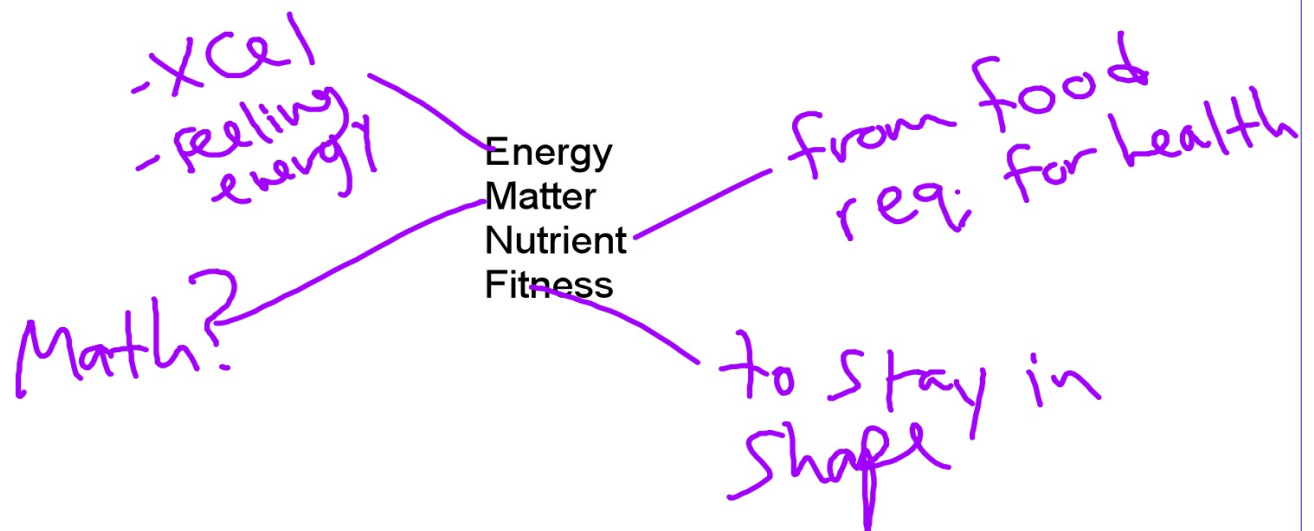


# Agenda

1. Do Now (3 min.)
2. Objectives (2 min.)
3. Energy, Matter, Nutrients and Fitness Word Sort (5 min.)
4. Notes (10 min.)
5. Fitness Profile (10 min.)
6. Dietary Analysis (10 min.)
7. Discussion of Findings (15 min.)
8. Closing (5 min.)

## Do Now

Write down anything you know about the following terms.



# Fitness, Nutrition and You

8/31/10

## Objectives (2 min.)

Ch 7. Unit 1. Performance and Fitness

### **SWBAT**

Content:

- (1) **define** matter, energy, fitness, nutrient
- (2) **analyze** their own activity level and dietary patterns

Language: by

- (1) **word sorting** and on their graphic organizer, **note taking** about the definitions ,
- (2) **writing** information into a *Physical Activity Analysis* and *Dietary Analysis* worksheet

### 3. Energy, Matter, Nutrients and Fitness Word Sort (5 min.)

Please match the words to their definitions.

## Notes (10 min.)

1

What objective are we completing with this activity? Objective #

Term	Definition	Notes
Energy	-A measure of something's ability to do work. -measured in calories, joules, etc.	-cannot be created or destroyed -has 4 states: solid, liquid, gas, plasma
Matter	Something that has mass and occupies space. -everything is made of	- " - "
Nutrient	A substance that provides nourishment which is necessary to sustain life and growth.	-each organism needs different nutrients
Fitness	A measurement of an organism's effectiveness at using energy. <u>Life:</u> effective @ general activities	-athletic: effective @ specific activity

# Fitness Profile (10 min.)

## Explore: What Determines Fitness?

## Chapter 7

### Copymaster: Physical Activity Analysis

Use the following procedure to determine your total activity index and your activity level:

1. Think about each session of physical activity or exercise in which you participated during the last week. Enter this information into the day, activity, and duration columns of the worksheet near the end of this copymaster. For example, if you played tennis twice, list it twice, along with the approximate time you spent playing each match.
2. Use the values listed in Table C7.1 to compute the duration score for each activity. Enter these duration scores in the corresponding column of the worksheet. For example, if you walked for 50 minutes, the duration score would be 4.

**Table C7.1 Duration Scores**

Length of Session	Duration Score
under 5 minutes	0
5–14 minutes	1
15–29 minutes	2
30–44 minutes	3
45–59 minutes	4
over 60 minutes	5

3. Use the values listed in Table C7.2 to estimate the intensity score for each activity. Enter these intensity scores in the corresponding column of the worksheet. Keep in mind that these values are approximate. For example, basketball played at a fast pace might register 4, whereas at a slow pace, it might only be 2 or 3. Leisurely bicycling might register 3, but competitive bicycle racing easily could merit 5 points.

**Table C7.2 Intensity Scores**

Exercise Similar to	Intensity Score
watching TV, typing on the computer	0
bowling, slow walking	1
table tennis, golf (without a golf cart), softball	2
rapid walking, leisurely bicycling, recreational volleyball, weightlifting	3
tennis (singles), rollerblading, cross-country skiing, jogging	4
competitive sports, such as running, soccer, basketball, swimming	5

4. Calculate your *activity index* for each session of exercise or activity by multiplying the *duration score* times the *intensity score*.

(continued)

# Fitness Profile (10 min.)

## Explore: What Determines Fitness?

Chapter 7

### Copymaster: Physical Activity Analysis (continued)

- Calculate your *personal activity index* by adding up the column of individual activity indices that you calculated in Step 4. Enter your total personal activity index into the space provided below the worksheet.
- Use the information below to determine your *personal activity level* for the week. Enter this information in the space below the table on the worksheet.

Total Activity Index	Personal Activity Level
under 15	sedentary
15–24	slightly active
25–40	moderately active
41–60	active
over 60	highly active

### Worksheet

(A few examples are provided in the first row of the worksheet.)

Day	Activity	Duration	Duration Score	Intensity Score	Activity Index
Sun	Bike	35 min	3	4	12
Tues	Lift weights	29 min	2	3	6
Wed	Run	40 min	3	5	15
Fri	Lift weights	20 min	2	3	6
Sat	Bike	45 min	4	4	16
Mon	walk	30	3	2	6
Tue	walk	30	3	2	6
Wed	walk	30	3	2	6
Thurs	walk	30	3	2	6
Fri	walk	30	3	2	6
Sat	walk	30	3	2	6
Sun	walk	30	3	2	6
Totals			21	14	42

Personal activity index 42

Personal activity level Active

### Class Activity Level Profile

Activity Level	Number of Students	Activity Level	Number of Students
Sedentary		Active	
Slightly active		Highly active	
Moderately active			

# Dietary Analysis (10 min.)

## Explore: What Determines Fitness?

Chapter 7

### Copymaster: Dietary Analysis

Use the following procedure to analyze your daily diet:

1. On a sheet of paper, list all of the food that you ate yesterday. Include both meals and snacks.
2. Use the information in the worksheet below to estimate the number of servings you ate from each food group. For example, if your breakfast consisted of a small glass of milk and a piece of toast, you might estimate that you consumed one serving from the milk group and one serving from the grain group for breakfast. Complete such an estimate for each meal or snack.
3. Enter into the worksheet the number of servings that you consumed from each food group at each meal or during your snacks.
4. Add up the numbers across each row to determine the total number of servings you ate from each food group during the day. Enter these totals in the *Personal Profile* column.
5. Copy the information from the composite your teacher constructed for a "typical" student into the column labeled *Class Profile*.

### Worksheet

Food Groups	Breakfast	Lunch	Dinner	Snacks	Personal Profile	Class Profile
<b>Milk group</b> milk (1 cup), cheese (1 slice), milk shake (10 oz), yogurt (1 cup), ice cream (½ cup), cheese pizza* (½ of 12" pie)						
<b>Meat group</b> beef, pork, chicken, fish (3 oz), eggs (1), luncheon meats (1 slice), nuts, seeds (½ cup), meat pizza* (½ of 12" pie)						
<b>Fruit group</b> apples, bananas, pears (1 med.), grapes, strawberries (½ cup), grapefruit (½ med.)						
<b>Vegetable group</b> broccoli, cauliflower, green beans (½ cup), potatoes—mashed (½ cup), baked (1 lg.), fries (10 strips), peas (½ cup), tossed salad without dressing (½ cup)						
<b>Grain (bread/cereal) group</b> bread (1 slice), cereal (1 oz), muffin (1 small), rice (½ cup), pancake (4"), tortilla (corn 6", flour 8"), pizza* (½ of 12" pie), beans (½ cup)						
<b>Fats, oils, and sweets</b> chips, pretzels, etc. (1 oz), salad dressing (1 tbsp), soft drinks (12 oz), pie (½ of 9" pie), cake (½), candy (1 oz), cookies (2 small)						

\*Count cheese pizza as both a milk and a grain group. Count meat pizza as one serving in the milk, grain, meat, and fat groups.

Discussing our Findings (15 min.)

Closing (5 min.)