ACADEMY
FOR MATH, ENGINEERING & SCIENCE

# Fitness for Life

# .50 Credits

## 80 hours of Physical Education Activity Required

Date: _____

Name: _____

Grade: _____ Total Number of Hours Logged: _____

For Office Use Only:

Approval _____ Credit Awarded _____
*Brett Wilson*

An Early College High School
Partnered With The University of Utah
5715 South 1300 East · Salt Lake City, UT 84121 · Phone: 801.278.9460 · Fax: 801.277.3527 · www.ames-slc.org

ACADEMY
FOR MATH, ENGINEERING & SCIENCE

**Fitness for Life - Purpose for Learning**

The purpose of Fitness for Life is to provide an opportunity for the student to develop the knowledge, skills, and attitude necessary for practicing a physically active lifestyle. Students must keep a participation log and have the log verified by appropriate signatures. In most cases, these signatures will not be from a parent. A minimum of **80** hours of physical activity must be completed to earn credit. Students can log any and all forms of physical activity i.e. hiking, biking, swimming, skiing, rock climbing, playing sports, mowing the lawn, shoveling snow, dancing, etc. If you have a question about whether or not an activity is approved, talk to your counselor.

**Upon completion of this unit the student will:**

1. Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, cooperation, social interaction, and cognitive development.

2. Participate in physical activity to develop health related physical fitness.

3. Explain how physical activity can provide physical benefits.

4. Acquire the basic skill, knowledge of the rules, safety concerns, and etiquette to participate in the selected physical activity.

5. Complete the 5 required learning activities.

6. Earn 0.50 credits of Physical Education credits towards the required 1.50 credits required for graduation.

**Required Learning Activities**

In addition to completing **80** hours of physical activity, students must complete **5 learning activities**. Students should choose a sport or activity they are interested in and complete the following 5 learning activities about that sport or activity. All 5 activities must be about the same sport or activity; however, students do not necessarily need to choose a sport or activity that they participate in as part of the hours log. For example, a student can fill their hours log by keeping track of all the hours they spend swimming and weight training at their gym but complete the learning activities about the sport of volleyball.

ACADEMY
FOR MATH, ENGINEERING & SCIENCE

**1) Rules and Guidelines**

Student will acquire a set of rules, guidelines, and/or safety guidelines for the sport they chose. Please use your local library or the internet to find an appropriate resource.

Resource(s) that you are using: _____

Using the space provided below, write a one page summary describing this activity to someone who has never participated in this activity before.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

ACADEMY
FOR MATH, ENGINEERING & SCIENCE

**2) Vocabulary:**

Every activity has a certain vocabulary that is unique to it and is essential to understand in order to fully participate. For example, in football you would have to know what a "first down" is in order to understand the game. Please **identify and define** words that are important to your activity.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

ACADEMY
FOR MATH, ENGINEERING & SCIENCE

**3) Aerobic and Non-Aerobic Activities:**

Physical activities acceptable for this Fitness for Life packet include both aerobic and non-aerobic activities. Aerobic literally means "with air" and refers to activities that provide continuous exercise. Non-aerobic activities are those that require the participant to start and stop often and the exercise is not continuous. Non-aerobic activities often focus on strengthening muscles and increasing speed.

First, identify your activity as aerobic or non-aerobic (or a combination of the two) and write a brief essay that includes at least three paragraphs explaining the physical benefits that your activity provides.

ACADEMY
FOR MATH, ENGINEERING & SCIENCE

**4) Spectator Critique:**

You must attend or watch an event on TV involving the physical activity that you've selected. For example, it could be a high school soccer game or a televised snowboarding competition. At the completion of the competition, please answer the questions below.

Name of the event: _____

Date of the event: _____

1. How is the event scored or evaluated?

2. What kind of skills are required by the participants?

3. Write a brief synopsis of the event.

ACADEMY
FOR MATH, ENGINEERING & SCIENCE

**5) Article Review**

Choose an article from a magazine, newspaper, or the internet that relates to your activity. Please **attach** the article and then answer the following questions:

Publication or Internet Source: _____

Author: _____

What is the major theme of the article?

What are three things that you learned from the article?

**AMES High School**

**Fitness for Life Physical Activity Log**

(80 hours = .50 Credit)

**Name:**_______________________________________________

**Grade:**_______________

| Date | Activity | Description | Time |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

**Parent/Guardian/Coach Signature:**_______________________________________________

An Early College High School
Partnered With The University of Utah
5715 South 1300 East · Salt Lake City, UT 84121 · Phone: 801.278.9460 · Fax: 801.277.3527 · www.ames-slc.org

**AMES High School**

**Fitness for Life Physical Activity Log**

(80 hours = .50 Credit)

**Name:**__________________________________________________

**Grade:**________________

| Date | Activity | Description | Time |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

**Parent/Guardian/Coach Signature:**________________________________________________

An Early College High School
Partnered With The University of Utah
5715 South 1300 East · Salt Lake City, UT 84121 · Phone: 801.278.9460 · Fax: 801.277.3527 · www.ames-slc.org

**AMES High School**

**Fitness for Life Physical Activity Log**

(80 hours = .50 Credit)

**Name:**__________________________________________________

**Grade:**________________

| Date | Activity | Description | Time |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

**Parent/Guardian/Coach Signature:** __________________________________________________

An Early College High School
Partnered With The University of Utah
5715 South 1300 East · Salt Lake City, UT 84121 · Phone: 801.278.9460 · Fax: 801.277.3527 · www.ames-slc.org

ACADEMY
FOR MATH, ENGINEERING & SCIENCE

## AMES High School

## Fitness for Life Physical Activity Log

(80 hours = .50 Credit)

**Name:**__________________________________________________

**Grade:**________________

| Date | Activity | Description | Time |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

**Parent/Guardian/Coach Signature:** __________________________________________________

An Early College High School
Partnered With The University of Utah
5715 South 1300 East · Salt Lake City, UT 84121 · Phone: 801.278.9460 · Fax: 801.277.3527 · www.ames-slc.org