



**PHYSICAL
EDUCATION**

PERSONAL FITNESS

Personal Fitness Program

0.25 CREDIT

There are two types of exercise: **Aerobic** (with oxygen) and **Anaerobic** (without oxygen).

1. Aerobic exercise will raise your heart rate to about 100 beats per minute and keep it there for at least 20 minutes. You will feel a little breathless but will still be able to talk. Aerobic exercise improves your body's use of oxygen.
2. Anaerobic exercise will not raise your heart rate much, but you will be holding your breath and then exhaling in bursts. You won't be talking during the exercise and will be breathing heavily after the exercise. An anaerobic exercise lasts only a few seconds and is repeated to improve muscle strength.

A personal exercise program can combine both types of exercise or just focus on one type.

To get ¼ credit for Physical Education:

- Maintain an exercise log that shows regularity of exercise
- Show a total of 35 hours.
- Write a summary of your experience, noting any changes.
- Each exercise session must be witnessed and signed by someone other than you.

Aerobic Exercise Log:

You must exercise for at least 20 minutes each time and keep a regular routine.

For example: Mondays-Wednesdays-Fridays you walk for at least 20 minutes and **increase and maintain your heart rate for that period.**

Activities: Walking, Jogging, Power Walking, Aerobic Weight Lifting (Low weight/high repetitions), Biking, Swimming or other **sustained aerobic exercise.**

Provide an **Aerobic Exercise Log** that includes the following:

- Type of aerobic exercise
- Day of the Week
- Date
- Start Time
- Starting Heart Rate
- Ending Time
- Ending Heart Rate
- Total Time
- Witness's Signature

| | | | | | | | | |
|----------------------|-----------|------------|----------|------------------|----------------|-----------|---------------|---------------|
| Name: <u>Fit One</u> | | | | | | | | |
| Date Day of Week | | | | | | | | |
| | | Start Time | Exercise | Start Heart Rate | End Heart Rate | End Time | Total Time | Signature |
| 8/19 | Monday | 4:30 p.m. | Jog | 75 bpm | 108 bpm | 5:02 p.m. | 32 min. | Mama Jones |
| 8/21 | Wednesday | 5:07 p.m. | Jog | 68 bpm | 110 bpm | 5:27 p.m. | 20 min. | Papa Jones |
| 8/23 | Friday | 3:13 p.m. | Swim | 66 bpm | 99 bpm | 4:47 p.m. | 1 hr. 34 min. | Lifeguard Sam |
| | | | | | | | Total: 2 hr. | 26 min. |

Provide an **Anaerobic Exercise** (Weight Lifting - High Weight/Low Repetitions) chart that includes the following:

- Day of the Week
- Date
- Start Time
- Warm Up
- Exercise
- Muscle Group Worked
- Weight
- Repetitions
- Cool Down
- Ending Time
- Total Time
- Witness's Signature

NOTE: If you are doing a combination of **both types of exercise**, you must keep **two logs**: one for aerobic and one for anaerobic.

| Name: <u>Joe Muscles</u> | | | | | | | | | | |
|--------------------------|------------|-------------|------------------------------|-------------------|-------------------|-------------|-----------|-----------|------------------|-----------|
| Date | Start Time | Warm up | Exercise | Muscle Group | Weight | Sets x Reps | Cool Down | End Time | Total Time | Signature |
| 8/28 | 7:00 a.m. | Jog/stretch | Squats | Gluteus Max. | 150 lbs | 3 x 10 | Stretch | 8:15 p.m | 1 hr. 15,min. | j.d.k. |
| | | | Bench Press Good Mornings | Pectorals Back | 75 lbx 100 lbs | 4x10 3.8 | | | | Sally |
| 9/1 | 7:00 | Jog/stretch | Lat.Pulls | Lats. | 50 lbs | 5x4 | stretch | 7:30 p.m. | 30 min. | Sarah |