

## **PE 10 SW February 2018)**

### **Assignment #1: Personal Health and Fitness Assessment Essay**

PE 10 Starworks provides the opportunity for you to individualize your physical education program to meet your own needs and personal goals, while staying within the framework of the curriculum mandated by the BC Ministry of Education. An important component of the course will require you to decide upon meaningful fitness goals and then to select appropriate physical activities to help attain those goals. The first step in this process asks you to evaluate your current health and fitness levels to help determine areas in which you might strive to improve or change.

#### **Essay Outline**

Please complete the following sections in point form (notes, web, index cards, or other system that works well for you). Then compile your information into essay form. Obviously, your essay will to be written in the first person point of view and should contain personal reflections and observations. In assessing your physical fitness, you may wish to consult with one or more people who know you well, such as a parent, coach, former teacher, or expert from a local recreation centre in order to help you make accurate conclusions.

#### **Paragraph 1: Physical Fitness**

Assess the following fitness components. Be honest with yourself – this is for your personal benefit, not to impress anyone else.

1. **Muscular strength:** How would you assess your upper body and lower body strength as compared to others your age and gender? Do you have the strength to perform everyday activities? If you are active in athletics, do you have the strength to do well in your chosen sport? Have you suffered muscle pulls or strains perhaps caused by insufficient strength in one part of your body? Have you ever lifted weights before, and if so, did you find it useful? Are you able to do pushups with proper form? Are you able to do at least one full chin-up?
2. **Muscular endurance:** Are you able to perform activities that require you to use specific muscles for extended periods of time, such as gardening, riding a bike, or construction tasks? Do you find you tire quickly when doing physical labour, or can you last for long periods of time? If you play sports, does your performance drop the latter portion of the competition due to muscle fatigue? If you have lifted weights before, did you concentrate on a low number of reps with higher weight in order to build strength and power, or did you try to build muscular endurance by doing many repetitions of the same exercise?
3. **Cardiovascular endurance:** Do you regularly partake in aerobic activity such as running, swimming, biking, or power walking that raises your heart rate for extended periods of time? Do you play any sports that require cardiovascular endurance? Are you physically fit enough to run for several kilometers without stopping? Do you have a low resting heart rate and a quick recovery time after hard physical exercise? Do you have any health concerns such as asthma or injuries that might limit your ability to perform certain cardiovascular activities?
4. **Flexibility:** Do you regularly stretch your muscles in order to build greater flexibility? Are you able to touch your toes while sitting straight-legged on the floor?

5. Overall rating: Rate your overall fitness level on a scale from 1-5. What are your areas of strength and what are the areas you'd like to improve?

### **Paragraph 2: Daily Nutrition**

Look at the daily nutritional recommendations given by Canada's Food Guide (can be found online)

Do you normally eat a balanced diet that provides the recommended daily nutrients? Is there an area in your diet that is lacking? Are you getting too much of a certain category of food? Do you eat a healthy breakfast most mornings, or do you sometimes skip this meal? Do you eat regularly during the day, or is your pattern more haphazard? Do you estimate that you are getting about the right number of calories each day, or are you eating too much or too little? Do you consume many empty calories from junk food? Are there particular times that you are drawn to junk food (such as weekends, when you're bored)? Do you prepare many of your own meals, or do you rely on pre-packaged or restaurant food? Do you drink water regularly during the day? Overall, are you happy with your eating patterns, or are there areas that you would like to change?

### **Paragraph 3: Other Health Factors**

1. Sleep: Do you get 8-9 hours of sleep on a regular basis? How much sleep do you think you need in order to be well rested the next day? Do you sleep soundly once you go to bed, or do you tend to wake up during the night? Do you have a regular bedtime, or does it vary according to your schedule? Do you tend to not get enough sleep during the week, and then try to catch up by sleeping in late on the weekends? Do you regularly nap during the day? Are there certain factors that cause you to either have a really good or a really poor sleep (such as exercise, eating before bed, being on the computer, frame of mind)?
2. Stress: Would you rate the usual level of stress in your life as low, moderate, or high? What are the major causes of stress in your life (ie: school, lack of time, relationships with friends, work pressures, finances)? How does stress affect you? Do you become more susceptible to illness, moody or impatient, depressed, or anxious, or are you someone that copes well with stress and doesn't experience any obvious symptoms? Do you have effective strategies for dealing with stress? Do you find that regular exercise, good eating habits, and / or getting enough sleep help to relieve stress?
3. Other Lifestyle Factors: Are there other factors that are impacting your health and wellness at this time? Do you consume a lot of caffeinated beverages such as coffee, pop, or energy drinks? Are you a cigarette smoker? Do you have a job that takes up a lot of your time outside of school? Do you have health concerns such as asthma or chronic fatigue that affect your ability to exercise?

### **Conclusion**

Read the preceding three paragraphs to get a clear picture of your overall personal health and fitness level. Are there specific areas that you would like to focus upon during the 80 hours of physical activity that must complete for PE 10? You will have the opportunity to design your own fitness program, and it will be easier to create a meaningful plan if you have specific goals in mind. Our hope is that this course will be a practical and useful tool in helping you to improve certain aspects of your health and fitness.

### Essay Evaluation Criteria

<b>5</b>	Describes physical fitness levels, daily nutrition patterns and other health factors in detail Demonstrates consistent evidence of self-awareness and personal thought and reflection Draws insightful conclusions Essay is well written, with correct spelling, punctuation, and grammar
<b>4</b>	Describes physical fitness levels, daily nutrition patterns and other health factors in detail Demonstrates some evidence of self-awareness and personal thought and reflection Draws reasonable conclusions; may lack insight or depth Essay is well written with only minor errors that do not detract from the overall meaning
<b>3</b>	Describes physical fitness levels, nutrition patterns and other health factors, but some sections may be quite brief Although the basic components are present, lacks evidence of self-awareness and personal reflection Draws basic conclusions; lacks insight or depth Essay may have some significant structural or mechanical errors
<b>2</b>	Descriptions of physical fitness levels, daily nutrition patterns and other health details are incomplete or do not satisfactorily answer the questions posed Shows lack of self-awareness and personal reflection Fails to draw logical conclusions, or conclusions missing altogether Essay is incomplete or contains significant structural or mechanical errors that detract from the overall meaning
<b>1</b>	Minimal effort shown; many sections are incomplete or missing altogether
<b>0</b>	Essay was not submitted