

# CENTURIONS

## PHYSICAL EDUCATION



*Grade 12*  
*Health Core Booklet*

*Name:* \_\_\_\_\_

*Slot:* \_\_\_\_\_

*Teacher:* \_\_\_\_\_

## Healthy Relationships



*Teentalk.ca*  
*Relationship Information*



*Stop the Violence*



*Is it Consent?*

### Need to Talk?

All of these phone lines are open 24/7

**Klinik Crisis Line** .....1.888.322.3019  
Counselling and support for people in crisis. or 204.786.8686

**MB Suicide Prevention & Support Line** .....1.877.435.7170  
Support for people thinking about suicide or affected by another's thoughts/attempts of suicide. **reasontolive.ca**

**Kids Help Phone** .....1.800.668.6868  
Canada wide support and info service for youth. **txt connect to 686868**  
Online Chat at **kidshelpphone.ca**

**Hope for Wellness Help Line** .....1-855-242-3310  
Counselling and support for Indigenous peoples. Online Chat at **hopeforwellness.ca**

**Klinik Sexual Assault Crisis Line** .....1.888.292.7565  
Counselling, information, support and advocacy concerning sexual assault. or 204.786.8631

**Klinik Drop-In Counselling Program** (Mon / Fri/Sat 12-4pm, Tues / Thurs 12-7pm) .....204.784.4067  
870 Portage Ave. Free counseling on any issue for anyone over the age of 13. **klinik.mb.ca**

### Need Support?

**Addictions Foundation of Manitoba (AFM)** .....afm.mb.ca  
Counselling, treatment and support groups for youth and families dealing with addiction.

**Manitoba Addictions Helpline** .....1-855-662-6605  
Support for adults living with addiction **mbaddictionhelp.ca**

**Rainbow Resource Centre (2STLBGQ+)** .....204.474.0212  
170 Scott St. Winnipeg, MB Counselling on any issue, library, **rainbowresourcecentre.org**  
safer sex supplies and support groups.

**Street Connections** .....204.981.0742  
496 Hargrave. Winnipeg, MB & mobile outreach van (call/go online for route) **streetconnections.ca**  
Safer drug use supplies and info, free condoms.

**Eating Disorders Manitoba** .....eatingdisordersmanitoba.ca  
Connect to supports for adults and youth.

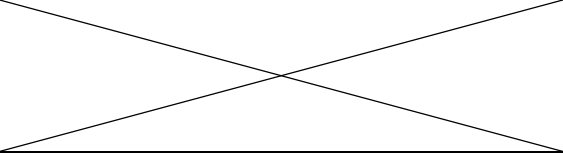
**Ka Ni Kanichihk** .....204.953.5820  
455 McDermot Ave. Culturally based Indigenous programs and services. **kanikanichihk.ca**

**Find a Community Health Centre** .....<http://www.machmb.ca/ourmembers>  
These are health care organizations grounded in community. They focus on a more holistic approach to their services including mental health, physical health, sexual health and community health.

## RELATIONSHIP VALUES

What is important to you in a romantic partner?

Check the box that you think is right.

	VERY IMPORTANT	I DON'T CARE	NOT IMPORTANT
<b>FUNNY</b>			
<b>LIKING THE SAME THINGS</b>			
<b>WANTS TO HAVE CHILDREN</b>			
<b>SEX</b>			
<b>MONEY</b>			
<b>HONESTY</b>			
<b>SMART</b>			
<b>PHYSICAL APPEARANCE</b> (How they look)			
<b>GOOD AT LISTENING</b>			
<b>RELIGION</b>			

## “RELATION SHIFTS” VIDEO

1. What were some nice things people did with their partner to have fun?



Video Link

2. What bad things did you see the partner do to each other?

A good partner should be....	A partner should NEVER...
-	-
-	-
-	-
-	-



## Respect

Accept one another for who they are. It's okay to have a different thoughts, friends and activities. Listen to each other. You care about their feelings. Not afraid to say you're sorry.

## Independence

It's okay to be yourself. Try out new things even if your friends aren't doing them. Follow your dreams. Believe in yourself. Be brave.

## Telling the Truth

Being honest can help keep you and others safe. It can also keep you out of trouble. The best friendships have honesty.



# What is a Healthy Relationship?

## Boundaries

Everyone has a different comfort level about being touched. Some kids like hugs and some prefer to high five instead; some don't like to be touched at all. Any of these are okay and it's important to ask what the other person likes.

## Equality

Celebrate each other's differences such as culture, beliefs, gender, sexuality, or skin colour. Being different is what makes us unique and special.

## Empathy & Kindness

Unkind behaviours are not okay. You can be kind through actions and words. Notice if your friend is happy, sad or angry. Put yourself in someone else's shoes so you know how they feel. It will help you be a good teammate and friend. It is always fun to be around someone who makes you feel good.



## Physical Safety

Keep your hands to yourself, that means no hitting, kicking, punching, throwing or spitting. It is important to respect each other's personal space and not get too close to them. Your body is your own. You need permission touch someone.

## Language

Your words matter. Use language that won't hurt your friends feelings. No name calling, cursing or putting them down. Friends encourage one another and they tell them positive things about themselves and their abilities.

## Hurting Someone

Hitting, punching, slapping, spitting are ways that you can hurt someone. You can also cause hurt feelings by not being honest, teasing, bullying, name calling .

### Peer Pressure

Doing something you don't want to do, to fit in. Making choices to impress others. Worrying about being rejected, teased or bullied. Threatening someone.

### Telling Lies

Saying things that are untrue on purpose. This can include telling fibs, bragging and stretching the truth. It's hard to trust your friends when you don't know if they are being truthful or honest.

## What is an Unhealthy Relationship?



### Being Mean

It's not cool to make fun of your friends. Being called names even if they say they are just joking is not okay. True friends don't make fun of your culture, beliefs, gender, sexuality and skin colour.



### Jealousy

Becoming angry when someone gets something you want. Not being happy for someone else or what they do. Not allowing your friends to have other friendships or do activities they want to do.

## Cyber Bullying

Sending messages that are mean, hurtful or scary. Texting someone too much. Sending unwanted or inappropriate pictures. Embarrassing or making fun of someone online. Encouraging others to join in.

# INDIVIDUAL DIFFERENCES

## Words to Know

### **Judgement:**

- When we **make a decision** after careful thought.

### **Stereotype:**

- A **belief about a group of people** and that may often be untrue or only partly true.

### **Prejudice:**

- A **bad opinion** or feelings directed **against a person or a group of people** without any knowledge or a good reason.

### **Discrimination**

- When a person is treated differently (not in a good way) because of some aspect of their identity. It is against the law. People can be discriminated for:

<i>Age</i>	<i>Sex</i>	<i>Race</i>	<i>Gender</i>	<i>Colour of their Skin</i>
<i>Religion</i>	<i>Ethnicity</i>	<i>Pregnancy</i>	<i>Physical Disability</i>	<i>Criminal Conviction</i>
<i>Sexual Orientation</i>	<i>Mental Illness</i>	<i>Source of Income</i>	<i>Gender Identity</i>	<i>Language</i>
<i>Political belief</i>	<i>Marital or Relationship Status</i>	<i>Family Status</i>	<i>Citizenship</i>	<i>Place you live or come from</i>
<i>MANY OTHERS!</i>				

## Today we are focusing on three Individual Differences: Race, Gender and Sexual Orientation

### **Race:**

- Race is a group of people who identify together based on what they look like or where they are from.
- **Racism** is the belief that certain races of people are better to others. This belief can lead to discrimination of people based on the colour of their skin.
- **People may have physical differences because of their race or ethnicity, but all humans EVERYWHERE (no matter the colour of their skin) are equally smart and, with the same opportunities, are capable of exactly the same things.**
- **Systemic Racism** is racism in our laws and culture. It causes people with coloured skin to be treated differently. **Our Western society favours people with white skin. This is called *white privilege*.**

### **Gender:**












- Gender is a spectrum of how people choose to express their identity. **Biological sex is different than gender.** Sex is based on what sexual organs you have. For many people, their gender is the same as their sex.
- **Transgender:** People who are transgender identify as the opposite sex. Many people do not feel like a man even if they have a penis, or a female even though they have a vagina. They might feel like the opposite sex, or like they do not fit into either a male or female category.

### Sexual Orientation:

- Sexual orientation is about who a person is sexually attracted to.
- **Heterosexual** people are attracted to people of the opposite gender.
- **Homosexual** people are attracted to their same gender.
- **Bisexual** people who are attracted to more than one gender.
- **Asexual** people who are not sexually attracted to any gender.

### Ally:

- An ally is an **individual who speaks out and stands up for a person** or group of people that is targeted, bullied, and discriminated against.
- They work to support and help people who are discriminated against or treated unfairly.

 <p><i>"Systemic Racism Explained"</i> YouTube</p>	 <p><i>"What Systemic Racism in Canada Looks Like"</i> YouTube</p>	 <p><i>"Intergenerational Trauma Animation"</i> YouTube</p>
 <p><i>"What's Wrong with Saying All Lives Matter?"</i> YouTube</p>	 <p><i>"What Black Lives Matter means to an 11-Year Old"</i> YouTube</p>	 <p><i>"What would you do: Muslim Teen bullied by Peers"</i> YouTube</p>
 <p><i>"Namwayut: We are all one. Truth and Reconciliation in Canada"</i> YouTube</p>	 <p><i>"Intergenerational Trauma: Residential Schools"</i> YouTube</p>	 <p><i>"When is it okay to say the R-Word?"</i> YouTube</p>
 <p><i>"Genderbread Cookie"</i> YouTube</p>	 <p>Teentalk.ca Information on Gender Identity</p>	



ANSWER one of the following questions in the space below:

- 1) How have your individual differences affected your life or the life of someone you know?
- 2) How can you be an "ALLY" to others?



8. Is eating healthy something that is important to you at this point in your life? Why or why not?
  
9. Do you take a multi-vitamin or any type of supplements? (i.e. Vitamin C, D, iron, omega-3's etc...)
  
10. If you could pick any "healthy meal" to eat, what would it be? Why is it healthy (what is the good stuff in it)?
  
11. What are the current guidelines recommended by Canada's Food Guide for healthy eating?
  
12. When was the last time you read a food label? Do you honestly know how to read a food label confidently?
  
13. Have you or anyone you are close to ever go on a "diet"? If so, what kind of diet, and how long did it last for?



# FED UP

AS YOU ARE WATCHING FED UP, PLEASE COMPLETE THE FOLLOWING QUESTIONS



1. What happens to your body when you eat sugar? How does your body change?
2. Are all “low fat” foods healthy? By labeling items as “low fat”, what did the food industry do to make the food still taste good?
3. How does food advertising get new customers to buy their foods? How do you think food advertising affects your food decisions?
4. What sort of food does your school cafeteria provide? Are there healthy options? If not, what would you like to see added?

## How do I make a budget? – Facts

Making a budget is very simple but can be difficult to follow. Here are the steps to making one:

1. Make a chart to add all of your information to or find a good app to help you track this.
2. Determine how much income you have, or how much money you are willing to spend per month.
3. Make a list of all monthly bills (cell phone, Netflix subscription, rent, etc...)
4. Make a list of all the other things that you NEED every month and decide how much money you are willing to spend on these things (groceries, new clothes, etc...)
5. See how much money you have left over. This is the money that you can spend on things that you WANT to buy. (McDonalds, movie tickets, etc...)

Sample Budget Chart:

<b>Income:</b>	<b>Bills:</b>	<b>Essential Expenses:</b>	<b>Non-Essential Expenses:</b>
\$2000	Rent - \$800	<i>Money Remaining: \$2000 – \$945 = \$1055</i>	<i>Money Remaining: \$1055 – 750 = \$305</i>
	Cellphone bill - \$60	Groceries: \$250	<b>Spending Money: \$305</b>
	Netflix - \$15	Clothes: \$100	Restaurants/Food: \$100
	Utilities (water, electricity) - \$70	Savings: \$400	Miscellaneous: \$205
<b>Total: \$2000</b>	<b>Total: \$945</b>	<b>Total: \$750</b>	

Make your own budget chart with the income that we've given you here:

<b>Income:</b>	<b>Bills:</b>	<b>Essential Expenses:</b>	<b>Non-Essential Expenses:</b>
\$2000		<i>Money remaining:</i>	<i>Money remaining:</i>
			<b>Spending Money: \$</b>
<b>Total: \$2000</b>	<b>Total:</b>	<b>Total:</b>	

Groceries can be one of the most expensive things that you need to buy. Here are some tips to make sure that you are eating healthy food without spending more than your budget.

1. Do not shop for most of your groceries from Sobeys, Save on Foods or Safeway!! You can buy groceries for much cheaper from **Superstore, Walmart or Costco**.
2. To avoid throwing food out, **make a meal plan** before you go shopping and only buy what you need for that plan.
3. **Buy in bulk if possible!** It can be more expensive to buy 500 toilet paper rolls at once, but it is cheaper in the long term.

Make yourself a meal plan for the week!

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Go on the Superstore Website and make a shopping order for your meal plan. What is the final cost of your meal plan?



## Resiliency Self-Assessment

Resilience is the ability to bounce back from difficulty, to navigate difficult challenges with awareness, intention, and skill. Resilience develops naturally through connections to others, balanced selfcare, and an open and engaged mind.

1	2	3	4	<b>1 = Rarely or Never, 2 = Sometimes, 3= Usually, 4 = Always</b>
				<p><b><u>Connections</u></b> I am close to at least one person, whom I trust and will seek for support.</p>
				<p><b><u>Benefiting Others</u></b> I contribute to the wellbeing of others.</p>
				<p><b><u>Physical Self-care</u></b> I exercise aerobically three or more days a week, sleep enough to have energy throughout the day, spend at least an hour a day outdoors, and eat a balanced, moderate, and wholesome diet including five or more servings of fruits and vegetables a day.</p>
				<p><b><u>Stress Reduction Practice</u></b> Four or more days a week, I participate in at least one practice to quiet my mind and body. (Examples: deep breathing, time outside, playing a musical instrument, yoga, meditation, prayer, journaling, etc).</p>
				<p><b><u>Flexible Thinking</u></b> When I am going through a difficult time, I consider multiple perspectives and options.</p>
				<p><b><u>Self-confidence</u></b> I trust myself, my intuition, and my abilities.</p>
				<p><b><u>Openness to Experiences</u></b> I seek and enjoy new and unfamiliar experiences.</p>
				<p><b><u>Workability</u></b> I approach every challenge as though I can work through it somehow.</p>
				<p><b><u>Awareness</u></b> I notice the world around me, and I can often anticipate opportunities and challenges because of what I notice.</p>
				<p><b><u>Experience Facing Big Challenges</u></b> I have faced difficult challenges before and have found healthy and adaptive ways to work through them.</p>
				<p><b><u>Willingness</u></b> When challenges arise, I face them and I do not deny them, ignore them, or use alcohol or other drugs to avoid or cope with them.</p>
				<p><b><u>Engagement</u></b> I engage in one or more activities that focus my attention and efforts and that deeply satisfy me</p>
				<p><b><u>Big Picture</u></b> I keep perspective on my challenges by considering the bigger picture. (Examples: Looking beyond my challenges to consider my strengths, supports, resources, opportunities, and privilege. Considering my challenges in the context of challenges that others face. Considering the humor in life's challenges and absurdities. Looking for what I can learn from past challenges.)</p>

<b>36 or Higher</b>	You are likely to view yourself as resilient, and if your view is accurate, you are likely to thrive in the face of challenge and could serve as a strong support and role model for others.
<b>27 – 35</b>	You are likely to view yourself as having typical resilience, and you will likely do fine with most challenges. Unless you are selling yourself short on your assessment, you have some room for enhancing your resilience.
<b>26 or Lower</b>	You are likely to view yourself as not very resilient. You have lots of room for enhancing your resilience. Lower scores are common among people who have had few challenges early in life or have been overwhelmed by challenges early in life. History is not destiny.

### Anxiety Questionnaire

Over the last 2 weeks, how often have you been bothered by the following problems?  
(Use "V" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

#### Scoring:

- 5 – 9 Mild anxiety
- 10 – 14 Moderate anxiety
- 15 – 21 Severe anxiety

Total Score T \_\_\_\_ = \_\_\_\_ + \_\_\_\_ + \_\_\_\_

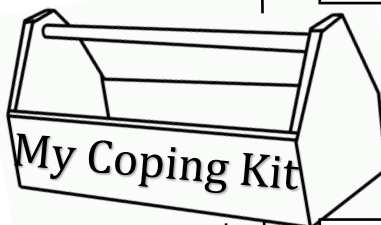


**Things you own (have)**

- 
- 
- 

**Things you can do**

- 
- 
- 



**Favorite Memories or Experiences**

- 
- 
- 

**3 People You Can Talk To**

- 
- 
-

## 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**

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

## ***What motivates you to be active?***

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

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



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?

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 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.

<b><u>Cardio Endurance Treadmill Run</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

<b><u>Cardio Endurance Spin Bike</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

<b><u>Cardio Endurance ARC Trainer</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

<b><u>Cardio Endurance Treadmill Walk</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

<b><u>Cardio Endurance 2000m Row</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

<b><u>Flexed Arm Hang</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

<b><u>Front Plank Forearms</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

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

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

<b><u>Flexibility Sit and Reach</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

<b><u>Muscular Power Vertical Jump</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

<b><u>Muscular Power Broad Jump</u></b>	<b><u>Male</u></b>	<b><u>Female</u></b>
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

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