

BHS Wellness

GRADING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20)		/4	/4	/4	/4	/4	
SKILL (12/24):		APPLICATION 2 (4):					
APPLICATION 1 (4):		APPLICATION 3 (4):					
KNOWLEDGE (6)							
TOTAL (50):							

SKILL 1: Walk/Run

- Hands relaxed; elbows bent at 90 degrees; arms in opposition.
- Strides in heel to ball of foot position.
- Walks/Runs at a pace that lets student pass the "talk Test".

SKILL 2: Heart Rate Monitors

- Identifies resting, training and recovery heart rates.
- Implements use of heart rate monitors with physical activity.
- Adjusts activity level based on analysis of heart rate monitor feedback.

SKILL 3: Pedometers

- Calculates personal step stride length for use of pedometers.
- Identifies resting, training and recovery heart rates while using pedometer.
- Adjusts walking pace and stride length based on analysis of pedometer feedback.

SKILL 4: Nutrition

- Identifies and evaluates lifestyle choices.
- Reads food labels for nutritional value.
- Identifies healthful food choices.

TOTAL SKILL: /12-24

APPLICATION 1:

- 4** Independently uses class worksheets (lifestyle evaluation, nutrition assessment, dietary analysis) along with fitness knowledge to create a wellness analysis for development of a walking plan that incorporates above components.
- 3** Needs some assistance in using class worksheets along with fitness knowledge to create a wellness analysis for development of a walking plan that incorporates above components.
- 2** Requires major assistance in using class worksheets along with fitness knowledge to create a wellness analysis for development of a walking plan that incorporates above components.
- 1** Unable to independently analyze and/or create a walking plan.

APPLICATION 2:

- 4** Appropriately selects, prepares and uses heart rate monitoring equipment. Demonstrates the correct intensity of exercise to establish and maintain a HR in THR zone and respond correctly to the feedback of "working" HR data to make few, if any, adjustments in walking intensity necessary to maintain HR in the THRZ.
- 3** Appropriately selects, prepares and uses heart rate monitoring equipment. Demonstrates the correct intensity of exercise to establish and maintain a HR in THR zone but cannot consistently maintain a HR in the THRZ as they attempt to respond to HR data by making adjustments.
- 2** May need assistance in selecting, preparing, and using HR equipment and/or makes major errors leading to ineffective and inconsistent performance as they attempt to establish and maintain a HR in the THRZ.
- 1** May need instruction to effectively select, prepare, and use HR monitoring equipment. Attempts the activity but are unable to complete the task.

APPLICATION 3:

- 4** Appropriately prepares and uses pedometers. Demonstrates the correct programming of stride length.
- 3** Appropriately prepares, uses pedometers and demonstrates the correct programming of stride length with little or assistance.
- 2** Appropriately prepares, uses pedometers and demonstrates the correct programming of stride length with partial assistance.
- 1** Appropriately prepares, uses pedometers and demonstrates the correct programming of stride length with full assistance.

TOTAL APPLICATION: /12

Wellness:

1. **Physical Wellness** – requires eating well, exercising, avoiding harmful habits, learning about and recognizing symptoms of disease, getting regular medical checkups and taking steps to avoid injury.
2. **Emotional Wellness** – Optimism, trust, self-esteem, self-acceptance, self-confidence, self-control, satisfying relationships and the ability to share feelings are qualities of an emotionally well person.
3. **Intellectual Wellness** – openness to new ideas, a capacity to question and think critically, the motivation to master new skills as well as a sense of humor, creativity and curiosity are descriptors of an intellectually well person.
4. **Spiritual Wellness** – to possess a set of guiding beliefs, principles or values that give meaning and purpose to your life. Hold a capacity for love, compassion, forgiveness, altruism, joy and fulfillment.
5. **Interpersonal and Social Wellness** – Having mutually loving and supportive people in your lives. Learning good communication skills, developing a capacity for intimacy, and cultivating a support network of caring friends and/or family members.
6. **Environmental Wellness** – Learning about and protecting yourself from environmental hazards such as: UV rays, water and air pollution, to the food supply.

Quick tips to Stay Moving:

1. Take stairs instead of the elevator
2. Park your car away from your destination and briskly walk into the building
3. Take study or work breaks to avoid sitting for more than 30 minutes at a time. Get up and walk around as a break.
4. Stretch while you watch TV
5. Go dancing instead of a movie
6. Seize every opportunity to get up and walk around. Move more and sit less.

Health Related Components of Fitness:

1. Cardiorespiratory Function (cardiovascular fitness)
2. Muscle Strength – amount able to lift
3. Muscle Endurance – How long able to lift
4. Flexibility – Range of Motion around a joint, ability to lengthen muscle
5. Body Composition – Percent body fat compared to amount of lean muscle mass

Vocabulary:

1. Physical Activity – any movement of the body that is carried out by skeletal muscles and that requires energy to produce.
2. Cardiorespiratory Endurance – the ability of the body to perform prolonged exercise or physical activity at moderate to high levels of intensity
3. Maximal Oxygen Consumption – (VO₂ Max) The highest rate of oxygen consumption an individual is capable of during maximal physical effort, reflecting the body's ability to transport and use oxygen; measured in milliliters used per minute for each kilogram of body weight.
4. Target Heart Rate Zone – The range of heart rates that should be reached and maintained during cardiorespiratory endurance exercise to obtain training effects.
5. Concentric Muscle Contraction – A contraction in which the muscle gets shorter as it contracts
6. Eccentric Muscle Contraction – A contraction in which the muscle lengthens as it contracts.
7. Heart Rate Monitor – Measures activity level based on beats per minute of the heart.
8. Pedometer – Measures distance covered in steps.

