



Newton High School

Respectful, Accountable, Motivated, Successful

SETTING PHYSICAL FITNESS GOALS:

There are 5 different physical fitness components. Physical fitness is the ability to carry our daily tasks easily and have enough reserve energy to respond to unexpected demands. Many skilled athletes, who can out run their opponent, make more moves to the goal, can dribble the ball with their hands or feet doesn't make them physically fit. Some of the best athletes in the world are not physically fit individuals.

Being physically fit includes your rating in the following components:

BODY COMPOSTITION: refers to the % of fat, lean muscle, bone, tissue, water, etc in your body. (*% of bodyfat refers to the amount offat in the body in relation to the total body weight.*) *This is measure by using a skinfold test.*

FLEXIBILITY: is the ability to move a body part through a full range of motion *This is measure by a sit and reach test.*

MUSCULAR ENDURANCE: is the ability of the muscles to keep working over a period of time without growing tired. *This is tested by how many push-ups you can do in a minute.*

MUSCULAR STRENGTH: is the ability to exert force against resistance. *This is test by two ways: 1-how many pull-ups you can do at one time, 2-how many sit-ups you can do in a minute.*

CADIORESPIRATORY ENDURANCE: is the ability of the heart, lungs, and blood vessels to send fuel and oxygen to the body's tissues during a long period of a hard activity. *This is measured by a mile run., and howfast your heart recollers to its' resting heart rate.*

Physical Activity Log Sheet

Name _____

Month _____

Activity Block _____

Date	Day	Activity Description	Duration	Intensity (Light, Moderate, Vigerous)	Personal Reflection
	1				
	2				
	3				
	4				
	5				
	6				
	7				
	8				
	9				
	10				
	11				

Light Intensity - Normal, daily activity. No increase in heart rate and breathing.

Moderate Intensity-Activities that cause breathing and heart rate to increase. Still able to talk.

Vlgerous Intensity-Activities that cause breathing and heart rate to increase. Difficult to talk.

General Physical Activities Defined by Level of Intensity

The following is in accordance with CDC and ACSM guidelines.

Moderate activity+ 3.0 to 6.0 METs* (3.5 to 7 kcal/min)	Vigorous activity+ Greater than 6.0 METs* (more than 7 kcal/min)
Walking at a moderate or brisk pace of 3 to 4.5 mph on a level surface inside or outside, such as <ul style="list-style-type: none"> • Walking to class, work, or the store; • Walking for pleasure; • Walking the dog; or • Walking as a break from work. Walking downstairs or down a hill Racewalking-less than 5 mph Using crutches Hiking Roller skating or in-line skating at a leisurely pace	Racewalking and aerobic walking-5 mph or faster Jogging or running Wheeling your wheelchair Walking and climbing briskly up a hill Backpacking Mountain climbing, rock climbing, rapelling Roller skating or in-line skating at a brisk pace
Bicycling 5 to 9 mph, level terrain, or with few hills Stationary bicycling-using moderate effort	Bicycling more than 10 mph or bicycling on steep uphill terrain Stationary bicycling-using vigorous effort
Aerobic dancing-high impact Water aerobics	Aerobic dancing-high impact Step aerobics Water jogging Teaching an aerobic dance class
Calisthenics-light Yoga Gymnastics General home exercises, light or moderate effort, getting up and down from the floor Jumping on a trampoline Using a stair climber machine at a light-to-moderate pace Using a rowing machine-with moderate effort	Calisthenics-push-ups, pull-ups, vigorous effort Karate, judo, tae kwon do, jujitsu Jumping rope Performing jumping jacks Using a stair climber machine at a fast pace Using a rowing machine-with vigorous effort Using an arm cycling machine-with vigorous effort
Weight training and bodybuilding using free weights, Nautilus- or Universal-type weights	Circuit weight training
Boxing-punching bag	Boxing-in the ring, sparring Wrestling- competitive
Ballroom dancing Line dancing Square dancing Folk dancing Modern dancing, disco Ballet	Professional ballroom dancing-energetically Square dancing-energetically Folk dancing-energetically Clogging
Table tennis-competitive Tennis-doubles	Tennis-singles Wheelchair tennis
Golf, wheeling or carrying clubs Softball-fast pitch or slow pitch Basketball-shooting baskets Coaching children's or adults' sports	Most competitive sports Football game Basketball game Wheelchair basketball Soccer Rugby Kickball Field or rollerblade hockey Lacrosse

Volleyball- competitive Playing Frisbee Juggling Curling Cricket-batting and bowling Badminton Archery (nonhunting) Fencing	Beach volleyball-on sand court Handball-general or team Racquetball Squash
Downhill skiing-with light effort Ice skating at a leisurely pace (9 mph or less) Snowmobiling Ice sailing	Downhill skiing-racing or with vigorous effort Ice skating-fast pace or speedskating Cross-country skiing Sledding Tobogganing Playing ice hockey
Swimming-recreational Treading water-slowly, moderate effort Diving-springboard or platform Aquatic aerobics Waterskiing Snorkeling Surfing, board or body	Swimming-steady paced laps Synchronized swimming Treading water-fast, vigorous effort Water jogging Water polo Water basketball Scuba diving
Canoeing or rowing a boat at less than 4 mph Rafting-whitewater Sailing-recreational or competition Paddle boating Kayaking-on a lake, calm water Washing or waxing a powerboat or the hull of a sailboat	Canoeing or rowing-4 or more mph Kayaking in whitewater rapids
Fishing while walking along a riverbank or while wading in a stream-wearing waders	
Hunting deer, large or small game Pheasant and grouse hunting Hunting with a bow and arrow or crossbow-walking	
Horseback riding-general Saddling or grooming a horse	Horsebackriding-trotting, galloping, jumping, or in competition Playing polo
Playing on school playground equipment, moving about, swinging, or climbing Playing hopscotch, 4-square, dodgeball, T-ball, or tetherball Skateboarding Roller-skating or in-line skating-leisurely pace	Running Skipping Jumping rope Performing jumping jacks Roller-skating or in-line skating-fast pace
Playing instruments while actively moving; playing in a marching band; playing guitar or drums in a rock band Twirling a baton in a marching band Singing while actively moving about-as on stage or in church	Playing a heavy musical instrument while actively running in a marching band
Gardening and yard work: raking the lawn, bagging grass or leaves, digging, hoeing, light shoveling (less than 10 lbs per minute), or weeding while standing or bending Planting trees, trimming shrubs and trees, hauling branches, stacking wood Pushing a power lawn mower or tiller	Gardening and yard work: heavy or rapid shoveling (more than 10 lbs per minute), digging ditches, or carrying heavy loads Felling trees, carrying large logs, swinging an ax, hand-splitting logs, or climbing and trimming trees Pushing a nonmotorized lawn mower
Shoveling light snow	Shoveling heavy snow
Moderate housework: scrubbing the floor or	Heavy housework: moving or pushing heavy

<p>bathtub while on hands and knees, hanging laundry on a clothesline, sweeping an outdoor area, cleaning out the garage, washing windows, moving light furniture, packing or unpacking boxes, walking and putting household items away, carrying out heavy bags of trash or recyclables (e.g., glass, newspapers, and plastics), or carrying water or firewood</p> <p>General household tasks requiring considerable effort</p>	<p>furniture (75 lbs or more), carrying household items weighing 25 lbs or more up a flight or stairs, or shoveling coal into a stove</p> <p>Standing, walking, or walking down a flight of stairs while carrying objects weighing 50 lbs or more</p>
<p>Putting groceries away-walking and carrying especially large or heavy items less than 50 lbs.</p>	<p>Carrying several heavy bags (25 lbs or more) of groceries at one time up a flight of stairs</p> <p>Grocery shopping while carrying young children <i>and</i> pushing a full grocery cart, or pushing two full grocery carts at once</p>
<p>Actively playing with children-walking, running, or climbing while playing with children</p> <p>Walking while carrying a child weighing less than 50 lbs</p> <p>Walking while pushing or pulling a child in a stroller or an adult in a wheelchair</p> <p>Carrying a child weighing less than 25 lbs up a flight of stairs</p> <p>Child care: handling uncooperative young children (e.g., chasing, dressing, lifting into car seat), or handling several young children at one time</p> <p>Bathing and dressing an adult</p>	<p>Vigorously playing with children-running longer distances or playing strenuous games with children</p> <p>Racewalking or jogging while pushing a stroller designed for sport use</p> <p>Carrying an adult or a child weighing 25 lbs or more up a flight of stairs</p> <p>Standing or walking while carrying an adult or a child weighing 50 lbs or more</p>
<p>Animal care: shoveling grain, feeding farm animals, or grooming animals</p> <p>Playing with or training animals</p> <p>Manually milking cows or hooking cows up to milking machines</p>	<p>Animal care: forking bales of hay or straw, cleaning a barn or stables, or carrying animals weighing over 50 lbs</p> <p>Handling or carrying heavy animal-related equipment or tack</p>
<p>Home repair: cleaning gutters, caulking, refinishing furniture, sanding floors with a power sander, or laying or removing carpet or tiles</p> <p>General home construction work: roofing, painting inside or outside of the house, wall papering, scraping, plastering, or remodeling</p>	<p>Home repair or construction: very hard physical labor, standing or walking while carrying heavy loads of 50 lbs or more, taking loads of 25 lbs or more up a flight of stairs or ladder (e.g., carrying roofing materials onto the roof), or concrete or masonry work</p>
<p>Outdoor carpentry, sawing wood with a power saw</p>	<p>Hand-sawing hardwoods</p>
<p>Automobile bodywork</p> <p>Hand washing and waxing a car</p>	<p>Pushing a disabled car</p>
<p>"Occupations that require extended periods of walking, pushing or pulling objects weighing less than 75 lbs, standing while lifting objects weighing less than 50 lbs, or carrying objects of less than 25 lbs up a flight of stairs</p> <p>Tasks frequently requiring moderate effort and considerable use of arms, legs, or occasional total body movements.</p> <p>For example:</p> <ul style="list-style-type: none"> • Briskly walking on a level surface while carrying a suitcase or load weighing up to 50 lbs • Maid service or cleaning services 	<p>"Occupations that require extensive periods of running, rapid movement, pushing or pulling objects weighing 75 lbs or more, standing while lifting heavy objects of 50 lbs or more, walking while carrying heavy objects of 25 lbs or more</p> <p>Tasks frequently requiring strenuous effort and extensive total body movements.</p> <p>For example:</p> <ul style="list-style-type: none"> • Running up a flight of stairs while carrying a suitcase or load weighing 25 lbs or more • Teaching a class or skill requiring

<ul style="list-style-type: none"> • Waiting tables or institutional dishwashing • Driving or maneuvering heavy vehicles (e.g., semi-truck, school bus, tractor, or harvester)-not fully automated and requiring extensive use of arms and legs • Operating heavy power tools (e.g., drills and jackhammers) • Many homebuilding tasks (e.g. electrical work, plumbing, carpentry, dry wall, and painting) • Farming-feeding and grooming animals, milking cows, shoveling grain; picking fruit from trees, or picking vegetables • Packing boxes for shipping or moving • Assembly-line work-tasks requiring movement of the entire body, arms or legs with moderate effort • Mail carriers-walking while carrying a mailbag • Patient care-bathing, dressing, and moving patients or physical therapy 	<p>active and strenuous participation, such as aerobics or physical education instructor</p> <ul style="list-style-type: none"> • Firefighting • Masonry and heavy construction work • Coal mining • Manually shoveling or digging ditches • Using heavy nonpowered tools • Most forestry work • Farming-forking straw, baling hay, cleaning barn, or poultry work • Moving items professionally • Loading and unloading a truck
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Source: U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. *Promoting physical activity: a guide for community action*. Champaign, IL: Human Kinetics, 1999. (Table adapted from Ainsworth BE, Haskell WL, Leon AS, et al. Compendium of physical activities: classification of energy costs of human physical activities. *Medicine and Science in Sports and Exercise* 1993;25(1):71-80. Adapted with technical assistance from Dr. Barbara Ainsworth.)