

CENTURIONS

PHYSICAL EDUCATION



Grade 10

Introduction to Wellness



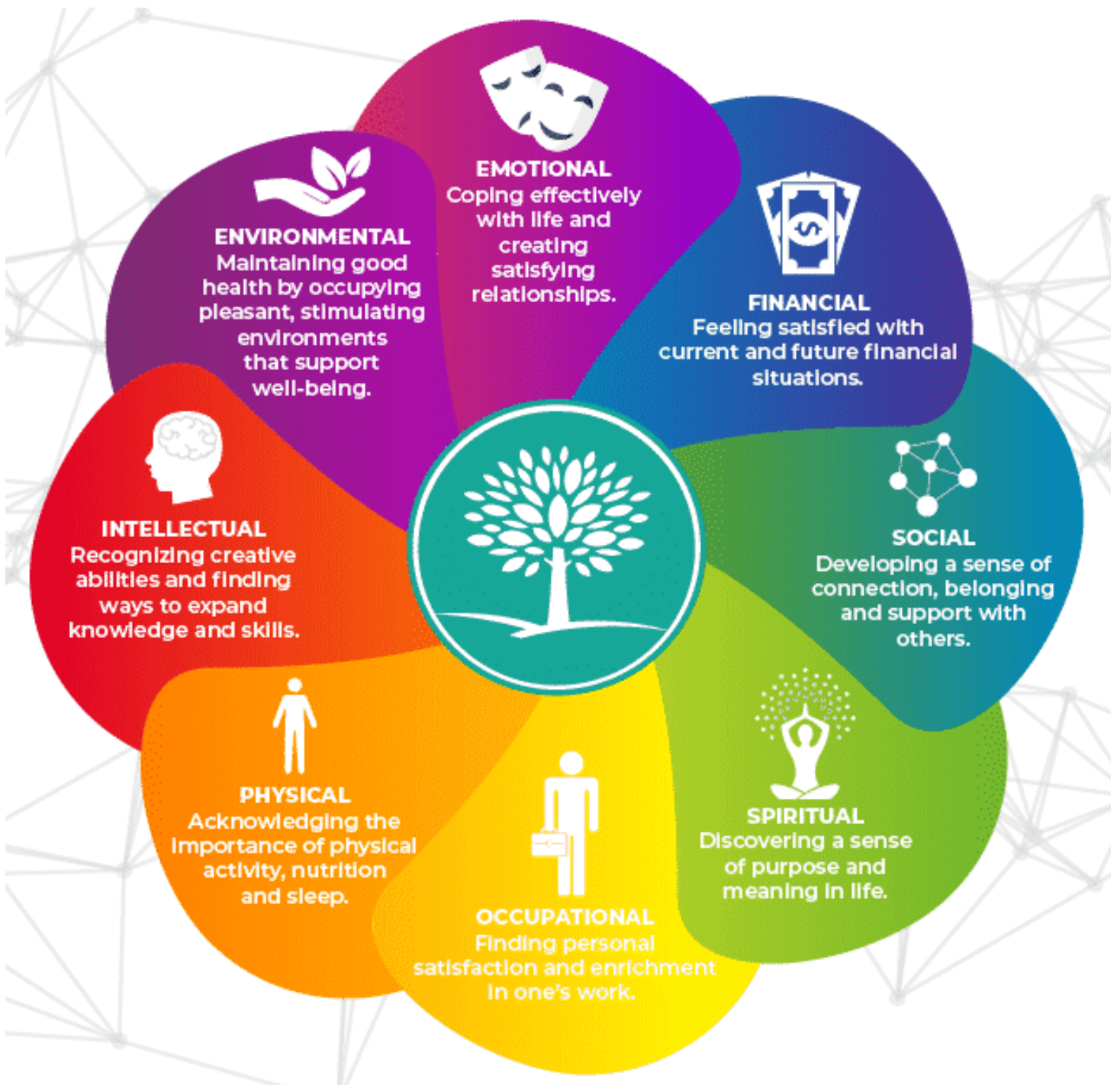
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The “Wellness Wheel”






The 8 Dimensions of Wellness

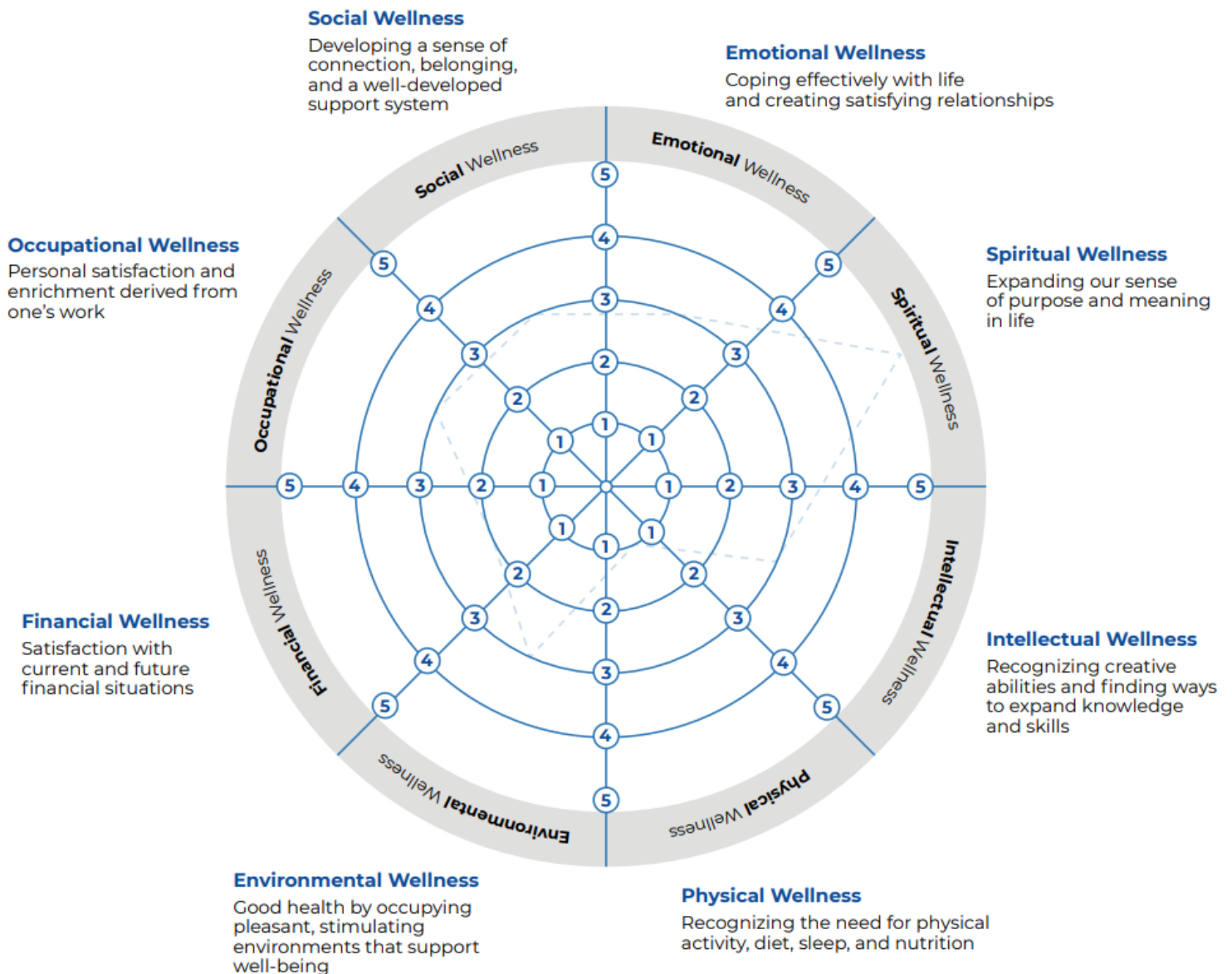


Your Wellness Wheel

Score your current level of happiness in each section of the wheel. Shade in the appropriate number of pieces of each piece of the wheel using the information below.

Also refer to the guiding questions to help you think.

-  1) I am very unhappy with this part of my life.
-  2) I am unhappy with this part of my life, but I haven't hit rock bottom.
-  3) This part of my life is pretty good but could still use some improvement.
-  4) I am content with this part of my life, but I can see a few tweaks that would make it even better.
-  5) I am completely happy and fulfilled in this part of my life – there is no room for improvement.



Guiding Questions

When filling out your wellness wheel, ask yourself...

- **Physical Wellness**
 - Do I eat a balanced nutritional diet? Do I eat healthy?
 - Do I exercise at least three times a week?
 - If I use alcohol or other substances, do I use them safely?
 - Do I get sick a lot?
 - Am I a healthy weight for my body height?
- **Financial Wellness**
 - Do I have a budget and am I able to save money?
 - Does my behavior reflect my beliefs and values about money?
 - Am I being smart with my money?
 - Do I have financial goals and plans for the future?
- **Intellectual Wellness**
 - Do I try to learn new things and exercise my brain?
 - Do I engage in mentally stimulating activities?
 - Do I learn new skills?
 - Do I have positive thoughts?
 - Do I spend time on personal and professional development (learning to improve myself)?
- **Emotional Wellness**
 - Am I able to express and communicate my feelings?
 - Do I have control over my emotions and how I am feeling?
 - Am I able to handle change?
 - Am I independent? Can I do things on my own?
 - Am I emotionally stable and balanced?
- **Social Wellness**
 - Can I resolve conflicts in all areas of my life?
 - Am I respectful of other people's feelings?
 - Do I communicate well with others?
 - Do I have people in my life that I can trust?
 - Am I able to set healthy boundaries?
 - Do I have a sense of belonging?
- **Spiritual Wellness**
 - Do I have a sense of meaning and purpose in life?
 - Do I trust other people?
 - Am I able to forgive myself and other people?
 - Do I have values and beliefs that I base my life around?
 - Do I have a feeling of inner peace?
- **Occupational Wellness**
 - What tasks at work or school do I enjoy?
 - What tasks do I dislike at work or school?
 - Do I communicate well with co-workers or other students?
 - Have I set realistic career goals?
 - Am I making progress toward your career goals?
- **Environmental Wellness**
 - Do I spend time outdoors enjoying nature?
 - Do I care about my surroundings to make it enjoyable?
 - Do I reuse and recycle products?
 - Do I keep my room and living spaces clean?
 - Do I care about the environmental pollution?

Physical Wellness



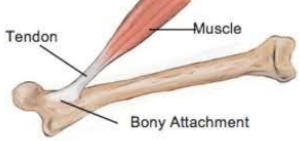

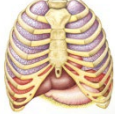

Human Anatomy

Bones





Skeletal System

There are 206 bones in the human body.

The function of the skeletal system is to:

<p>Produces red blood cells</p> 	<ul style="list-style-type: none"> Supports the body and gives its general shape 
<ul style="list-style-type: none"> Provide attachment for <i>tendons</i> and <i>ligaments</i> 	<ul style="list-style-type: none"> Allows movement 
<ul style="list-style-type: none"> Protect the vital organs (heart, lungs, brain) 	<ul style="list-style-type: none"> Stores important minerals 

There are 4 main types of bones:

<p>Short: fingers, foot</p> 	<p>Long: legs, arms</p> 
<p>Flat: chest, skull, patella</p> 	<p>Irregular: spine, ear</p> 



What does exercise do for the bones?

Regular Exercise

Mineral Content of Bones Increases

Bones Grow **Wider**

Bones will **grow to optimal length**

Your bones will be **stronger**

Your bones can take greater stress

Your natural size will be reached

Types of Joints

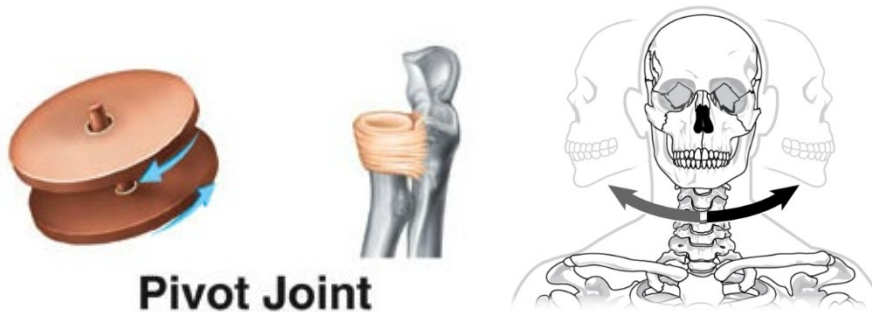
Ball & Socket Joint – example: shoulder (when you throw a ball you can swing your arm in a circle)



Hinge Joint – example: knee (when you kick your leg from the knee you use a hinge joint)

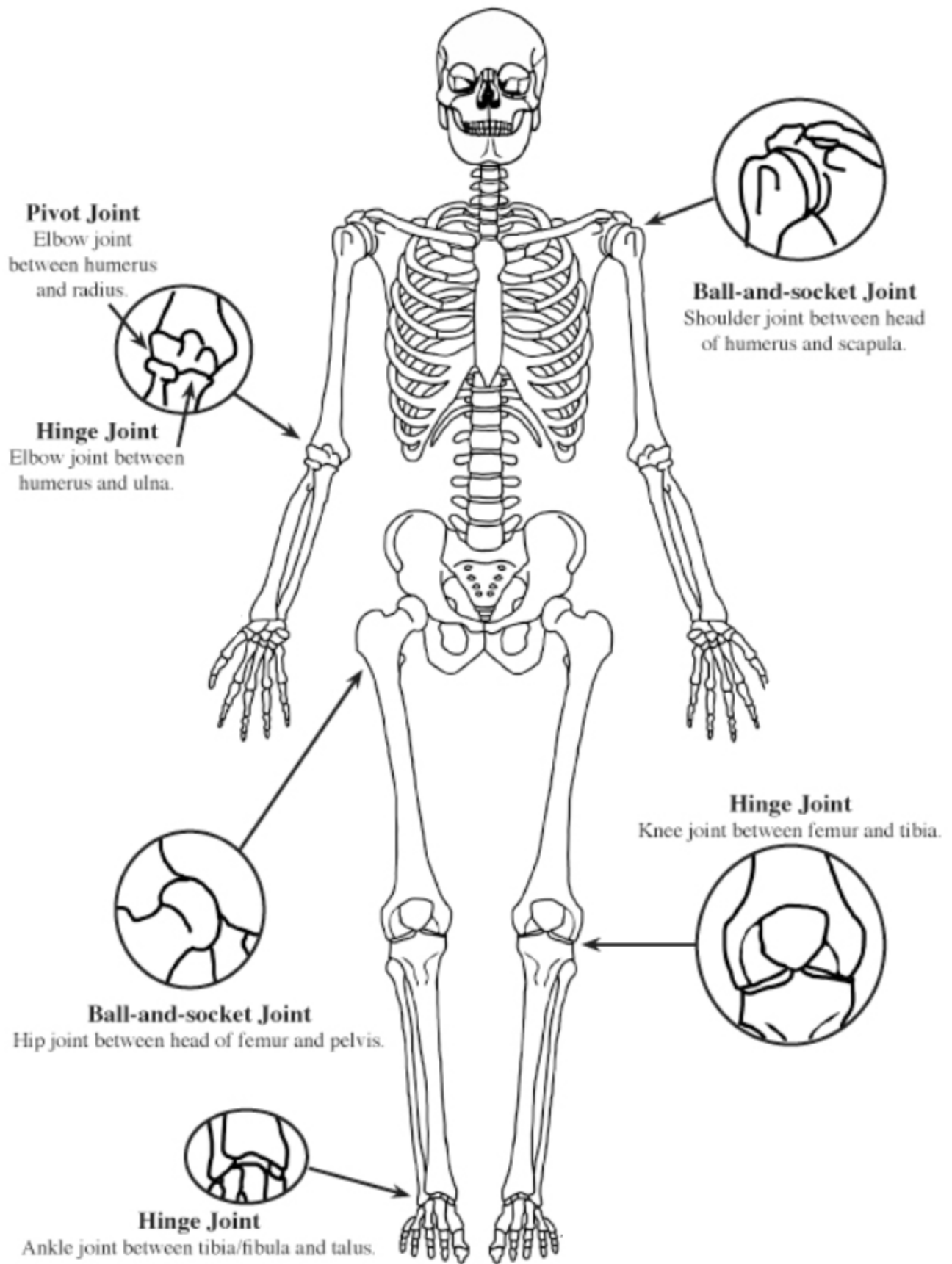


Pivot Joint – example: When you nod your head, one pivot joint moves. This joint connects your head to your neck



Gliding Joint – example: Spine (when you bend over to pick up an object, the gliding joints in your vertebrae are used)





Muscles

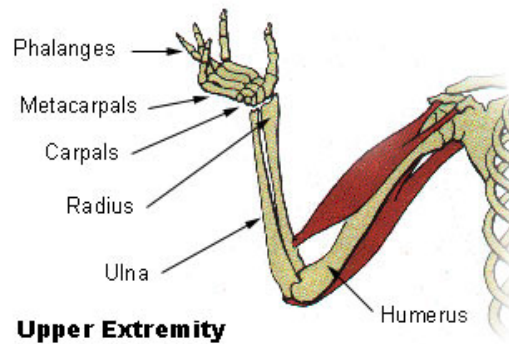
There are over 600 muscles in your body that function to move the skeleton.

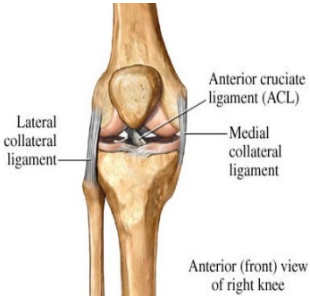

There are two types of muscle tissue:

1. **Voluntary Muscle System** – the *skeletal* muscles make up the voluntary muscle system. They are called voluntary muscles because **you have control** over movement in these muscles.
2. **Involuntary Muscle System** – the *cardiac and smooth* muscles make up the involuntary muscles system. These muscles control breathing, circulation and digestion. You have **no “real” control** over the cardiac and smooth muscles. They function automatically on their own.

How a Skeletal Muscle Moves:

The skeletal muscle *attaches across a joint* and attaches to the bones by means of *tendons*. When the brain sends a message to bend your arm, the muscle contracts. As it contracts, the muscle *shortens and pulls on the tendon* which in turn moves the lever – in this case, a bone.



<p>Ligaments:</p> <p>A ligament connects one bone to another bone</p>	<p>Knee</p> 	<p>Tendon:</p> <p>A tendon connects a muscle to a bone</p>	<p>Achilles tendon</p> 
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For a summary on today's lesson watch the video link:

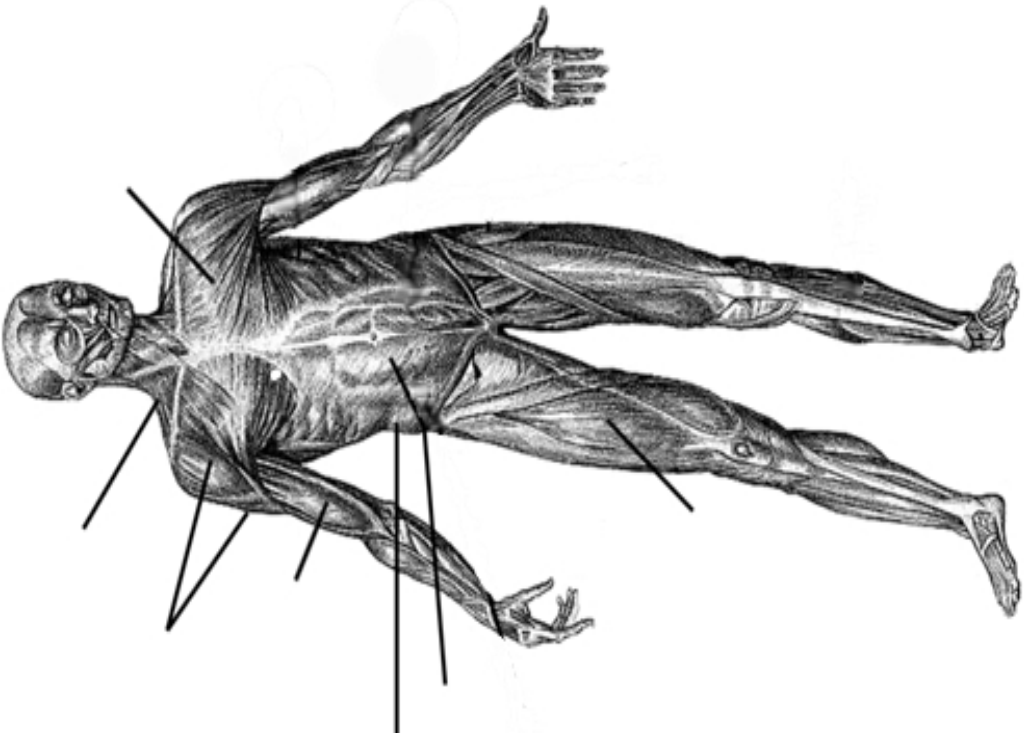
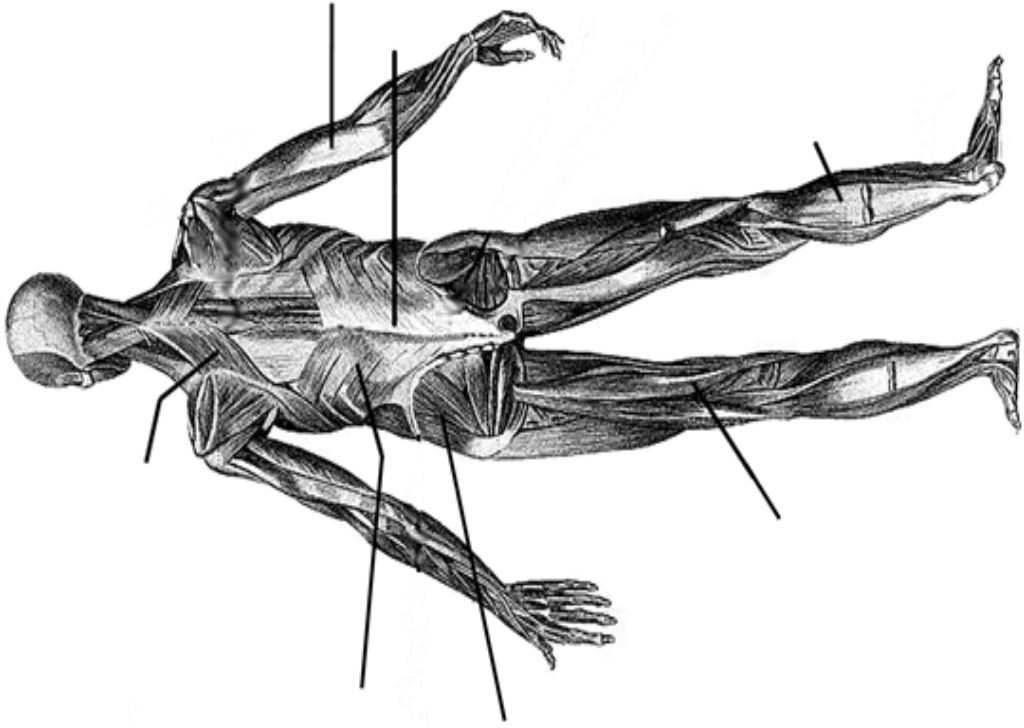


Muscle Anatomy

Label the diagram using the proper anatomical terms

**You will need to know the anatomical terms during this course


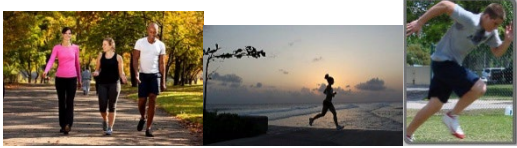


Body Part		Anatomical Term
A	Upper back	Trapezius
B	Chest	Pectoralis Major
C	Shoulder	Deltoid
D	Arm (front)	Bicep
E	Stomach	Rectus Abdominus
F	Stomach	External Oblique
G	Legs or Thighs	Quadricep
H	Back	Rhomboids
I	Back	Latissimus Dorsi
J	Back	Erector Spinae
K	Arm (back)	Triceps
L	Buttocks	Gluteus Maximus
M	Leg (back)	Hamstring
N	Lower Leg or Calf	Gastrocnemius



“The F.I.T.T. Principle”

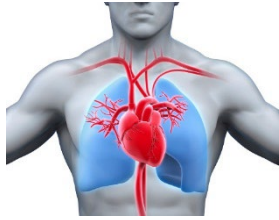
Think of The FITT principle as a set of rules that must be followed in order to benefit from any form of fitness training program or exercise program.

These rules relate to the **Frequency, Intensity, Type and Time (FITT)** of exercise...

<p style="text-align: center;">F = Frequency</p>	<p style="text-align: center;"><i>How often? How many times per week?</i></p> 
<p style="text-align: center;">I = Intensity</p>	 <p style="text-align: center;">Light Moderate Vigorous</p>
<p style="text-align: center;">T = Time</p>	<p style="text-align: center;"><i>How long? How many repetitions?</i></p> 
<p style="text-align: center;">T = Type</p>	<p style="text-align: center;"><i>What type of exercise?</i></p>  <p style="text-align: center;">Cardio Resistance Flexibility</p>

What is Cardio?

Cardio (Cardiovascular Endurance) – Continuous (without stopping) exercise that raises your heart rate and keeps it up for a period of time. Some people call it “Aerobic Exercise”.



Cardio makes your heart and lungs healthy.

**Words to know

Heart Rate (Pulse) - Your heart rate, or pulse, is the number of times your heart beats per minute.

Maximum Heart Rate (MHR) – How high your heart rate can go. (MHR = 208 – (0.7x your age)

Resting Heart Rate – Your heart rate taken right after you wake up in the morning.

Starting Heart Rate – Your heart rate taken right before you begin to exercise.

Working Heart Rate – Your heart rate taken right after activity is stopped.

Recovery Time – The amount of time it takes for your heart to return to normal after exercise.

** _____ and _____ are two things that tell us how healthy our cardio is.

What does Cardio feel like in our body?

How hard are we working?

My Maximum Heart Rate (MHR) = 220 - _____ your age = _____ bpm



Easy	Medium	Hard
Feels like: <ul style="list-style-type: none"> - Low Heart Rate - Easy breathing - It is easy to talk and say many words in a row 	Feels like: <ul style="list-style-type: none"> - Medium Heart Rate - Medium breathing - You can feel your breathing, but can still talk 	Feels like: <ul style="list-style-type: none"> - High Heart Rate - Heavy Breathing - Hard to talk and say many words in a row
60 – 70% of your Max Heart Rate 0.60 x MHR _____ = _____ 0.70 x MHR _____ = _____	70 – 80% of your Max Heart Rate 0.70 x MHR _____ = _____ 0.80 x MHR _____ = _____	80 – 90% of your Max Heart Rate 0.80 x MHR _____ = _____ 0.90 x MHR _____ = _____

How do I improve my Cardio?

	F Frequency	I Intensity	T Time	T Type
Cardiovascular endurance (Cardio)	<ul style="list-style-type: none"> 3 to 5 times per week 	<ul style="list-style-type: none"> moderate to vigorous intensity 	<ul style="list-style-type: none"> minimum of 20 minutes 	<ul style="list-style-type: none"> running cycling cross-country skiing (continuous motion of large muscle group[s])

The Heart Rate Lab

How to find your heart rate or “Pulse”

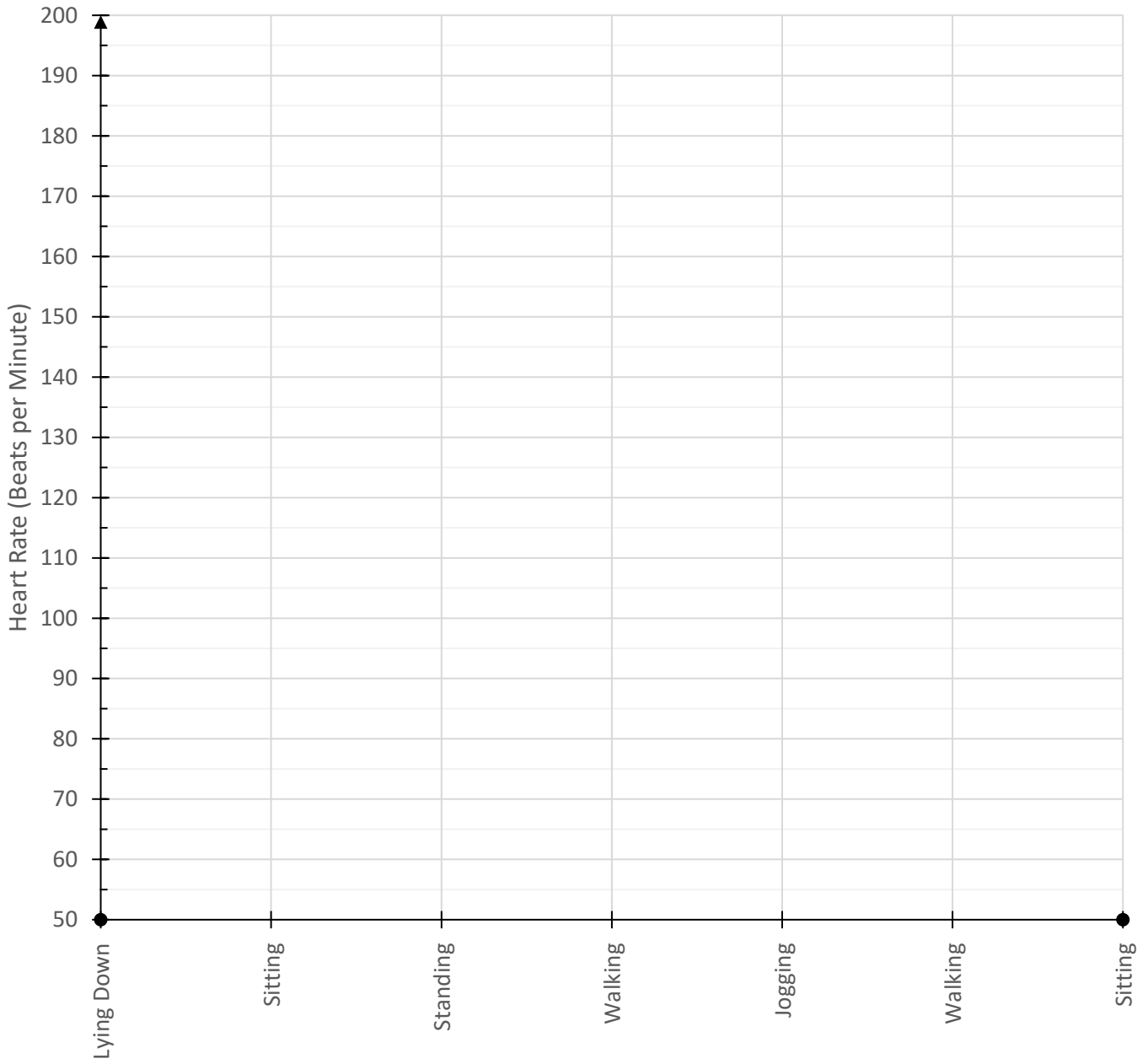


1. Take your heart rate for **15 seconds** after each activity and record it in the space provided.

<u>Activity</u>	<u>Heart Rate after counting for 15 seconds</u>		<u>Heart Rate in Beats per Minute (BPM)</u>
<i>Lie down for 1 minute</i>		X 4 =	
<i>Sit for 1 minute</i>		X 4 =	
<i>Stand for 1 minute</i>		X 4 =	
<i>Walk for 1 minute</i>		X 4 =	
<i>Jog for 1 minute</i>		X 4 =	
<i>Walk for 1 minute</i>		X 4 =	
<i>Sit for 1 minute</i>		X 4 =	



2. Using the Graph below as an example, on the following page in the blank graph, put in your results from the heart rate lab.

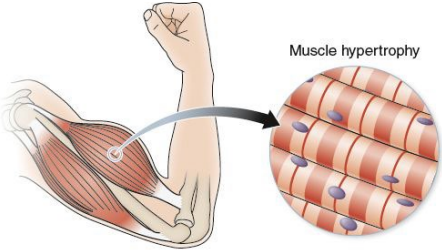
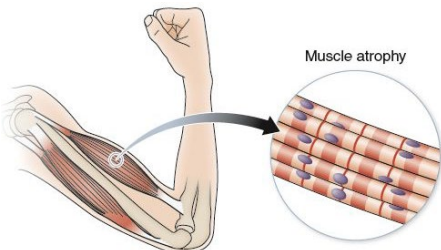
The Heart Rate Lab

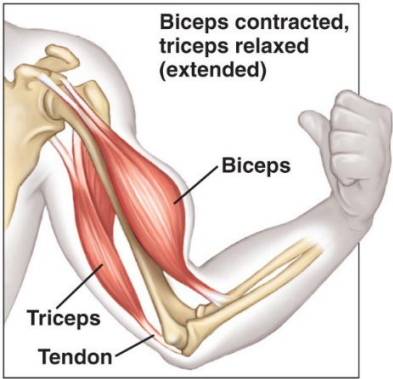
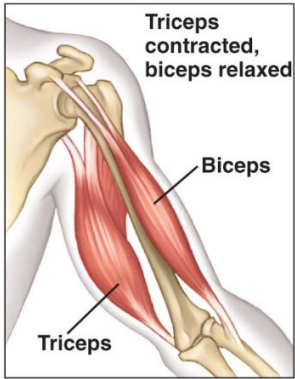


What happens to your heart rate when you start to exercise?

Muscular Strength and Muscular Endurance

<p><u>Muscular Strength</u> Training your muscles to lift a lot of weight</p> <p><i>How much weight can you lift?</i></p>  <p>Heavy Weights Low Reps (Less than 8 reps) Long Rest (30 seconds – 2 minutes)</p>	<p><u>Muscular Endurance</u> Training your muscles to lift a weight for a long time</p> <p><i>How many reps can you do?</i></p>  <p>Lighter Weights High Reps (More than 12) Short Rest (15 – 30 seconds)</p>
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<p><u>Hypertrophy</u> Increase in Muscle Size</p> 	<p><u>Atrophy</u> Decrease in Muscle Size</p> 
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<p><u>Agonist</u> Primary Muscle Mover</p>	<p><u>Antagonist</u> Performs opposite movement to primary muscle mover</p>	
<p>Bicep is Agonist Tricep is Antagonist</p>	 <p>Biceps contracted, triceps relaxed (extended)</p>	<p>Bicep is Antagonist Tricep is Agonist</p>
	 <p>Triceps contracted, biceps relaxed</p>	

How do I improve my Muscular Strength and Endurance?

	F Frequency	I Intensity	T Time	T Type
Muscular strength	<ul style="list-style-type: none"> alternate days 3 times per week 	<ul style="list-style-type: none"> high resistance 	<ul style="list-style-type: none"> 1 to 3 sets of 8 to 12 repetitions 	<ul style="list-style-type: none"> free weights universal gym tubing body weight
Muscular endurance		<ul style="list-style-type: none"> low to moderate resistance 	<ul style="list-style-type: none"> 3 sets of 15 to 20 repetitions 	<ul style="list-style-type: none"> free weights universal gym tubing body weight

Question...

Why is muscular strength and endurance training important for our health?

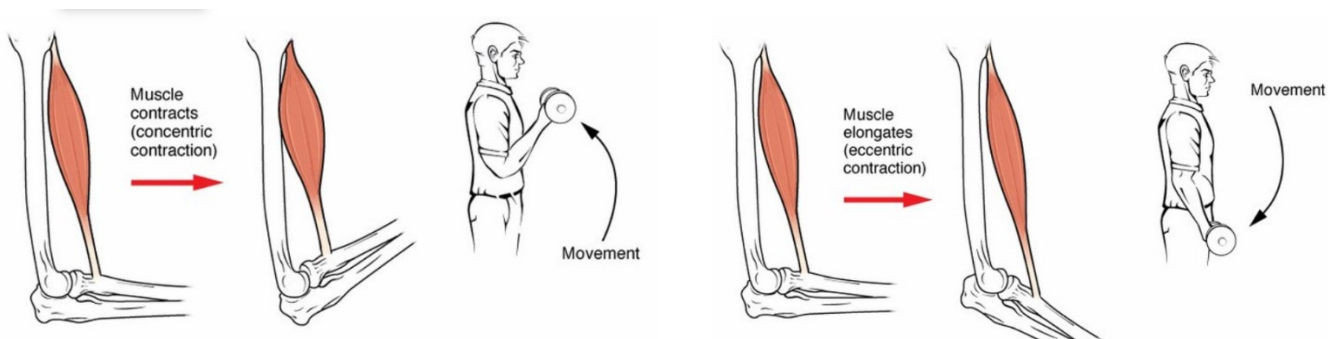
List 5 reasons

Muscle Contractions

When a muscle is moving, its muscle fibers are contracting (shortening and lengthening). There are 2 different types of muscle contractions:

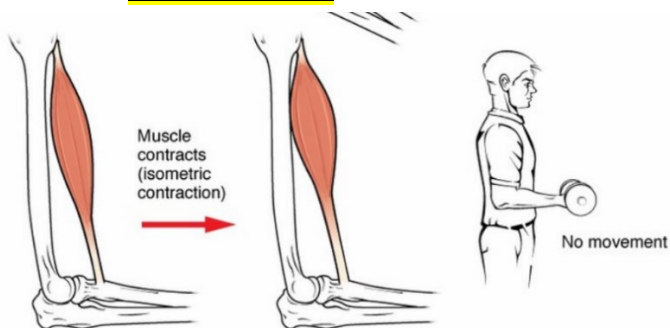
1. **Isotonic Contraction** – There is tension in the muscles as it **changes** lengths. Isotonic contractions can either be:
 - a. **Concentric contraction** – shortening of muscles
 - b. **Eccentric contraction** – lengthening of muscles

Isotonic is a moving muscle contraction



2. **Isometric Contraction** – There is tension in the muscle but **no change** in muscle length

Isometric is a not-moving muscle contraction



For more information on muscle contractions watch this video:



Scan Me

Try this Workout!

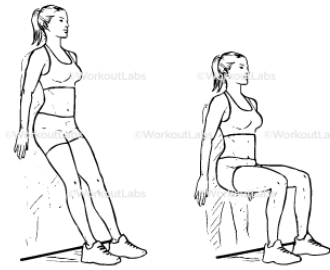
Identify which muscle(s) are used in each exercise, and if it is an ISOTONIC or ISOMETRIC exercise



10 Body Weight Squats x3

Muscle(s): _____

Isometric or Isotonic



30 Second Wall Squat x3

Muscle(s): _____

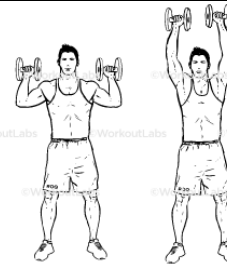
Isometric or Isotonic



20 second Lateral Raise hold x3

Muscle(s): _____

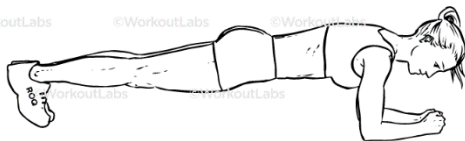
Isometric or Isotonic



10 Shoulder Presses x3

Muscle(s): _____

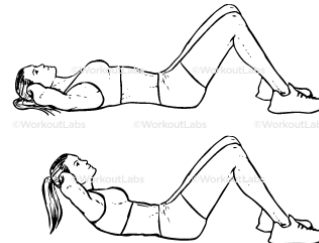
Isometric or Isotonic



30 second Plank x3

Muscle(s): _____

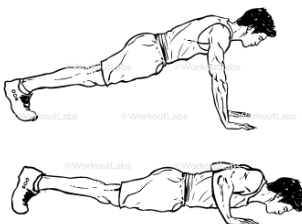
Isometric or Isotonic



15 Crunches x3

Muscle(s): _____

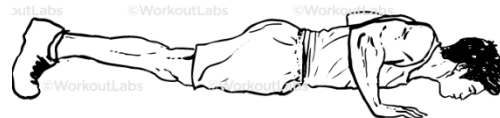
Isometric or Isotonic



10 Push-Ups x3

Muscle(s): _____

Isometric or Isotonic



20 second Static Hold Push-Up

Muscle(s): _____

Isometric or Isotonic

What is Flexibility?

Stretching or bending your muscles to make you move easier.

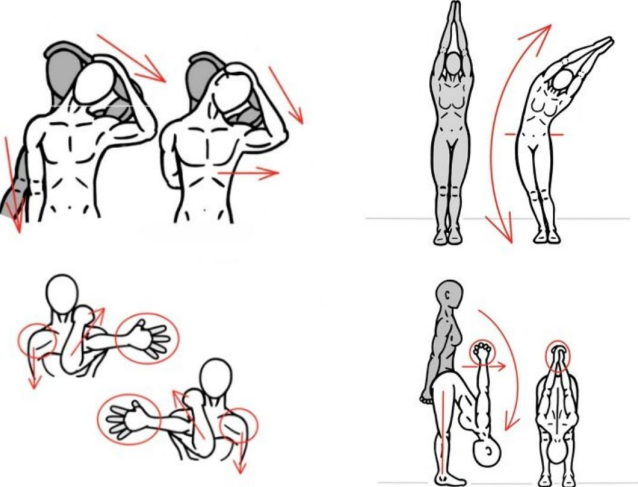
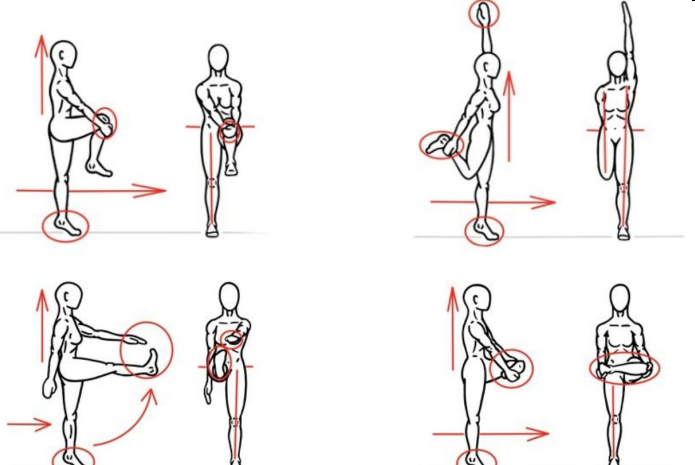
Stretching should be done:

- Everyday for 5 minutes
- On all parts of your body
- Slowly and safely
- Before and After Exercise.



How do I improve my Flexibility?

	F Frequency	I Intensity	T Time	T Type
Flexibility	<ul style="list-style-type: none"> • daily 	<ul style="list-style-type: none"> • slow and controlled movement 	<ul style="list-style-type: none"> • 20 to 30 seconds 	<ul style="list-style-type: none"> • static

Types of Stretching

<p>Static Stretching (Stretching while not moving) Stretching you do AFTER exercising Best used for a COOL DOWN</p>	
<p>Dynamic Stretching (Stretching while you move) Stretching you do BEFORE exercising Best done as a WARM-UP</p>	

Other types of Stretching

<p>Passive</p> <p>Using a partner or weight, the muscle being stretched is moved to its maximum point and held for 5 seconds</p>	
<p>P.N.F. (Proprioceptive Neuromuscular Facilitation)</p> <p>A more advanced form of flexibility training, which involves both the stretching and contracting of the muscle group being targeted.</p>	

Recovery Exercises

<p>Foam Rolling</p> <p>A type of exercise that may be used for many reasons, including reducing soreness, and eliminating muscle knots</p>	
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 <p>5 Minute Static Stretching Video YouTube</p>	 <p>Dynamic Stretching Warm-Up Track and Field YouTube</p>	 <p>Foam Rolling Video YouTube</p>
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Sleep Health

Teens typically need about 8-10 hours of sleep per night, but it is common for the average teen to get 7 hours or less per night.



What are some factors that prevent teens from getting enough sleep?

- **Shifting of the biological clock.** After puberty, a teen's internal clock shifts about 2 hours. For example, if a teen fell asleep by 9 pm before, he/she typically is not tired until after 11 pm. This also means that he/she naturally will want to sleep 2 hours later the following morning.
- **Early school start times.** Most school divisions start classes as early as 8 a.m., which means teens must get up as early as 6 a.m. to get ready and make it to school in a timely manner.
- **Having a busy social life.** Most teens partake in afterschool activities such as clubs, sports, part-time jobs, or household chores, on top of the homework that's assigned daily and must be completed each evening. Socializing also continues through phone and computer use, which can keep them up even later.

What is affected by not getting enough sleep?

- **Mood.** Not getting enough sleep can cause teens to be irritable and moody all day. Controlling their moods can be an issue, and they can find themselves frustrated or upset more easily.
- **Behavior.** Teens who are not getting enough sleep are more prone to risk-taking behaviors such as drinking alcohol and driving recklessly.
- **Thinking.** Sleep deprivation can result in attention problems, memory problems, lead to bad decision-making, slow down reaction time and stunt creativity. These are all important for academic success.
- **Academic performance.** Teens who are sleep deprived are more likely to do poorly in school, fall asleep during class, have multiple school absences or be consistently late or absent.
- **Athletic performance.** Sleep deprived teens are more likely to perform poorly in after-school sports due to slower reaction times.
- **Driving.** Teens are the most prone to fall asleep while behind the wheel. This can be highly dangerous, especially combined with other negative effects such as slower reaction times and being easily distracted.

What can I do?

- **Keep track of sleep patterns and schedules.**
- **Maintain a regular sleep schedule.** Teens should be going to bed and waking up at around the same time every day, including non-school nights. Try to keep the difference in sleep and wake times within one hour.
- **Be consistent on weekends.** Although teens can stay up a little longer, they should not sleep in to catch up on sleep they missed during the week. It will make it harder to get back on track for their regular schedule.
- **Create a sleep-friendly physical environment.**

- **The bedroom should be comfortable, cool, quiet, and dark.** A bedroom that is warmer than **75 F degrees (23-24 C)** can make it harder to fall and stay asleep.



- **The bed should only be used for sleeping.** Try not to do homework, read a book, or listen to music in bed.
- **Keep a consistent bedtime routine.** Try to “wind down” by doing less stimulating activities such as reading or listening to calm music. Do not use this time to watch television, cram in more studying, use the computer, talk on the phone, or exercise.

Here are some additional important tips:

Try to:

- **Incorporate exercise into your daily routine.** It may help you fall asleep more easily and sleep more deeply.
- **Take a break and go outside for some time every day, especially in the morning.** Getting sun exposure helps your body keep its internal clock on track.
- **Eat meals regularly and avoid going to bed on an empty stomach.** However, do not eat a full meal an hour before bed, and try to opt for a light snack instead.

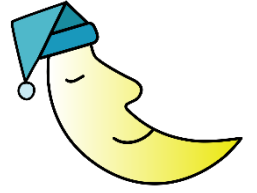
Avoid:

- **Caffeine.** Avoid consuming caffeine (i.e. soda, coffee, tea, energy drinks or chocolate) in the late afternoon or evening.
- **Alcohol.** Alcohol is not only bad for your overall health, but it also disrupts sleep. You may have night awakenings.
- **Smoking.** Smoking also disrupts sleep. It is best for your health not to smoke at all, but try to not smoke for at least an hour before bedtime if you do.
- **Sleeping pills.** Do not use sleeping pills or other over-the-counter sleep aids. They can potentially be dangerous and you may depend on them once your sleep problems return.



Sleep Questions

Why do people not get enough sleep?



What are some factors that prevent teens from getting enough sleep?

What is affected by not getting enough sleep?

What can you do to help your sleep schedule?

HEALTHY SLEEP FOR TEENAGERS

COMMON PROBLEMS

- **CIRCADIAN RHYTHM SHIFT**
when kids' rhythm shifts to a later bedtime because of the puberty and changes in the bodies
- **LARGE WORKLOAD**
not enough free time
- **TOO MUCH SCREEN TIME**
- **NOT ENOUGH ACTIVITY**
even when kids are super busy with school, they don't get enough exercise, which also influences their sleep quality in a bad way



HEALTHIER
TEENAGER

HELPFUL TIPS & TRICKS

- **PEACEFUL ATMOSPHERE**

Try to create a peaceful atmosphere in the house before bed. It might be hard to relax after a busy day, but both you and your teen need this. This will help your kid calm down and get into a sleepier mindset.

- **LIMIT THE EVENING ACTIVITIES**

Even homework in the evening can ruin your kid's sleep. Just like sports and home responsibilities. It's better to leave at least one free hour before bed when your kid doesn't have to do anything and can simply relax.

- **REGULAR SLEEP SCHEDULE**

Encourage a regular sleep schedule. Instead of sleeping in on weekends, suggest some family morning activities (e.g. shopping, cleaning, or cooking together).

- **REGULAR EXERCISE**

Regular exercise is great for both: your child's health and their sleep quality. At least 30 minutes a day would be perfect.

- **REDUCE ANXIETY**

Teenagers oftentimes suffer from different forms of anxiety, which can mess up their sleep schedule. You can implement some stress relieving exercises in your house and do them with your kid so that he or she wouldn't feel awkward doing them alone.

- **SHORT NAPS**

Allow them to have short naps during the day.

- **LIMIT CAFFEINE**

preferably after 4 p.m.

- **DISCOURAGE ALCOHOL, SMOKING, AND DRUGS**

Of course, you can't control your child and monitor everything that he or she does. However, you can at least educate them about the negative consequences of these harmful habits.

TED TALK VIDEO – Sleep is your Superpower!



Before the Talk

1. How have you seen the lack of sleep impact you physically and/or mentally? Explain below

During the Talk

2. Finish the Quote: “In addition, men who routinely sleep just four to five hours a night will have a level of _____ which is that of someone _____ years their senior.”
3. True or False: You only need sleep after learning new information to help store it in your brain.
4. What were the two experimental groups in his experiment?
5. Their experiment showed that there was a _____ deficit in the ability of the brain to make memories without sleep.
6. Which part of your brain is the information inbox and is good at receiving new memories?
7. What impact did sleep deprivation have on this part of the brain?
8. Name the two things that were recently found to be interrelated:
9. What is direct current brain stimulation?

10. Finish the Quote: "Or I could tell you about sleep loss and your cardiovascular system, and that all it takes is one hour. Because there is a global experiment performed on 1.6 billion people across 70 countries twice a year, and it's called _____ time. Now, in the spring, when we lose one hour of sleep, we see a subsequent _____ increase in heart attacks that following day. In the autumn, when we gain an hour of sleep, we see a _____ reduction in heart attacks. Isn't that incredible? And you see exactly the same profile for car crashes, road traffic accidents, even _____."
11. What is considered to be the secret service agents of your immune system?
12. What type of work is considered to be a probable carcinogen for cancer because of its disruption to your sleep-wake rhythms?
13. Finish the Quote: "There's a simple truth: the shorter your sleep, the shorter your life. Short sleep predicts _____ - _____."
14. He discussed how lack of sleep impacts our DNA genetic code. Name one type of gene that increased due to lack of sleep:
15. Which two pieces of advice, shown on the screen behind him, were listed as tips for better sleep? - -
16. Finish the Quote: "And then finally, in taking a step back, then, what is the mission-critical statement here? Well, I think it may be this: sleep, unfortunately, is not an optional lifestyle luxury. Sleep is a _____ necessity. It is your life-support system, and it is Mother Nature's best effort yet at _____."
17. What does he compare sleep, the most powerful elixir of life, to towards the end of his talk?

Nutrition

How Does Food Affect My Body?

The Six Essential Nutrients

1. Carbohydrates
2. Fats
3. Proteins
4. Vitamins
5. Minerals
6. Water

‘Essential’ means that our bodies cannot make them. We need to eat them.

We need these essential nutrients for energy, building and maintaining our body tissues, and regulating our bodily functions.

Energy-Providing Nutrients

Three nutrients provide the body with energy. Your body uses them in this order:

1. Carbohydrates – 4 calories per gram
2. Fats – 9 calories per gram
3. Proteins – 4 calories per gram



- We get around 60% of our daily energy from carbohydrates.
- Active individuals should eat lots of carbohydrates for competing in endurance events.
- If we don't use all the energy from carbohydrates, our body stores it as fat.



- Fats are also called “lipids” and gives us LOTS of energy.
- Fats keep our bodies warm and protect our organs (like our stomach and intestines)

SATURATED FAT

VS

UNSATURATED FAT



Solid at room temperature

Found in animal products

Linked to cardiovascular disease

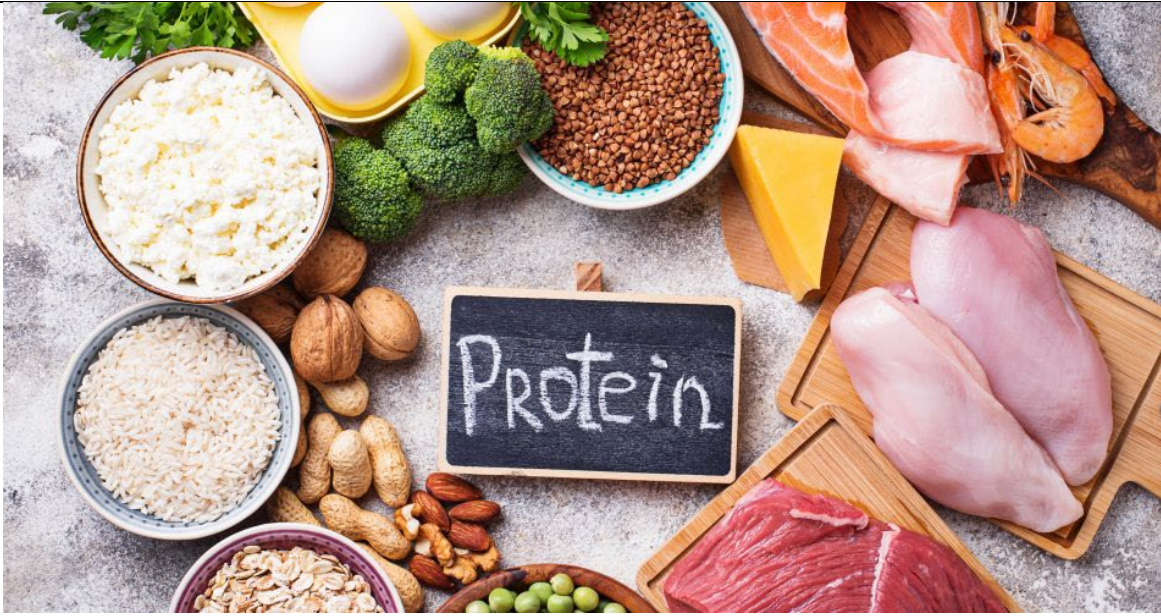


Liquid at room temperature

Found in plant products

Not linked to cardiovascular disease

Cholesterol is a type of saturated fat that can get stuck in your arteries and cause problems for your heart, like heart disease.



- Every part of our bodies are made from protein, including our muscles, our bones, our blood, and our hormones and enzymes.
- We should get 10-15% of our daily energy from protein.
- Any protein that our bodies don't use, get stored as fat or we eliminate it in our urine.

Vitamins & Minerals

- Vitamins are organic substances that our bodies need to keep working normally. They help us grow, reproduce and stay healthy.
- Minerals are tiny pieces of elements that our bodies need to keep working normally. They help us have strong teeth and bones, and turn our food into energy.
- If you follow the Canadian Food Guide and eat a balanced diet, you should not need to eat any vitamin or mineral pills, unless your doctor says that you should.



Water



- Approximately 70% of our body is made from water!
- Here are some things that water does for our bodies:
 - Helps us control our body temperature
 - Helps our digestive system to pull out nutrients from our food
 - Carries oxygen and nutrients around our body to where they are needed
 - Helps eliminate waste from our body
 - And many other things!
 - There is no set amount of water that you should drink in a day, just whenever you are thirsty.

Further Reading Links:

Britannica Encyclopedia School Readings on Nutrition

Basic Info:	Advanced Info:	Expert Info:
		

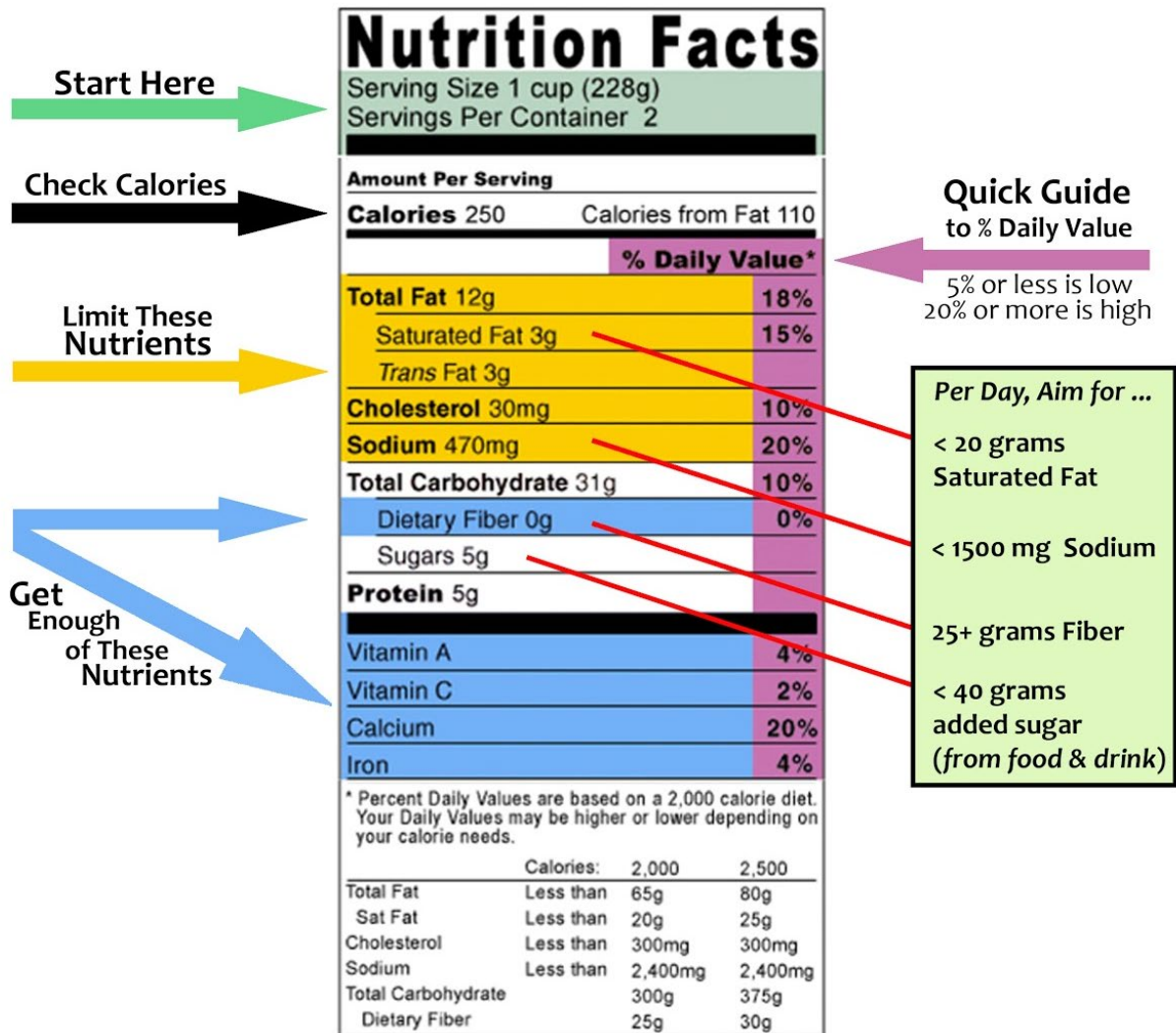
How Does Food Affect My Body? –Questions

1. What are the six essential nutrients and how do they affect our bodies? Please give as much detail as possible. Put it in your own words!

<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

Bonus Question: What were three things that you learned today that you did not know before?

What should I look for in my food?



Start Here: The serving size tells you how much food you need to eat for the nutritional measurements. If you are going to eat more than the serving size, you will be getting more of each of the nutrients below.

Check Calories: Calories are NOT a nutrient. Calories just tell you how much energy is in your food.

Limit These Nutrients: Try to not have too much of these nutrients in your diet. It is very easy to have too much of them, and they can be bad for our health.

Get Enough of These Nutrients: These nutrients are good for you! Try to eat food that give you lots of these nutrients.

Daily Value (%): These tell you how much of each nutrient you are getting out of a healthy daily amount. In a perfect world, you should get 100% of each nutrient very day. Realistically, they tell you if your food has a lot (20% or more) or a little (5% or less) of each nutrient.

Ingredients Lists



INGREDIENTS:



Milk Chocolate (Sugar, Cocoa Butter, Chocolate, Skim Milk, Lactose, Milkfat, Soy Lecithin, Artificial Flavor), Peanuts, Corn Syrup, Sugar, Palm Oil, Skim Milk, Lactose, Salt, Egg Whites, Artificial Flavor.

- 1) Ingredients are listed from most to least amount in the food.
- 2) In general, you should choose products that have less ingredients.
- 3) There are certain ingredients that you should limit: Saturated Fat, Trans Fat, Sodium, and Sugars (these end in “ose”, e.g. fructose).

Food Advertising Claims



Food companies will make lots of claims about how healthy their products are on the labels. You should ignore these and use YOUR knowledge about nutrition labels to decide if the product is healthy or not. If there is still lots of sugar, sodium or bad fats in the food, it’s not healthy!

Canada Food Guide Nutrition Labels:	Canada Food Guide Nutritional Claims:
	

Comparing Nutritional Information

Instructions: Select 2 products that are very similar (such as 2 cereal boxes or 2 drink containers). Compare the facts from each product by reading the nutrition label and then answer the following questions:

- 1) Are the serving sizes the same? If not, how different are they?

- 2) Taking the serving sizes into account, which product has more calories? By how many calories?

- 3) Which product has more carbohydrates?

- 4) Which product has more fat? By how much?

- 5) Which product has more dietary fibre?


- 6) Based on the ingredient lists, which ingredients would you consider healthy? Which ingredients should you limit?

- 7) After comparing the nutrient labels, **which product do you think would be a healthier choice?** Explain your response in detail.

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day




Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Healthy eating is more than the foods you eat




Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others






Use food labels

Limit foods high in sodium, sugars or saturated fat

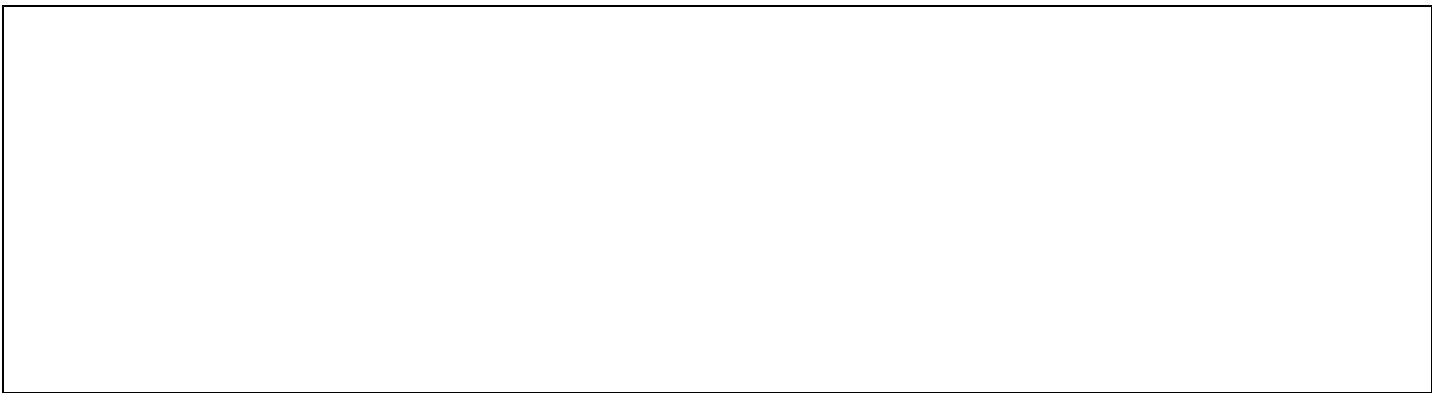
Be aware of food marketing

Discover your food guide at **Canada.ca/FoodGuide**

 Health Canada  Santé Canada



Canada's Food Guide is telling me...



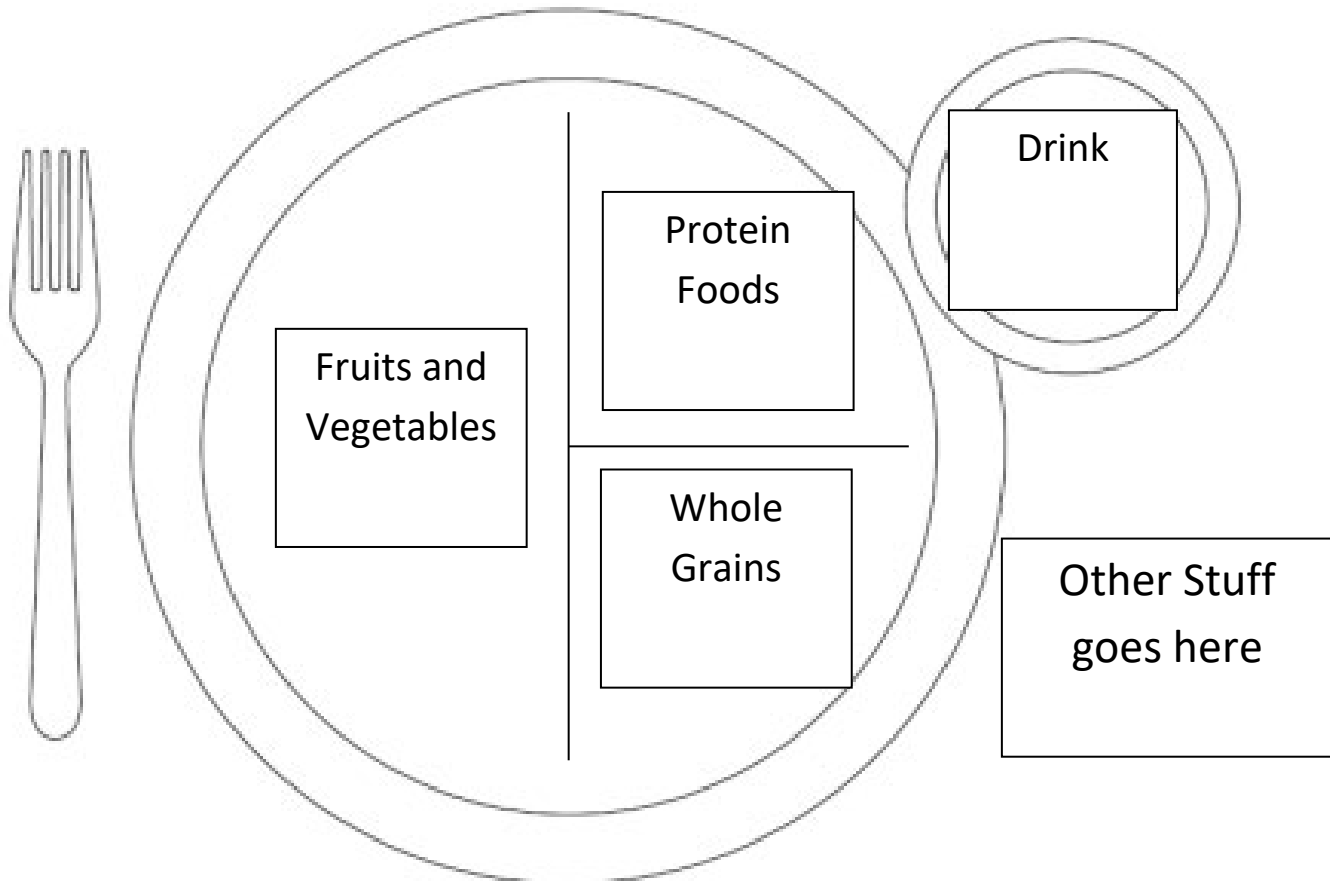
How Healthy do you Eat?

Part 1: 1-Day Food Tracker

Write down EVERYTHING you eat AND drink during the day on the respective food logs. Remembering to write down how much of that particular food you ate for breakfast, lunch, dinner. Make sure to record any snacks you may have had during the day.

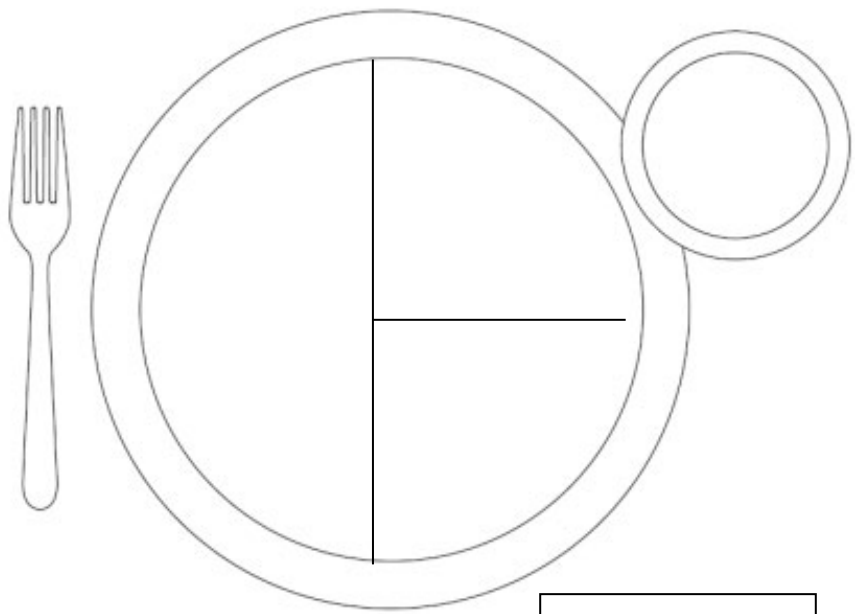
Using the sample *eat well plate* below as a guide, write the foods onto the appropriate blank diagrams, in the appropriate sections. If you consumed any healthy beverages (water or dairy) make sure to include it on your diagram. Only write down a food item on the plate if it fits the plate criteria (example: do not put French fries under whole grains). You may or may not have empty spaces on your plate.

Unhealthy foods such as soda, candy and desserts should be shown in the box called “other”, since they are not as nutritious, and should not be consumed as often as what is on your plate.



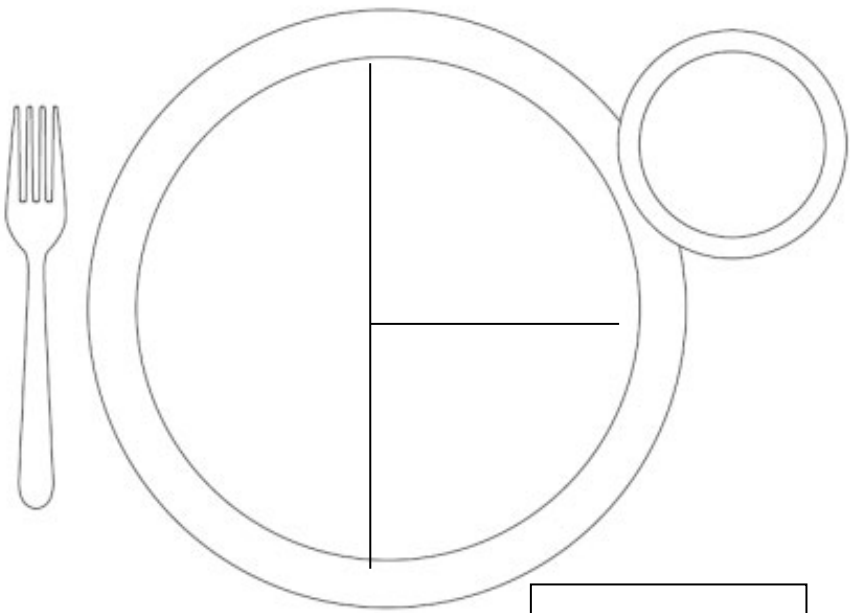
Breakfast Food Log

Foods Serving Amount



Is this plate balanced? YES NO

If no, what could you add to make it more balanced?



Lunch Food Log

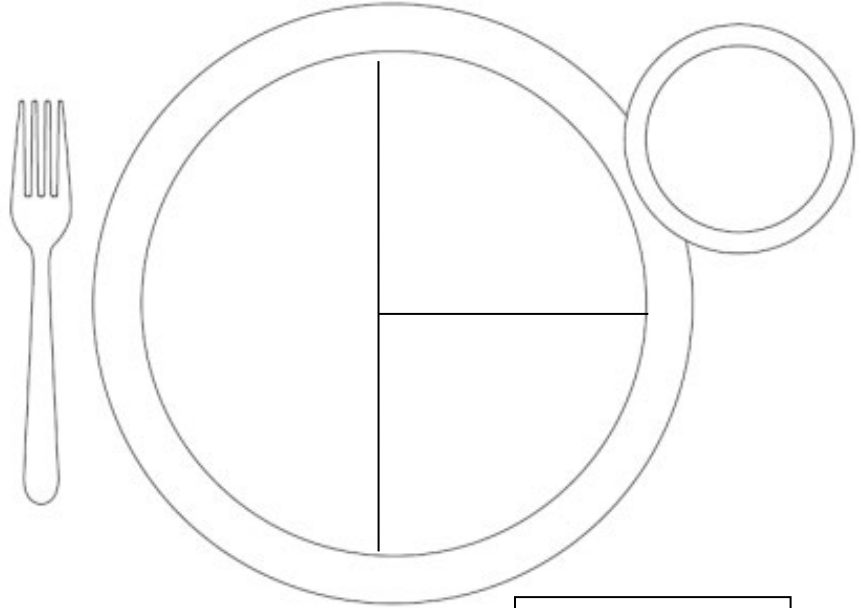
Foods Serving Amount

Is this plate balanced? YES NO

If no, what could you add to make it more balanced?

Dinner Food Log

Foods Serving Amount



Is this plate balanced? YES NO

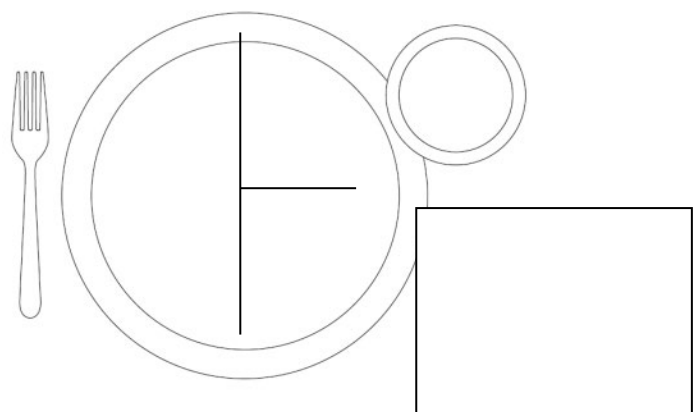
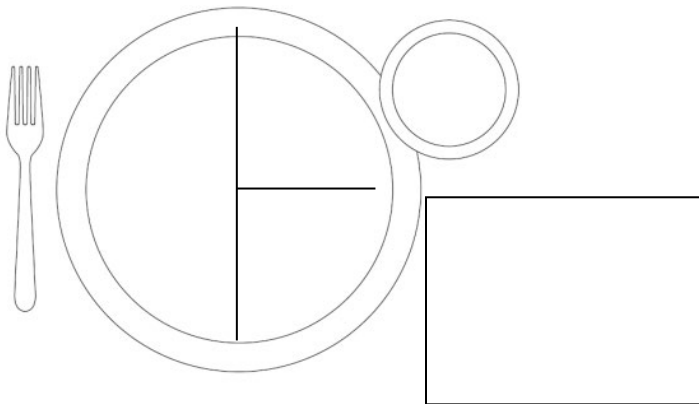
If no, what could you add to make it more balanced?

Snack Food Log

Foods Serving Amount

Snack Food Log

Foods Serving Amount



Is this plate balanced? YES NO

If no, what could you add to make it more balanced?

Is this plate balanced? YES NO

If no, what could you add to make it more balanced?

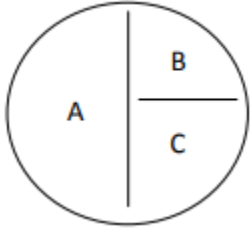
Part 2: Canada's Food Guide

Access the food guide by following this link: <https://food-guide.canada.ca/en/>



1. Look at the plate seen on the main screen for Canada's Food Guide. Name the three main categories seen on the plate.

- a. _____
 b. _____
 c. _____



2. List one food in each category pictured on the plate, and one food that could be in the category, but is not pictured.

- a. On the plate _____ Not on the plate _____
 b. On the plate _____ Not on the plate _____
 c. On the plate _____ Not on the plate _____

Look on page two of the snapshot on the main page, "*Healthy eating is more than the foods you eat,*" to answer the following questions:

3. Click on the first box, "*Be mindful of your eating habits.*" What does it mean to be mindful of your eating habits?
4. On the left side toolbar, click on "*Take Time to Eat.*" Read this section and list one benefit of taking time to eat, and one way we can take time to eat.

Benefit: _____

How I can take time to eat: _____

5. Click on the "*Cook more often*" box. List three benefits of cooking more often. (3 marks)

- a. _____
 b. _____
 c. _____

6. Click on the *“Enjoy your food”* box. Read the *“How to enjoy your food”* section and list two ways that you already enjoy your food (for example: paying attention to taste or eating with family).

- a. _____
b. _____

7. Click on the *“Eat meals with others”* box. List three ways you may benefit from enjoying meals with others:

- a. _____
b. _____
c. _____

8. Click on the *“Use food labels”* box. List two ways food labels can help us.

- a. _____ b. _____

9. Click on the *“Limit highly processed foods”* box.

What are highly processed foods?

List 3 examples of highly processed foods:

- a. _____
b. _____
c. _____

10. Click on the *“Be aware of food marketing”* box. Read the *“Marketing can influence your food choices”* page and name the last food advertisement you can remember seeing or hearing (TV commercial, radio commercial, Facebook post, poster, sign at a restaurant, Logo on a vending machine).

11. Click on the Canada Food Guide logo in the top right corner to be taken back to the main screen. On the left side toolbar, click *“Tips.”* Find the *“Healthy Eating and the Environment section.”* Name 2 things you can do to make environmentally-friendly choices.

12. Click on the Canada Food Guide logo in the top right corner to be taken back to the main screen. On the left side toolbar, click *“Recipes.”* Look through all the healthy and delicious recipes listed on the Recipe page, and choose one recipe you would be interested in making at home, or at school. (1 marks)

What are the different types of drugs? - Facts

What is a drug?: A drug is a substance that causes a physical, emotional or behavioral 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

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.

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 very quickly?

Addictions - Basic	Drug Classifications - Advanced	Marijuana Information - Advanced
		

What are the different types of 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?

What factors should you consider before taking a drug?

Mental & Emotional Wellness

What is Stigma?

- A bad, negative, or unfavorable attitude towards a group of people
- Makes a person feel like he or she is different from other “normal” people
- Stigma marks an entire group of people as socially different, unacceptable or undesirable. This can lead to discrimination.

Stigma can happen anywhere...

With friends and family, who might not understand what the person is going through and may be reluctant to tell others about their diagnosis

At school, where other people can be very mean and bully someone simply because they are seen as different

In the media, where people with mental illnesses are portrayed as violent, amusing, or even weak.

In the workplace, where a person could be ignored for promotion or isolated from their co-workers.

Provide your opinion on each statement.

STATEMENT	Strongly Agree	Agree	Disagree	Strongly Disagree
1. People are more understanding and accepting of people’s bad				
2. All schools and workplaces should have events or classes that talk about mental health.				
3. People with mental illness do not need help, they will get better on their own.				
4. A mental illness is a sign of weakness.				
5. People with a mental illness are not as smart as people without a mental illness.				
6. Mainstream media (television, music, and movies) give good examples of mental health and mental illness.				

 <p>“Break the Stigma” YouTube</p>	 <p>“Reducing Stigma” YouTube</p>	 <p>“Mental Health 101” YouTube</p>	 <p>Kids Help Phone Contact Information</p>
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List things on this line that might happen to you in your life that cause stress.

Birth

A vertical black line is drawn from the bottom of the 'Birth' box to the top of the 'Death' box. The 'Birth' box is a white rectangle with a black border, containing the word 'Birth' in black text. The 'Death' box is a white rectangle with a black border, containing the word 'Death' in black text.

Death

Stress

Directions:

- 1) Pick 2 stressors in your life.
- 2) What is one negative response you might have for each stressor?
- 3) Explain why it is not be an effective way to respond to the stress.
- 4) What are 2 positive responses you might have for each stressor?
- 5) Pick one positive response and explain why you would choose this to help manage your stress.

Stressor 1:	Stressor 2:
Negative Stress Response	Negative Stress Response
Why it's not effective:	Why it's not effective:
Positive Stress Management Response: 1) 2)	Positive Stress Management Response: 1) 2)
The stress management response I would pick is: Why?	The stress management response I would pick is: Why?

Social Wellness

How do we show Kindness & Empathy?

Kindness – Being friendly, generous, and considerate.

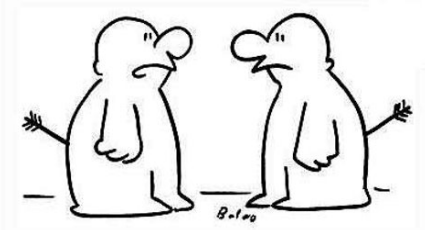
What was the last thing you did to be KIND?

WHAT DID YOU DO?	
WHO DID YOU DO IT FOR?	
WHY DID YOU DO IT?	
HOW DID IT MAKE YOU FEEL?	

What does Kindness....		
LOOK like	SOUND like	FEEL like
<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • •

How can we make Kindness in...			
Our School?	Our Community?	Our Family?	Your own life (YOU)?
<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • •

Empathy - "the ability to understand and share the feelings another person."



of

Do you show Empathy?

Directions:

Read each item below. Circle "yes" if the statement describes you or "no" if it does not.

"I know exactly how you feel."

if it

I often think about other people's feelings.	Yes	No
I don't make fun of other people because I can imagine what it feels like to be in their shoes.	Yes	No
I listen to others about what they're going through.	Yes	No
I try to understand other people's point of view.	Yes	No
I am aware that not everyone reacts to situations the same way I do.	Yes	No

What does Empathy...		
Look like?	Sound like?	Feel like?
•	•	•
•	•	•
•	•	•

A friend is talking to you about something that makes them very sad, and is difficult to share. Your friend is hurt, and they are asking you to listen to them.

What are 3 helpful things you can do when you are listening to them?

1)

2)

3)

Values

What would you do?

Place the symbol in the box



= YES



= NO

Explain Why you chose Yes or No

	Take credit for work that was done by someone else. Why? _____
	"Borrow" small items, such as office supplies, for home use. Why? Why? _____
	Let someone else take credit for work that you did. Why? _____
	Keep \$100.00 that you found on the sidewalk. Why? _____
	Tell someone they smelled bad. Why? _____
	Call the police if you witnessed a robbery. Why? _____

What is a Value?

Values are THINGS THAT WE BELIEVE IN and PRACTICES we prize or cherish. It is something we feel strongly about, and makes us who we are, and makes us make certain decisions about things in our life.

Examples

- Being honest with others
- Volunteering time and skills in the community
- Treating everyone equally regardless of ethnicity, race, religion, or sexual orientation
- Making healthy choices about exercise and food we eat
- Having the latest clothes and technology

From this list of values, Circle 10 of the most important values to you.

Achievement	Friendships	Physical challenge
Advancement and promotion	Good relationships	Pleasure
Adventure	Growth	Power and authority
Affection (love and caring)	Happiness with a Job	Privacy
Arts	Hard Work and Effort	Public service
Challenging problems	Having a family	Purity
Change and variety	Helping other people	Quality of what I take part in
Close relationships	Helping society	Recognition (getting praise from others)
Community	History (the past)	Religion
Competition	Honesty	Reputation (what people think of me)
Cooperation	Independence	Responsibility and accountability
Country	Influencing others	Security
Creativity	Inner peace	Sex
Decisiveness (making decisions)	Intimacy	Self-respect
Democracy	Integrity	Social Justice
Economic security	Intellectual status	Sophistication
Effectiveness	Involvement	Stability
Efficiency	Knowledge	Status
Ethics (what is right and wrong)	Leadership	Supervising others
Excellence	Location	Truth
Excitement	Loyalty	Understanding
Fairness	Meaningful work	Wealth
Fame	Money	Wisdom
Financial gain	Nature	Work under pressure
Freedom	Personal development (getting better)	Work with others
Free Time		Working alone
	OTHERS: _____	

Now that you have circled 10, imagine you could only have 5 values. Cross off the worst 5 of them. You will be left with your TOP 5. Which five would you give up?

Now imagine that you are only allowed 4. Which would give up? Cross 1 more off.

Now cross off another, to bring our list down to 3.

And another, to bring your list to 2.

Finally, cross off 1 of your 2 values. Which is the one item on the list that you care most about?

Your most important value you picked is _____.

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:

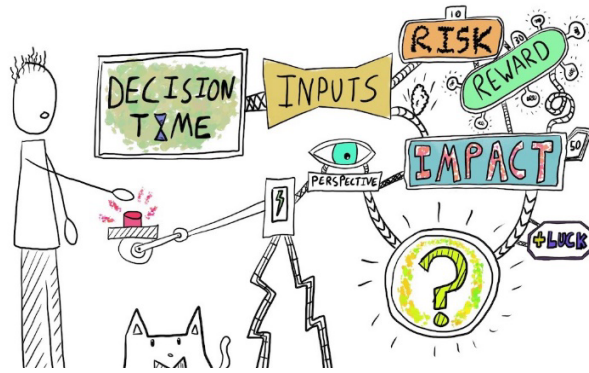
- An ally is an **individual who speaks out and stands up for a person** or group of people that is targeted, bullied, and discriminated against.
- They work to support and help people who are discriminated against or treated unfairly.

 <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><i>Teentalk.ca</i> 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?

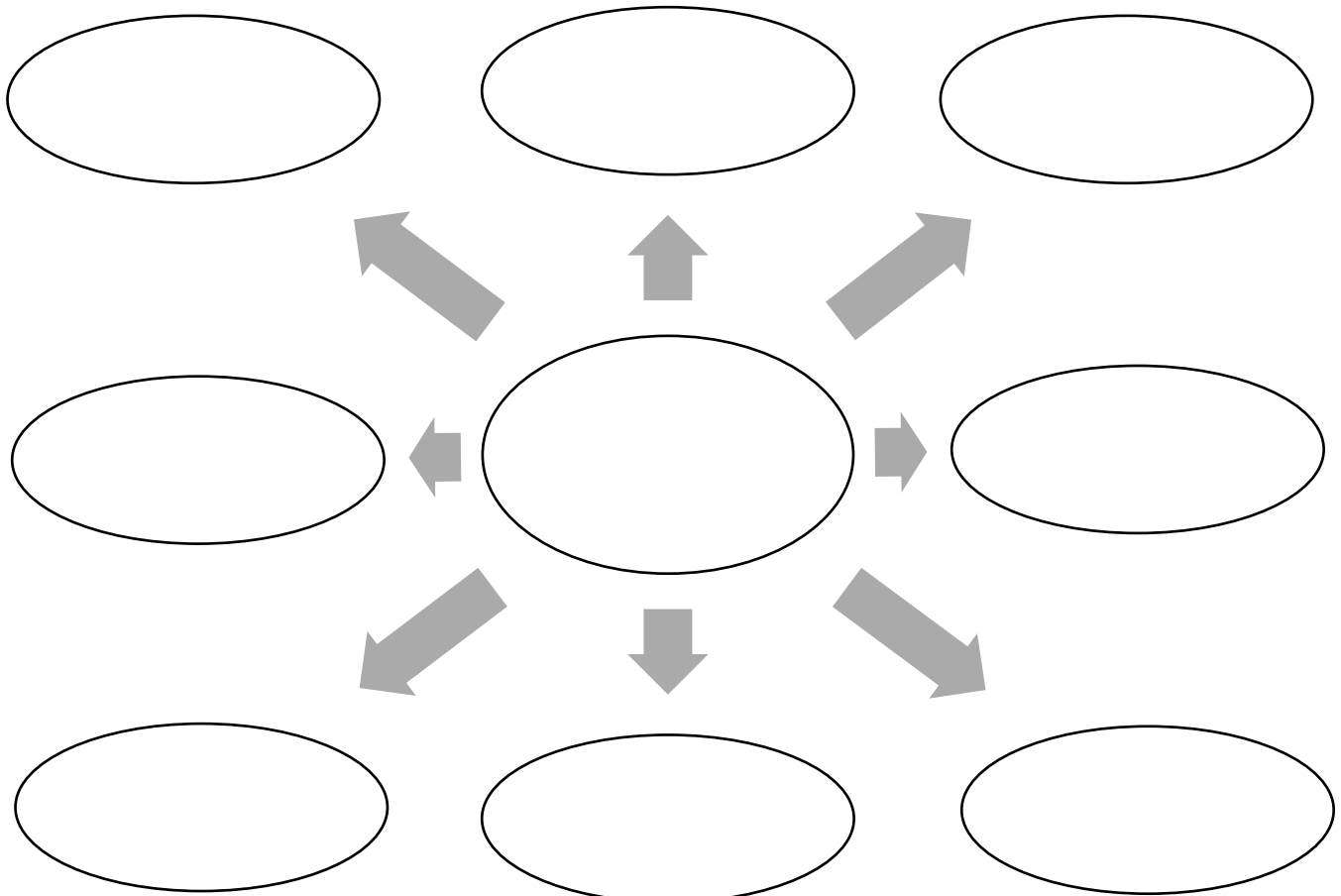
How Do You Make Important Decisions?



Pick one of the following decisions. Fill in the word web of what you will consider when making this decision.

How do you decide....

- Should I go on a date with someone?
- Should I send a picture to someone?
- Should I kiss someone?
- Am I ready to have sex?



Fitness Testing Standards

<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>Push-ups on 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>Push-ups on 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: _____

Name: _____	Date:	Date:	Date:
<u>Cardio-vascular Endurance</u> (20 minute cap) Complete the distance in the <u>fastest</u> time possible Pick one below: 1) <u>Treadmill Run -- 1.5 miles</u> ➤ Incline 1.5% 2) <u>Spin Bike -- 7.5 km</u> ➤ Gear 8 – 10 Gear: _____ 3) <u>Arc Trainer – 0.75 KR's</u> ➤ Minimum resistance 25 ➤ Stride Length 7 ➤ SPM – 140 minimum 4) <u>Treadmill Walk – 1 mile</u> ➤ Incline 4.0% ➤ Minimum speed 4.0 mph 5) <u>Rower – 2000 m row</u> ➤ Minimum resistance 6	Starting Heart Rate	Starting Heart Rate	Starting Heart Rate
	Working Heart Rate (Heart Rate at end)	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)	Recovery Heart Rate (2 minutes after)
	Time Completed	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	# 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	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:	Weight used:
	# of Reps	# 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)	Vertical (inches)
<u>Lower Body Muscular Power</u> Broad Jump ➤ 1 Broad Jumps ➤ Record best of 3 attempts	Distance in Meters	Distance in Meters	Distance in Meters
<u>Core Muscular Endurance</u> Plank ➤ On forearms	Time in seconds	Time in seconds	Time in seconds
<u>Flexibility</u> Sit and Reach ➤ 3 attempts - record best score	Score in centimeters	Score in centimeters	Score in centimeters