**GRADE 11- PE Module 2- Fitness Management**

1. What are the stages in the Stages of Change model, and how can you move from one stage to the next?

2. In the processes of change, what two cues can be used to move from one stage of change to another? Why are these cues important?

3. What are some ways to create a new habit?

4. What are some factors that affect a person’s adherence to a personal activity plan, including an activity or exercise routine?

5. What are the differences between personal and environmental barriers?

6. How does the FITT principle help you to develop your exercise routine?

Fitness Rating of Common Activities

Rate the degree of fitness required (in relation to each of the four health-related fitness components) for each of the activities listed below. Use a rating scale from 1 to 10, with 1 being little or no fitness requirement and 10 being the greatest fitness requirement. (Highest possible overall score = 40.)

|  |  |  |
| --- | --- | --- |
| Activity | Fitness Rating for Health-Related Fitness Components | OverallFitnessRating |
| Cardiorespiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility |
| Sports  |
| Cross-Country Skiing |  |  |  |  |  |
| Volleyball |  |  |  |  |  |
| Bowling |  |  |  |  |  |
| Step Aerobics |  |  |  |  |  |
| Ice Hockey |  |  |  |  |  |
| Other? |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Daily Activities  |
| Mowing the Lawn |  |  |  |  |  |
| Vacuuming the House |  |  |  |  |  |
| Shovelling Snow |  |  |  |  |  |
| Other? |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Occupations  |
| Mail Carrier |  |  |  |  |  |
| Flight Attendant |  |  |  |  |  |
| Roofer / Shingler |  |  |  |  |  |
| Waiter / Waitress |  |  |  |  |  |
| Other? |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |