San Marin Physical Education

Weekly Activity & Fitness Log

Name: _____

Period: _____

For replacement cards or make up forms:

www.SanMarinPE.weebly.com

Week 11

Monday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	

Tuesday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	

Wednesday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	

Thursday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	

Friday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	

Cardiovascular Fitness

Exercise	Goal	Target Heart Rate Zone	
Time	PR?	HR	PEI
	☐Y ☐N		

THINK BEFORE YOU SNACK

Below is an estimate of how long you need to run in order to burn off the calories in a few of your favorite Halloween Candies.

CANDY	AMOUNT	CAL	FAT	RUN
Reese's PB Cups	5 mini	220	13g	17 mins.
Kit Kat	2 fun size	210	11g	16 mins.
Sour Patch Kids	1 fun size pack	210	0g	16 mins.
Hershey's Kisses	9	200	12g	16 mins.
Butterfinger	2 fun size	170	7g	13 mins.
Snickers	2 fun size	160	8g	12 mins.
Twix	2 fun siz	160	8g	12 mins.
Starbursts	8 pieces	160	3g	12 mins.
Candy Corn	19 pieces	140	0g	10 mins.
3 Musketeers	2 fun size	127	4g	10 mins.
York Pep. Pattie	2 snack size	120	2g	9 mins.
Tootsie Rolls	5 pieces	117	2.5g	9 mins.
Peanut M&Ms	1 fun size	90	5g	8 mins.
Skittles	1 fun size	60	0.5g	5 mins.

VOLLEYBALL + HYPOKINETIC DISEASE QUIZ

By the end of this week, after Tuesday, you need to take the online VOLLEYBALL + HYPOKINETIC DISEASE QUIZ!

SanMarinPE.weebly.com

Click the "Volleyball + Hypokinetic Disease Quiz" button on the San Marin PE home page (can be done on a computer, smart phone or iPod touch)

VOLLEYBALL RULES

- Server must serve from behind end line using an **underhand** motion.
- Team rotates each time that they **win the serve**.
  - When you get the serve back from the other team.
- Games are played to 11 with rally scoring.
- Players rotate in a **clockwise** manner.
- There is a maximum of three hits per side.
- A player may not hit the ball twice in succession.
- A ball (Including serve) may be played off of the net.
- Any time a player touches the net it is a violation and the other team gets the point.
- A ball hitting the boundary lines is inbounds.
- Back Row player cannot hit a ball in the front zone.

HYPOKINETIC QUIZ REVIEW

A HYPOKINETIC disease is related to/caused by _____

Sedentary living is a life without regular _____

Regular_____is one of the best ways of reducing _____.

Cardiovascular diseases involve the _____

Cardiovascular diseases contributes to ____% of all deaths in our country

Currently about one in every _____ Americans has one or more forms of cardiovascular disease.

A _____ _____ is a reason that make your more susceptible to getting a disease. The more of these that you have, the greater your chance of getting a disease is.

Define **ATHEROSCLEROSIS:**

A **HEART ATTACK** occurs when the:

A **STROKE** occurs when the:

HYPERTENSION is another word for _____ and it is a _____ _____ for many cardiovascular diseases.

CANCER is the uncontrollable _____ of _____ cells

Cancer is the _____ leading cause of death in the United States.

The death rate from all forms of cancer is lower in _____ people than in _____ people

Cancers such as _____ cancer and _____ cancer, are considered hypokinetic conditions.

Cancer has many of the same _____ _____ as heart disease.

If you have _____ you cannot regulate sugar levels within their body.

Type _____ diabetes is NOT a hypokinetic condition. And these diabetics take hormone called _____.

Type _____ diabetes is _____ CONDITION because people who are physically _____ are less likely to have it.

Active people are more likely to have blood with healthy sugar levels. Being overweight is a major _____ _____ for Type 2 diabetes.

_____ is when a person has a high percent of body fat

Obesity is often the result of _____

Define **OSTEOPOROSIS:**

If you build a higher _____ _____ _____ when you are young you will have a lower chance of getting osteoporosis.

It is important to do physical activities _____ and _____ to stress the bones and build bone mass.

Lack of _____ in the diet, especially when a person is young, contributes to osteoporosis.