



# 16.1

## Self-Assessment

Student text page 282

### REASSESSING CARDIOVASCULAR FITNESS AND MUSCULAR ENDURANCE

**Objective:** To reassess cardiovascular fitness and muscular endurance.

**Procedure:** Follow the instructions on textbook page 282.

#### Part 1: Cardiovascular Fitness

Choose at least one test from the chart below to reassess your cardiovascular fitness. Use the rating charts on the textbook pages listed below to determine your cardiovascular fitness rating.

Assessment	Rating chart page	Score	Fitness rating
PACER	123	(laps)	
Step Test	108	(heart rate)	
One-Mile Run	109	(time)	
Walking Test	94	(steps)	

#### Part 2: Muscular Endurance

Record your results for muscular endurance in the following chart. Use the rating charts on the textbook pages listed below to reassess your muscular endurance rating. Choose at least one assessment from each area and check the boxes to indicate which assessments you've performed.

Area	Assessment	Rating chart page	Assessments done (check)	Time held or number done	Fitness rating
Upper Body	Push-Up (90°)	30	<input type="checkbox"/>		
	Bent Arm Hang	206	<input type="checkbox"/>		
	Side Stand	204	<input type="checkbox"/>		
Lower Body	Leg Change	206	<input type="checkbox"/>		
Abdominals	Curl-Up	29	<input type="checkbox"/>		
	Sitting Tuck	205	<input type="checkbox"/>		
Back and Trunk	Trunk Lift	122	<input type="checkbox"/>		
	Trunk Extension	205	<input type="checkbox"/>		

#### Discuss Your Results

- Why did you choose the assessment items that you performed?

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- Compare your cardiovascular fitness reassessment with your self-assessments in chapters 6, 7, and 8, and your muscular endurance reassessment with your self-assessments in chapters 2 and 12. Discuss any changes in your ratings and the reasons for them.

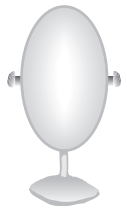
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# 16.2

## Self-Assessment

Student text pages 283-284

### WELLNESS

**Objective:** To self-assess your current wellness.

**Procedure:** Follow the instructions on textbook page 283.

### Wellness Questionnaire

Wellness statement	Strongly agree	Agree	Disagree	Strongly disagree	Score
1. I am physically fit.	4	3	2	1	
2. I can do the physical tasks needed in my work.	4	3	2	1	
3. I have the energy to be active in my free time.	4	3	2	1	
<b>Physical Wellness Score =</b>					
4. I am happy most of the time.	4	3	2	1	
5. I do not get stressed often.	4	3	2	1	
6. I like myself the way I am.	4	3	2	1	
<b>Emotional Wellness Score =</b>					
7. I have many friends.	4	3	2	1	
8. I am confident in social situations.	4	3	2	1	
9. I am close to my family.	4	3	2	1	
<b>Social Wellness Score =</b>					
10. I am an informed consumer.	4	3	2	1	
11. I check facts before making health decisions.	4	3	2	1	
12. I consult experts when I am not sure of health facts.	4	3	2	1	
<b>Intellectual Wellness Score =</b>					
13. I feel a sense of purpose for my life.	4	3	2	1	
14. I feel fulfilled spiritually.	4	3	2	1	
15. I feel strong connections to the world around me.	4	3	2	1	
<b>Spiritual Wellness Score =</b>					
<b>Total Wellness Score =</b>					

Adapted, by permission, from C. Corbin et al., 2004, *Concepts of fitness and wellness*, 5th ed. (St. Louis, MO: McGraw-Hill).

From *Fitness for Life Teacher Resources and Materials, Fifth Edition* by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics.

### Rating Chart: Wellness

Wellness rating	Three-item score	Total wellness score
Good	10-12	50+
Marginal	8-9	40-49
Low	<7	<39



# 16.2

## Activity

Student text page 290

### YOUR HEALTH AND FITNESS CLUB

**Objective:** To practice evaluating services and quality of a health club by creating a health and fitness club at school.

**Procedures:** Read the introduction on textbook page 290. In part 1 of the activity, your class makes general plans for your health and fitness club. Groups are then assigned to plan and prepare six stations. In part 2, you participate in the fitness club activities and record those that you perform.

#### Part 1: Group Planning

List general information about your health and fitness club here.

**Club name:** \_\_\_\_\_

**Major Services Offered** (check the one your group is assigned to offer)

- Cardiovascular fitness activities
- Muscular strength activities
- Muscular endurance activities
- Flexibility activities
- Activities for body composition
- Wellness information

List the name of others in your group: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### Your Responsibility

Briefly describe your group's responsibility in the club. For example, if you are in charge of muscular endurance activities, describe the exercise instructions, the equipment you will provide, and the sources of information you will make available to club members. If you are in charge of a wellness service such as information about smoking or nutrition, describe how you will provide the information (notebook, folder, pamphlets, poster, computer programs, etc.). Use the space provided below.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

On a separate sheet of paper, list the equipment you will need on the day of the activity (this must be submitted to the teacher in advance). Your group will be responsible for setting up the equipment for your assigned station.

## Part 2: Individual Record Sheet

As you visit each station of the fitness club, record the activities you perform in the appropriate spaces below.

Cardiovascular Fitness Activity	Length of time spent		
1. _____	_____		
2. _____	_____		
3. _____	_____		
Muscular Strength Activity	Reps	Sets	(Explain if not reps and sets)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
Muscular Endurance Activity	Reps	Sets	(Explain if not reps and sets)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
Flexibility Activity	Reps	Sets	(Explain if not reps and sets)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
Body Composition Activity	Length of time spent		
1. _____	_____		
2. _____	_____		
3. _____	_____		
4. _____	_____		

Wellness Information: List materials read or inspected during class.

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## Discuss Your Results

1. In what ways do you think your health club is better than clubs with which you are familiar?

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2. What improvements would you like to make to your club?

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3. List three things you have learned or observed in this activity that may help you in choosing a health club in the future.

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