster	116	Health benefits	•		None
6.4	Nutrition Memory	118	Food and portion size	•		Food and Portion Memory Cards Food and Portion Memory Card Key
6.5	Cross-Training Triumph	120	Growth and development		•	Cross-Training Triumph Tasks
6.6	Health Quest	123	Nutrition	•	•	Checkpoint Signs Health Quest Answer Sheet Food Guide Pyramid
6.7	Fast-Food Frenzy	126	Nutrition	•		Fast-Food Frenzy Discovery Worksheet Calorie Chart Fast-Food Frenzy Station Signs Lunch Menu Suggestion Cards Health Behavior Contract
6.8	Calorie Balancing Act	131	Energy expenditure and weight management		•	Activity and Calorie Information Sheet Eat the Food, Do the Time Worksheet
6.9	Jump Rope Digestion	134	Nutrition and digestion	•		Digestive System Component Chart Food Guide Pyramid
7.1	Health-Related Fitness Warm-Up	141	Health benefits	•		Team Health-Related Fitness Warm-Up Answer Sheet Health-Related Fitness Warm-Up Station Signs
7.2	Fitness Bingo	143	Defining health- and skill-related fitness	•		Fitness Bingo Task Cards Fitness Bingo Card
7.3	Component Countdown	145	Defining health- and skill-related fitness	•	•	Component Countdown Recording Sheet Component Countdown Fitness Tags Component Countdown Team Task Cards Component Countdown Teacher Key
7.4	Monopoly Fitness	148	Health-related fitness	•	•	Monopoly Fitness Station Signs
7.5	Health and Fitness Treasure Hunt	150	Health benefits	•		Health and Fitness Treasure Hunt Task Cards
7.6	Fortune Cookie Fitness	152	Exploring options and making choices	•		Fitness Fortunes

(continued)

Activity Finder *(continued)*

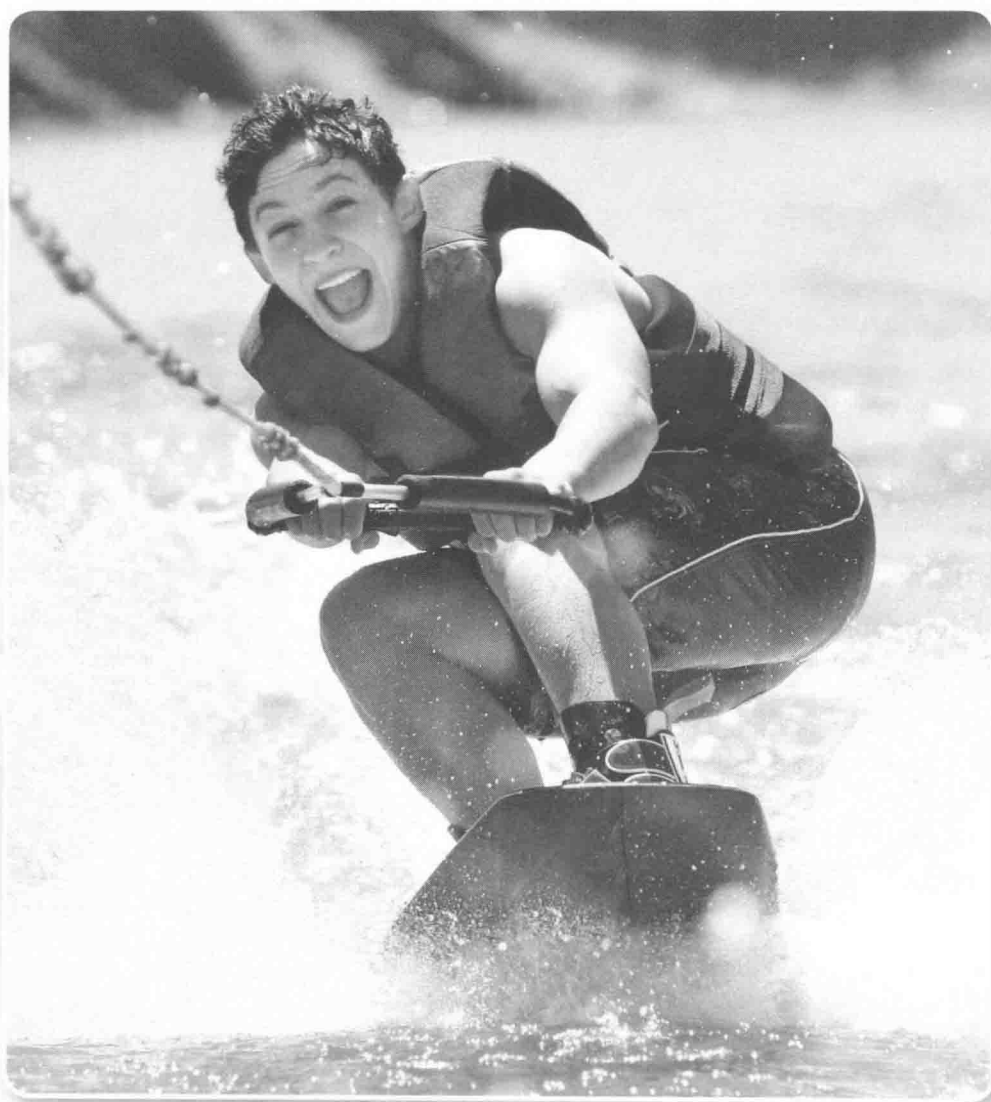
Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducibles (on CD-ROM)
7.7	Circuit Training Choices	155	Exploring options and making choices		•	Circuit Training Choices Signs
7.8	Fitness Unscramble	157	Exploring options and making choices	•	•	Fitness Unscramble Task Signs Fitness Unscramble Worksheet Fitness Unscramble Worksheet Answer Key
7.9	Jump Band Fitness	160	Exploring options and making choices	•	•	None
7.10	Partner Racetrack Fitness	163	Exploring options and making choices	•	•	Racetrack Signs
7.11	12 Ways to Fitness	166	Exploring options and making choices	•		Add-On Cards
7.12	Sporting Fitness	169	Exploring options and making choices	•	•	Sporting Fitness Activity Cards Sporting Fitness Soccer Drills
7.13	Basketball Skills Fitness	171	Understanding health-related fitness	•	•	Circuit Station Cards
7.14	Mat Exercise Stations	174	Exploring options and making choices	•	•	None
7.15	Speed Circuit	177	Exploring options and making choices	•	•	None
7.16	Medicine Ball Circuit	179	Exploring options and making choices	•	•	Medicine Ball Circuit Station Signs
7.17	Fitness Adventure	182	Exploring options and making choices	•		Fitness Adventure Station Cards Fitness Adventure Worksheet Fitness Adventure Answer Key
7.18	Racetrack Fitness Using Stability Balls	185	Exploring options		•	Racetrack Fitness Station Signs
7.19	Know the Risks and Benefits	187	Healthy behaviors	•	•	Health Risk Station Signs Healthy Behavior Station Signs Health Risks and Benefits Worksheet
7.20	Body Image Museum Tour	189	Quackery and body image	•		Media Representation of Sport and Physical Activity
8.1	Learning Self-Management Skills	195	Self-management skills	•	•	What Stage Am I? Physical Activity Pyramid for Teens
	Enrichment Activity: Fitness Trail	198	Exercise	•	•	Fitness Trail Station Signs
8.2	Goal Setting	200	Goal setting	•	•	Setting Goals Short-Term Versus Long-Term Goals
8.3	Using Pedometers to Set Goals and Assess Physical Activity	202	Pedometer use and goal setting		•	Assessment Record Sheet

Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducibles (on CD-ROM)
8.4	Using Heart Rate Monitors	204	Heart rate monitor use and goal setting	•	•	Activity Template and Record Sheet
8.5	Fitness Olympics	206	Goal setting	•		Fitness Olympics Scorecard Basketball Station Cards
8.6	Power Team Training	208	Goal setting		•	Power Team Challenge Scorecard Power Team Challenge Station Task Cards
9.1	Health and Fitness Quackery	213	Quackery and passive exercise	•	•	Evaluating Exercise Devices Fitness-Related Experts
9.2	Evaluating Health Products	215	Quackery and self-motivated exercise	•	•	Sense and Nonsense Evaluating Health and Fitness Information and Services
	Enrichment Activity: Exercise at Home	216	Exercise	•	•	Exercising at Home Worksheet
10.1	Program Planning	221	Fitness profile	•	•	Developing Your Personal Plan
10.2	Sticking to a Plan	223	Nonactive versus physically active	•	•	Personal Exercise Word Puzzle Fitness Review Crossword Puzzle Overcoming Barriers
10.3	Evaluating a Physical Activity Program	225	Personal fitness plan	•	•	Reproducibles for this activity are specific to each self-assessment or activity idea.
	Self-Assessment Idea: Evaluating Your Physical Activity Program	225	Evaluation	•	•	Evaluating Your Physical Activity Program Worksheet
	Activity Idea: Perform Your Plan	226	Evaluation and change	•	•	Performing Your Plan
	Activity Idea: Your Exercise Circuit	226	Development	•	•	Your Exercise Circuit
	Activity Idea: Your Health and Fitness Club	227	Evaluation	•	•	Your Health and Fitness Club Worksheet
	Activity Idea: Heart Rate Target Zones	227	Heart rate and aerobic fitness		•	Aerobic Fitness: How Much Activity Is Enough?
	Activity Idea: Sports Stars	228	Exercise	•	•	Sports Stars Program
10.4	Schoolwide Special Event: Exercise Your Rights	230	Advocacy	•	•	Exercise Your Rights Poster

Additional Handouts

Chapter	Page	Concept	Reproducibles (on CD-ROM)
2	10	Building physical fitness	Building Physical Fitness
2	12	Principles of training	Principles of Training Poster
2	12	FITT guidelines	FITT Guidelines

Introduction



Galina Barskaya

