

Mrs. Cole's & Mr. Kirby's Journal Questions

2nd 6 weeks

General information & guidelines for PE journal entries: We completed the first journal in class together so that all students should have a “perfect” copy of what a journal should look like from 9/14/07. Everything should be double spaced (date, Beg. Act., Obj., RHR, Activities). There will usually be two questions: the Reflection Question ALWAYS needs to be answered in 3 complete sentences, the other question will vary but we will indicate the length of the response required or if it was answered in class. Journals will be graded approximately every 6 weeks.

Journals will be graded on Thursday 11/29/07

Date: 10/23/07

Beg. Act.: Cals

Objective: 1.3

RHR: _____ EHR: _____ EHR: _____

Activity: Laps on Track, checking HR every few minutes

* What are the components of physical fitness:

- Cardio respiratory Endurance
- Muscular Endurance
- Muscular Strength
- Flexibility
- Body Composition

Nutrition: How many glasses of water are you supposed to drink each day? How much water do YOU drink each day? (at least 2 complete sentences)

Date: 10/29/07

Beg. Act.: Cals

Obj.: 1.1 & 1.3

Activity: It's In The Cards

*Component of Physical Fitness: Flexibility

- What is flexibility and why is it important in overall physical fitness?
 - Flexibility is range of motion at a joint, ex. Hips, elbow, knee, etc
 - We measure it with the sit and reach test
 - Flexibility is important so that you can move freely during exercise.

Nutrition: How many calories are in 10 mini candy bars and how long would it take you to burn those calories? (answer in at least 2 complete sentences)

Date: 11/7/07

Beg. Act: Cals

Obj.: 1.1 & 1.3

EHR:

Activity: Indoor Stair Course

*Component of Physical Fitness: Muscular Endurance

- How long your muscles can produce force
 - Working muscles for an extended period of time (right angle push-up test, curl-ups)

Nutrition: Explain what a calorie is. What is the difference in calories between carbohydrates, proteins, and fats? (www.kidshealth.org type in question) 3 sentences

- A calorie is a unit of energy. Everything we consume except water contains calories.
- Carbohydrates contain __ calories per gram
- Proteins contain __ calories per gram
- Fats contain __ calories per gram

Date: 11/16/07

Beg. Act: Cals

Obj.: 1.1 & 1.3

RHR:

Activity:

*Component of Physical Fitness: Muscular Strength

- The amount of force the muscles can produce, that is how strong the muscle is.

Tested with max-outs, pull-ups

Nutrition: If a serving of some food has 13 grams of fat, 30 grams of carbohydrates, and 4 grams of protein how many total calories does this food contain?

Date: 11/19 or 20/07

Beg. Act: Cals

Obj.: 1.1 & 1.3

RHR:

Activity:

*Component of Physical Fitness: Cardiovascular Endurance

- Exercise that makes your heart beat harder and faster for an extended period of time (mile run)
- Fitness of the heart, lungs and circulatory system.

Nutrition: Sugar is a carbohydrate. Count how many grams of sugar you consume in liquids only for the next 24 hours. Reflect on the total number of grams of sugar you consume in liquid form only in 2-3 sentences.

Date: 11/26/07

Beg. Act: Cals

Obj.: 1.1 & 1.3

Activity:

RHR:

*Component of Physical Fitness: Body Composition

- The ratio of lean muscle mass to body fat.

Nutrition Question: Look back at the two nutrition goals you set for yourself on October 11th. Write 5 sentences about your success rate with each goal and why you think you were able to reach each goal or not.

Date:

Beg. Act: Cals

Obj.: 1.1 & 1.3

Activity:

Reflection Question: In looking at your fitness test results which of the components of physical fitness do you most want to improve on in the next 6 weeks and why? 3 sentences or more

Nutrition: Pick 3 of your favorite foods from your pantry and fill in the table below:

Food Item	Amount/Serving (#, oz, grams, etc)	Calories/Serving	Amount you typically eat in one sitting	Calories you'd consume in one sitting

