

FITNESS KNOWLEDGE EXIT SLIP

Name: _____

Answer each question below.

- **DOK 1:** What is perceived exertion?
- **DOK 2:** What do you know about the different levels of perceived exertion? (RPE Scale 1-10)
- **DOK 3:** How is perceived exertion related to exercise intensity?
- **DOK 4:** Using information from the Perceived Exertion Chart, analyze your effort and intensity during Partner Rep Burn-Out.

(Write this answer on the back of this sheet.)

HEART RATE ZONE CHART

Name: _____

Answer each question below.

- **DOK 1:** What is perceived exertion?
- **DOK 2:** What do you know about the different levels of perceived exertion? (RPE Scale 1-10)
- **DOK 3:** How is perceived exertion related to exercise intensity?
- **DOK 4:** Using information from the Perceived Exertion Chart, analyze your effort and intensity during Partner Rep Burn-Out.

(Write this answer on the back of this sheet.)

FITNESS KNOWLEDGE EXIT SLIP

Name: _____

Answer each question below.

- **DOK 1:** What would you include on a list about aerobic glycolysis? What about a list for anaerobic glycolysis?
- **DOK 2:** How would you compare and/or contrast aerobic glycolysis with anaerobic glycolysis?
- **DOK 3:** How are these energy systems related to your personal fitness?

(Write this answer on the back of this sheet.)

HEART RATE ZONE CHART

Name: _____

Answer each question below.

- **DOK 1:** What would you include on a list about aerobic glycolysis? What about a list for anaerobic glycolysis?
- **DOK 2:** How would you compare and/or contrast aerobic glycolysis with anaerobic glycolysis?
- **DOK 3:** How are these energy systems related to your personal fitness?

(Write this answer on the back of this sheet.)

FITNESS KNOWLEDGE EXIT SLIP

Name: _____

Answer each question below.

- **DOK 1:** What would you include on a list about perceived exertion?

- **DOK 2:** How would you summarize the different levels listed on the Rate of Perceived Exertion Scale?

- **DOK 3:** How would you adapt a station that you completed today to change the intensity of the activity, and therefore your perceived exertion?

(Write this answer on the back of this sheet.)

HEART RATE ZONE CHART

Name: _____

Answer each question below.

- **DOK 1:** What would you include on a list about perceived exertion?

- **DOK 2:** How would you summarize the different levels listed on the Rate of Perceived Exertion Scale?

- **DOK 3:** How would you adapt a station that you completed today to change the intensity of the activity, and therefore your perceived exertion?

(Write this answer on the back of this sheet.)

Name: _____

Answer each question below.

- **DOK 1:** How would you describe target heart rate?

- **DOK 2:** How is your target heart rate affected by your fitness goals?

- **DOK 3:** How would you adapt a Down-Up Rep Chart based on different fitness goals (e.g., weight loss vs athletic performance)?

(Write this answer on the back of this sheet.)

Name: _____

Answer each question below.

- **DOK 1:** How would you describe target heart rate?

- **DOK 2:** How is your target heart rate affected by your fitness goals?

- **DOK 3:** How would you adapt a Down-Up Rep Chart based on different fitness goals (e.g., weight loss vs athletic performance)?

(Write this answer on the back of this sheet.)

FITNESS KNOWLEDGE EXIT SLIP

Name: _____

Answer each question below.

- **DOK 1:** How can you recognize a physically active lifestyle?
- **DOK 2:** How would you apply a physical activity break within a physically active lifestyle?
- **DOK 3:** How is routine physical activity related to your productivity? Give specific examples.
- **DOK 4:** Create a list of strengths and weaknesses related to the physical activity levels of your daily personal routine. Identify one area of weakness and a strategy for personal improvement in this area.

(Write this answer on the back of this sheet.)

HEART RATE ZONE CHART

Name: _____

Answer each question below.

- **DOK 1:** How can you recognize a physically active lifestyle?
- **DOK 2:** How would you apply a physical activity break within a physically active lifestyle?
- **DOK 3:** How is routine physical activity related to your productivity? Give specific examples.
- **DOK 4:** Create a list of strengths and weaknesses related to the physical activity levels of your daily personal routine. Identify one area of weakness and a strategy for personal improvement in this area.

(Write this answer on the back of this sheet.)

FITNESS KNOWLEDGE EXIT SLIP

HIGH SCHOOL

Name: _____

Answer each question below.

- **DOK 1:** What is a heart rate monitor?

- **DOK 2:** How could you apply heart rate monitor technology in your personal fitness plan?

- **DOK 3:** What facts would you select to support the use of a heart rate monitor for personal fitness? Can you elaborate on why you chose those facts?

(Write this answer on the back of this sheet.)

HEART RATE ZONE CHART

HIGH SCHOOL

Name: _____

Answer each question below.

- **DOK 1:** What is a heart rate monitor?

- **DOK 2:** How could you apply heart rate monitor technology in your personal fitness plan?

- **DOK 3:** What facts would you select to support the use of a heart rate monitor for personal fitness? Can you elaborate on why you chose those facts?

(Write this answer on the back of this sheet.)

FITNESS KNOWLEDGE EXIT SLIP

Name: _____

Answer each question below.

- **DOK 1:** What would you include on a list about the benefits of an active lifestyle?

- **DOK 2:** How can an active lifestyle affect a person's social life?

- **DOK 3:** How is an active lifestyle related to a person's social and emotional well-being?

(Write this answer on the back of this sheet.)

HEART RATE ZONE CHART

Name: _____

Answer each question below.

- **DOK 1:** What would you include on a list about the benefits of an active lifestyle?

- **DOK 2:** How can an active lifestyle affect a person's social life?

- **DOK 3:** How is an active lifestyle related to a person's social and emotional well-being?

(Write this answer on the back of this sheet.)

FITNESS KNOWLEDGE EXIT SLIP

HIGH SCHOOL

Name: _____

Answer each question below.

- **DOK 1:** What would you include on a list about anaerobic glycolysis?

- **DOK 2:** What do you know about anaerobic glycolysis and fatigue?

- **DOK 3:** How would you adapt this activity to shift energy systems from anaerobic glycolysis to aerobic glycolysis?

(Write this answer on the back of this sheet.)

HEART RATE ZONE CHART

HIGH SCHOOL

Name: _____

Answer each question below.

- **DOK 1:** What would you include on a list about anaerobic glycolysis?

- **DOK 2:** What do you know about anaerobic glycolysis and fatigue?

- **DOK 3:** How would you adapt this activity to shift energy systems from anaerobic glycolysis to aerobic glycolysis?

(Write this answer on the back of this sheet.)

FITNESS KNOWLEDGE EXIT SLIP

HIGH SCHOOL

Name: _____

Answer each question below.

- **DOK 1:** How would you perform a set of jumping jacks to illustrate the different levels of the Rate of Perceived Exertion Scale?
- **DOK 2:** How would you compare and/or contrast the various levels of the RPE Scale with one another?
- **DOK 3:** How would you modify this activity if your goal was maintaining your basic aerobic and muscular endurance? How would you modify it if your goal was improving aerobic fitness and performance capacity? Provide reasoning for your modifications.

(Write this answer on the back of this sheet.)

HEART RATE ZONE CHART

HIGH SCHOOL

Name: _____

Answer each question below.

- **DOK 1:** How would you perform a set of jumping jacks to illustrate the different levels of the Rate of Perceived Exertion Scale?
- **DOK 2:** How would you compare and/or contrast the various levels of the RPE Scale with one another?
- **DOK 3:** How would you modify this activity if your goal was maintaining your basic aerobic and muscular endurance? How would you modify it if your goal was improving aerobic fitness and performance capacity? Provide reasoning for your modifications.

(Write this answer on the back of this sheet.)