

CENTURIONS

PHYSICAL EDUCATION



Grade 11
Health Core Booklet

Name: _____

Slot: _____

Teacher: _____

HOW DO YOU MAKE FITNESS PART OF YOUR LIFE?

What stops us?

Do you say this?	YES	NO
I am too busy. I do not have time to exercise.		
My family and friends don't like to exercise, so I don't get to exercise.		
I'm just too tired after school or work to get any exercise.		
Exercise can be dangerous.		
I am not good at exercise, and I don't know how.		
I don't have a place to go and exercise.		
I don't like to exercise when other people are in the room.		
I don't like exercise or playing games.		
It costs too much money to exercise.		
When spending time with family or friends, we usually do not exercise.		
I want to get more exercise, but when I try it, I stop after 1 or 2 weeks.		
I'm afraid I might injure or hurt myself.		
If we had places to exercise and shower at school or at work, then I would be more likely to exercise.		

Fixing problems about exercise

Problem	What do you do to fix this problem?
<p>You have to go to school and have a job to go to after school.</p> <p>You don't have a lot of time to exercise.</p>	
<p>None of your friends or family do any physical activity.</p>	
<p>You are too tired to exercise.</p>	
<p>You want to exercise, but you think exercising is boring.</p>	
<p>You don't have a lot of money to go to a gym.</p>	
<p>You like to exercise outdoors in summer, but you don't exercise a lot in the winter because it's cold outside.</p>	

What motivates you to be active?

List 5 things that motivate you and check if it is “Intrinsic” or “Extrinsic”

<i>What motivates you to exercise?</i>	<i>Intrinsic</i>	<i>Extrinsic</i>



WATCH THIS VIDEO
FIRST!
What is Intrinsic
and Extrinsic
Motivation?

Thinking about the Physical Activity Plan you made at the start of the course, how have you been able to keep motivated and working on it?

Do you know any other people who exercise regularly?
What do they do to keep moving? How are they successful?

Are there other people who could help you stay motivated to exercise?
How can they help you?

CASE STUDY

You are a personal trainer/coach, and your job is to come up with a physical activity plan for someone who needs some help.

Choose 1 of the 5 people on the next page, and write down what a they should do every week.

Make sure to include – Muscle strength/endurance, cardio, flexibility (stretching). Consider what the person likes to do, what they are able to do, and what is happening in their life. The plan should be good for them, not hard for them to do.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Explain how you will help this person fix their problems standing in the way of them exercising and staying healthy.

Kurt is a middle-aged father of two high school boys who is clearly past the prime of his life. He talks about his glory days and how he used to be a great athlete until his knees went on him. He is a very dedicated family man who spends a lot of time on his career. He desperately wants to be physically active again but sure where to start. He has access to a weight room, and a treadmill at home. The extent of his physical activity is playing catch with his kids and walking the dog.

Guy is 52-year-old man who used to be quite an athlete. Over the past 5 years, he has noticed a decline in his physical fitness. He rarely has time for himself as he is always coaching his daughter's sports teams. When he is not coaching, he has no time for himself because he is constantly on the go trying to keep up with his family. He still tries to play volleyball once a week, but is noticing that it is just not enough to keep fit. His family is very active and they do many family activities together (like ski trips and camping), but Guy is finding he needs more than that to achieve the desired level of fitness he wants. He does not own any exercise equipment at home but does have access to a small weight room at work.

Kristy is a 26-year-old former high-level athlete who is very busy. She is trying to juggle sports, friends, a career and renovations to her new home. Aside from being pulled in many different directions, Kristy also deals with several ailments, which result from not properly treating injuries she acquired when she was a high-level athlete 6 years ago. She is very active with her involvement in many outdoor activities but her competitiveness often results in her pushing herself too hard thus resulting in chronic pain. She has talked about starting an exercise program to help deal with some of the injuries, but she doesn't want to give up the lifestyle she currently has. She is not sure where to get started.

Cherise is a mother of three who is a fitness instructor. She leads a very active lifestyle and is a positive role model for her family, friends and clients. Because Cherise is constantly on the go, she has little time to enjoy doing recreation activities that she used to do. She spends most of her free time (when she is not taking care of her three young children) reading up on the latest trends in fitness and health. Cherise at times seems obsessed with proper health and nutrition and she often does not get the rest necessary to allow her body to recover from her workouts. She used to really enjoy team sports, and often talks about wanting to do them again. Cherise really wants to start doing things that are fun.

Mick is a 36-year-old man who has dedicated his whole life to volunteering and working with young people. He spends his whole life helping those in need. Between his wife, two children, and his work with Special Olympics and several other programs, he rarely has the energy to do anything for himself. He was blessed with great genes and just looking at him, you would never guess that he has never worked a day in his life. Money is an issue for Mick as his family financially supports their church and many other community initiatives. All he has for equipment are a few free weights and a fitness ball. His family only has one vehicle and so getting to a gym regularly is not an option.

THROUGH A BLUE LENS - VIDEO



While watching the movie identify 5 points that you recognized as an important issue or surprised you.

- 1.
- 2.
- 3.
- 4.
- 5.

After watching the movie “Through a Blue Lens”, please write a paragraph describing your feelings about substance use and abuse as seen through the experiences of the subjects in the movie. Also, what impact did this movie have on you?

DRUGS – Facts and Information



What is a drug?: A drug is a substance that causes a physical, emotional or behavioural change when it enters your body.

Which drugs are legal?: **Caffeine** in coffee or pop drinks are a drug. So are **cigarettes (nicotine)** and **alcohol**. Even **sugar** is a drug! Drugs that you get from a store (like Aspirin or Tylenol) are called **prescription drugs**. Recently in Canada, **marijuana** became a legal drug.

Which drugs are illegal?: Illegal drugs are drugs that you cannot buy from a store, and can be in trouble with the police if you have them. There is a long list of illegal drugs, but some of the most well-known illegal drugs are **cocaine, heroine, crystal meth, magic mushrooms and ecstasy** (you might have heard these called different names).

Drug Classifications: Most drugs can fit into these four categories, but not all.

Type of Drug:	Examples:	How it affects your body:
Stimulants	Caffeine, Cocaine, Crystal Meth	Increases your energy and alertness
Sedatives or Depressants	Alcohol, Marijuana	Slows down your alertness
Painkillers	Aspirin, Fentanyl	Makes your body not feel pain as easily
Hallucinogens	Magic Mushrooms, LSD	Makes you see things that do not exist or are not real

What is a drug addiction? A drug addiction is when your **brain and your body need to have the drug**. If you don't have the drug, your body can feel withdrawn, which means that you feel both mentally and physically sick.




How do you get an addiction? Drugs have different levels of addictiveness, and people have different levels of becoming addicted. Some people might have a drug just once and feel withdrawal if they don't have it again. Other people could have a drug several times and not need to have it again. If you have any drug too many times, you will become addicted to it. Unfortunately, you never know how many times that is.

What are the stages of addiction?

- **Non-involvement:** Not using a drug.
- **Irregular involvement:** Using a drug sometimes, but not very often.
- **Regular involvement:** Using a drug often, maybe several times per week.
- **Harmful involvement:** Drug use is affecting other areas of my life.
- **Dependant involvement:** Cannot live normally without the drug.

How do I decide if I should take a drug or not?

- **Legal:** Follow the instructions on the label carefully. Do not take more than recommended, or if you do not need to. This can be dangerous.
- **Illegal:** Will I be safe if I take this drug? Could this have an impact on my future? Is this a drug that I could get addicted to easily?

Addictions	Drug Classifications	Marijuana Information
		

DRUGS - Questions

Put it in your own words!

What are the different types of drugs?

What is an addiction and how can you avoid having one?

If someone chose to take drugs, what things should they think about first?

MENTAL HEALTH

1. What are some of the negative things you have heard about people with mental illness?
2. What are some of the positive things you have heard about mental illness?
3. Why do you think people with mental illness are stigmatized (treated differently)?
4. Can you think of any other health conditions or social issues that have been stigmatized throughout history?
5. What factors have contributed to changing public attitudes about some of these conditions or issues?
6. What do you think influences perceptions about mental illness?
7. How do you think stigma affects the lives of people with mental illness?

Types of Mental Illness

- In small groups, you will be assigned a mental illness to learn more about
- Scan the QR code to go to a website called www.mindyourmind.ca/illnesses
- Answer the following questions about your assigned illness:



1. What is it?
2. What are the signs/symptoms of it?
3. Who does it affect?
4. What are the causes?
5. How can someone get help?

SOCIAL IMPACT OF SPORT

Here are 14 scenarios that test your attitude toward sporting behaviours. Identify each of the behaviours described in the scenarios below as one of the following:

C – Cheating

P – Part of the Game

Scenarios	C	P
1. To get a needed time out, a coach instructs a soccer player to fake an injury.		
2. After every score, a basketball player taunts the defender in an effort to “psyche him or her out.”		
3. To gain an edge, a golfer illegally alters equipment.		
4. A baseball coach instructs a pitcher to throw the ball at the other team’s best batter’s head to intimidate the batter.		
5. To motivate players, a coach uses foul language and insults.		
6. In basketball, a player commits an intentional foul to stop the clock in the final minute of play.		
7. In soccer, a coach teaches players to grab and hold shirts illegally without being detected.		
8. In volleyball, a player touches the ball and it goes out. The player says nothing after a referee confidently says the player never touched the ball.		
9. To set a new scoring record, a football team facing a badly overmatched opponent runs up the score to 96-7.		
11. A wrestling coach instructs an athlete to attack a recent injury of the opponent.		
12. In ice hockey, a coach sends in a player to instigate a fight with the other team’s top scorer.		
13. In a close tennis match, the referee calls a sideline shot you have made “in.” You know it was out but don’t say anything.		
14. In a game of dodgeball, a player hits someone in the head, and they are called out.		

SOCIAL IMPACT OF SPORT

Where do YOU stand?

In the world of sports and fitness, there are lots of issues that arise that cause a type of controversy and debate in our country, our city, and even our community. These current events have two sides to each story. Where do you stand?

Read each of the three current events that are listed below. Choose one of the events below and write a full page response.

Consider the following questions when writing your response:

- Where do you stand on this issue? (Do you agree or disagree?)
- What are the important issues to consider? (Pros vs. Cons)
- How does this issue make you feel?

ISSUE #1

Performance Enhancing Drugs (PED's)

Drugs are illegal and banned in sport. They can cause serious bodily damage and are addictive. However, in some cases, they can be used to enhance athletes' performances in sport. Because of this, athletes take the opportunity to enhance their performances. Professional baseball players such as Sammy Sosa, Mark McGwire, and Alex Rodriguez, all used PED's to gain an edge on their opponents. The penalties for PED's in professional sport vary. Some leagues have very stiff penalties (long term suspension, banned from competition), others have smaller penalties (short term suspension, fines, public apologies, etc.), and even some leagues have no consequences for the use of PED's (claims that it is part of the game).

ISSUE #2

Hockey, Fighting, and Concussions

In professional hockey, fans consider fighting 'part of the game'. However, there have been many instances where hockey fights have caused head injuries, long term concussion effects, and in some instances, death. Hockey leagues are starting to crack down on the rules of fighting. Some team managers are trying to remove fighting all together, some are allowing it to happen with no restrictions, and others have certain restrictions. The NHL has implemented a new rule where the players must wear their helmet in a fight, and if they take it off at any time, there will be an extra two minute penalty for their team. Is fighting part of the game? Should fighting be removed from the game? Should there be certain rules applied to hockey fights?

ISSUE #3

Is it important for sports stars to have a squeaky-clean image?

Celebrities are everywhere – on TV, in movies and all over the Internet. They are media attractions that strongly influence on youth. But for some celebrities, people like Tiger Woods, Michael Phelps, Justin Bieber, Venus Williams, and others, have created controversies that give negative influences on young people. Then there are celebrities who create positive influences in young people and what it means to bring back to the less fortunate – Bono, Oprah Winfrey Angelina Jolie, Sidney Crosby, etc.. Do celebrities, sports athletes, and people of authority need to keep a clean image?

SOCIAL IMPACT OF SPORT

Where do YOU stand?

Paragraph Response

A large empty rectangular box with a black border, intended for a paragraph response.

<u>Cardio Endurance Treadmill Run</u>	<u>Male</u>	<u>Female</u>
Excellent	10 minutes or lower	11 minutes or lower
Good	10-15 minutes	11-16 minutes
Satisfactory	15-20 minutes	16-21 minutes
Area of Focus	20 minutes or higher	21 minutes or higher

<u>Cardio Endurance Spin Bike</u>	<u>Male</u>	<u>Female</u>
Excellent	10 minutes or lower	11 minutes or lower
Good	10-15 minutes	11-16 minutes
Satisfactory	15-20 minutes	16-21 minutes
Area of Focus	20 minutes or higher	21 minutes or higher

<u>Cardio Endurance ARC Trainer</u>	<u>Male</u>	<u>Female</u>
Excellent	10 minutes or lower	11 minutes or lower
Good	10-15 minutes	11-16 minutes
Satisfactory	15-20 minutes	16-21 minutes
Area of Focus	20 minutes or higher	21 minutes or higher

<u>Cardio Endurance Treadmill Walk</u>	<u>Male</u>	<u>Female</u>
Excellent	10:00 or lower minutes	11:00 minutes or lower
Good	10:00 – 15:00 minutes	11:00 – 16:00 minutes
Satisfactory	15:00 – 20:00 minutes	16:00 – 21:00 minutes
Area of Focus	20 minutes or higher	21:00 minutes or higher

<u>Cardio Endurance 2000m Row</u>	<u>Male</u>	<u>Female</u>
Excellent	6:30 minutes or lower	7:00 minutes or lower
Good	6:30 – 7:45 minutes	7:00 – 8:30 minutes
Satisfactory	7:45 – 9:00 minutes	8:30 – 10:00 minutes
Area of Focus	9 minutes or higher	10 minutes or higher

<u>Flexed Arm Hang</u>	<u>Male</u>	<u>Female</u>
Excellent	1 minute	30 seconds or above
Good	45 seconds	23 seconds
Satisfactory	30 seconds	15 seconds
Area of Focus	30 seconds or less	15 seconds or less

<u>Front Plank Forearms</u>	<u>Male</u>	<u>Female</u>
Excellent	3 minutes or above	3 minutes or above
Good	2 minutes 30 seconds	2 minutes 30 seconds
Satisfactory	2 minutes	2 minutes
Area of Focus	1 minutes or below	1 minutes or below

<u>Pushups - Toes</u>	<u>Male</u>	<u>Female</u>
Excellent	50 or more	40 or more
Good	35	25
Satisfactory	20	12
Area of Focus	10 or less	6 or less

<u>Pushups - Knees</u>	<u>Male</u>	<u>Female</u>
Excellent	58 or more	48 or more
Good	43	33
Satisfactory	28	20
Area of Focus	18 or less	14 or less

<u>Flexibility Sit and Reach</u>	<u>Male</u>	<u>Female</u>
Excellent	36 cm or higher	40 cm or higher
Good	33 cm	35 cm
Satisfactory	30 cm	30cm
Area of Focus	29 cm and lower	29 cm and lower

<u>Muscular Power Vertical Jump</u>	<u>Male</u>	<u>Female</u>
Excellent	32 inches or higher	28 inches or higher
Good	24 inches	22 inches
Satisfactory	18 inches	16 inches
Area of Focus	12 inches and lower	10 inches and lower

<u>Muscular Power Broad Jump</u>	<u>Male</u>	<u>Female</u>
Excellent	2.40 meters or higher	1.90 meters or higher
Good	2.20 – 2.40 meters	1.70 – 1.90 meters
Satisfactory	2 – 2.20 meters	1.50 – 1.70 meters
Area of Focus	Less than 2 meters	Less than 1.50 meters

<u>Muscular Strength Seated Leg Press</u>	<u>Male</u>	<u>Female</u>
Excellent	380 lbs or higher	300 lbs or higher
Good	260 lbs	240 lbs
Satisfactory	220 lbs	200 lbs
Area of Focus	180 lbs or lower	160 lbs or lower

Name: _____

	DATE:	DATE:
<u>Cardiovascular Endurance</u> (20 minute cap) <i>Complete the distance in the fastest time possible</i> Pick one below: 1) Treadmill Run -- 1.5 miles ➤ Incline 1.5% 2) Spin Bike -- 7.5 km ➤ Gear 8 – 10 Gear: _____ 3) Arc Trainer – 0.75 KR's ➤ Minimum resistance 25 ➤ Stride Length 7 ➤ SPM – 140 minimum 4) Treadmill Walk – 1 mile ➤ Incline 4.0% ➤ Minimum speed 4.0 mph 5) Rower – 2000 m row ➤ Minimum resistance 6	Starting Heart Rate	Starting Heart Rate
	Working Heart Rate (Heart Rate at end)	Working Heart Rate (Heart Rate at end)
	Recovery Heart Rate (2 minutes after)	Recovery Heart Rate (2 minutes after)
	Time Completed	Time Completed
<u>Upper Body Muscular Strength</u> Max Push-Up Test ➤ Number of push-ups you can do with good form Circle one: KNEES or TOES	# of Push-ups	# of Push-ups
<u>Upper Body Muscular Endurance</u> Flexed Hang ➤ Elbows bent at 90 degrees (nose level with bar) ➤ When elbows lock out, test is done	Time in seconds	Time in seconds
<u>Lower Body Muscular Strength</u> Seated Leg Press ➤ Stay within 3-6 repetitions ➤ If max weight, do max reps	Weight used:	Weight used:
	# of Reps	# of Reps
<u>Lower Body Muscular Power</u> Vertical Jump Test ➤ Stationary 2 foot jump ➤ Standing Height = _____ inches Vertical = Jump Height – Standing Height	Vertical (inches)	Vertical (inches)
<u>Lower Body Muscular Power</u> Broad Jumps ➤ 1 Broad Jump ➤ Best of 3 attempts	Distance in meters	Distance in meters
<u>Core Muscular Endurance</u> Plank ➤ On forearms	Time in seconds	Time in seconds
<u>Flexibility</u> Sit and Reach ➤ 3 attempts - record best score	Score in centimeters	Score in centimeters