

6th Grade Fitness Journal #3

Date: 12/17/07

Activity: "Holiday Surprise"

RHR: ____ **EHR:** ____ **THR:** ____ - ____

Question: Fill in the correct word and its definition:

F = _____ = _____

I = _____ = _____

T = _____ = _____

T = _____ = _____

Date: 1/8/08

Activity: Indoor Stair Course w/ Sprints

RHR: ____ **EHR:** ____ **THR:** ____ - ____

Question: Design a fitness plan, using the F.I.T.T. Principle, that would help a person lose weight, burn fat, and improve their cardiovascular endurance.

Frequency =

Intensity =

Time =

Type =

Date: 1/14/08

Activity: Partner Workout

RHR: ____ **EHR:** ____ **THR:** ____ - ____

Question: If you consume 2500 calories per day and want to lose weight, how many calories would you have to burn per day through exercise?

If your current exercise program burns 2000 calories, how could you adjust it, using the F.I.T.T. Principle, to burn the extra 500+ calories?

Date: 1/22/08

Activity: Pacer Test

RHR: ____ **EHR:** ____

Question: Calories and Weight

- Calories In (Eaten) – Calories Out (Burned)
 - o If more taken in = Weight gain
 - o If more burned = Weight loss
 - o If equal = Weight Maintained
- 3500 calories burned = 1 pound of fat lost

Date: 2/8/08

Activity:

RHR: ____ **EHR:** ____ **THR:** ____ - ____

- **Question:** What are the 3 main jobs of the muscular system?
 - Movement of the body
 - Control body processes – breathing, digestion, blood flow
 - Holds skeleton together

Nutrition: When looking at a nutrition label what are the first three pieces of information given? Serving Size, Servings Per Container, Calories Per Serving

Date: 2/13/08

Activity:

RHR: ____ **EHR:** ____ **THR:** ____ - ____

Question:

- What are the 3 types of muscles in the body and what does each type do?
 - Cardiac – involuntary, forms walls of heart
 - Smooth – involuntary, movement of internal organs
 - Skeletal – voluntary, movement and holds bones together