

Name: _____

Date: _____



TOOLS FOR LEARNING **FITNESS RUNNING**

STUDENT PORTFOLIO



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Name: _____

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TOOLS FOR LEARNING **FITNESS RUNNING**



NOTES

Name: _____

Date: _____

Fitness Running Personal Portfolio Day 1

Physiological Response

Perceived Exertion (*noun*) How hard an individual feels her/his body is working during a bout of physical activity or exercise.

Throughout your fitness journey, it will be important to consider your perceived exertion and compare it with heart-rate data that gives real-time information about exercise intensity. As you improve your levels of fitness, your perceived exertion during exercise will become more in line with your real-time heart rate. We will use this journal to begin tracking this alignment.

At the end of today's activity, use the Perceived Exertion Chart to select your RPE score. Then circle your score below.

1	2	3	4	5	6	7	8	9	10
Light Activity			Moderate			Vigorous			Max

Movement

Skill

Refinement

Pace (*noun*) A steady and consistent speed at which a person moves or works, often in order to avoid becoming overly tired.

Running at an appropriate pace is a skill that is learned and refined through purposeful practice. In the activity Double Line Pursuit, we began to work with pacing as a skill. Answer the questions below, considering your experience in today's activity.

How would you describe a comfortable running pace?

What did you notice about your perceived exertion when you increased your running pace in order to catch the line ahead of you?

How is aerobic capacity related to running pace?

Social and Emotional Learning

Dynamic Warm-Up (*noun*) Activity done at the beginning of a bout of exercise in which movement, momentum, and active muscular effort are used to stretch and prepare muscles for exercise.

Before we begin each day of Fitness Running, we will participate in a dynamic warm-up activity.

How would you describe a safe and appropriate dynamic warm-up?

Name: _____

Date: _____

Fitness Running Personal Portfolio Day 2

Physiological Response

At the end of today's activity, use the Perceived Exertion Chart at the end of the portfolio to select your RPE score. Then circle your score below.

1	2	3	4	5	6	7	8	9	10
Light Activity			Moderate			Vigorous			Max

Movement

Skill

Refinement

1600 meters is approximately 1 mile. Before running today's 1600-meter activity, make a time prediction. We'll compare that to your actual time and then think about how to improve your performance at the end of the Fitness Running module.

For your reference, the current 1-mile world record time is 3 minutes, 43 seconds (3:43.13). A person walking at a fast pace can complete a mile in 15 minutes. Your prediction should be somewhere in between these times.

Prediction: _____ Date: _____

Actual Personal Best (PB) Time: _____

SMART Goal for Personal Best: _____

Over the next 5 lessons, we will be working in physical education class to improve your personal best. List 2 purposeful action items that you will commit to doing outside of class. You'll then track your commitment to these action items on the following pages.

1. _____

2. _____

Did you consider your health-related fitness when selecting each item?
Why did you choose these 2 action items?

Social and Emotional Learning

Social Support (*noun*) Help, encouragement, and/or comfort given by a network of friends, family, and community members.

What would you include on a list about your social-support network?

How can you apply what you've learned about fitness running and health-related fitness to act as a social support resource to friends and family?

Name: _____

Date: _____

Fitness Running Personal Portfolio Day 3

Physiological Response

Aerobic Capacity (*noun*) The body's ability to take in, transport, and use oxygen during vigorous physical activity.

List 3 facts that you know about aerobic capacity.

How does fitness running affect aerobic capacity?

How is fitness running related to muscular endurance?

Movement

Skill

Refinement

Running balance and form is a result of the relationship between your arms, legs, shoulders and core as they work in coordination. List words that help you describe each of the following parts of your running form.

Posture:

Arms:

Shoulders:

Hands:

What did you notice about your running form that is really good?

What did you notice that you will work to improve?

Social and Emotional Learning

Positive Language (*noun*) Verbal communication choices that use an optimistic tone and focus on what is good or can be improved.

List 5 words that provide examples of positive language.

How can you apply positive language to your personal self-talk related to your fitness running performance?

Using positive language, describe your progress toward your SMART goal for a 1-mile personal best.

Name: _____

Date: _____

Fitness Running Personal Portfolio Day 4

Physiological Response

Target Heart Rate (*noun*) A number of heart beats per minute that's chosen in order to reach a level of exercise intensity required to gain specific fitness benefits.

There are 3 main physiological benefits to consider when choosing a target heart rate zone during a workout: general body health, heart health, and max power performance. All people require general body health and heart health to maintain healthy levels of fitness. Those interested in maximizing athletic performance will benefit from bouts of exercise working at max power performance levels.

As a fitness runner, what benefits are you most interested in? (circle one)

General Body Health Heart Health Max Power Performance

Movement Skill Refinement

Heart Rate Zone (*noun*) A range of heart beats per minute, measured as a percentage of one's maximum heart rate, identified because specific health benefits are associated with sustained exercise intensity within that range.

Most high school students have an approximate max heart rate of 200 beats per minute (200 BPM Max HR). Based on that number, the following heart rate zones have been identified.

Max Performance	180–200 BPM (90–100% Max)
Heart Health	120–180 BPM (60–90% Max)
General Body Health	100–120 BPM (50–60% Max)

Based on the zone chart above, list the target zone for each type of activity.

Warm-Up / Cool-Down: _____

Endurance Training: _____

Speed / Power Training: _____

Social and Emotional Learning

Perseverance (*noun*) Continued effort to do or achieve something despite difficulties, failure, or opposition.

Based on your past experiences, what does the word *perseverance* mean to you? Elaborate on why this is the meaning you selected.

Name: _____

Date: _____

Fitness Running Personal Portfolio Day 5

Physiological Response

Target Heart Rate Zones

<i>Max Performance</i>	<i>180–200 BPM (90–100% Max)</i>
Heart Health	120–180 BPM (60–90% Max)
<i>General Body Health</i>	<i>100–120 BPM (50–60% Max)</i>

In today's lesson, one of our goals was to adjust pacing to maintain a heart rate within the heart health zone. In the space below, list as many health-related fitness benefits of training in the heart health zone as you can.

Movement

Skill

Refinement

Fitness Running Goal Check-in

Look back at day 2 of this portfolio and fill in the information below as a reminder of your goal.

Actual Personal Best (PB) Time: _____

Goal for Personal Best: _____

Purposeful action items: List 2 actions that you will commit to doing outside of class. You'll then track your commitment to these action items on the following pages.

1. _____

2. _____

Did you consider your health-related fitness when selecting each item? Why did you choose these 2 action items?

Social and Emotional Learning

There are many health benefits to regular activity in the heart health zone. One of those benefits is stress reduction. Physical activity boosts hormones that promote mental health and helps to flush out chemicals that stimulate anxiety.

How does fitness running affect your overall mood?

What do you notice about the way you communicate with others after you participate in fitness running activities?

Fitness Running Personal Portfolio Day 6

Physiological Response

A main source of energy for fitness runners is carbohydrates. Your body works to supply carbohydrates (glycogen) to fuel aerobic activity using aerobic glycolysis. One question that many runners have is, “Where can I get carbs before a run?” Many nutrition questions are not always cut and dry. However, here are 2 tips to help you make healthful choices.

- 1) Choose natural sources of carbohydrates, like fruits and vegetables. You get the sugar/carbs along with beneficial vitamins, minerals, and fiber. Sport drinks full of carbs don't give you the same benefit — even if they're “fortified” with nutrients.
- 2) Fruit that's nice and juicy is a great pre-exercise snack. The juice from the fruit will help you hydrate before a run (although it's also very important to drink plenty of water). Plus, fruit is easy for your body to digest for quick and comfortable pre-workout fuel.

List 2 types of fruit that you would eat to help you fuel up before a run.

Movement Skill Refinement

Recovery Heart Rate (*noun*) A measure of the heart's ability to return to a normal ambient heart rate after you stop exercising, usually expressed as an interval of time.

Because high school students are still experiencing growth and development, their recovery heart rate is affected by many factors. As a person gets older, recovery heart rate can be a good indicator of her/his fitness level. Shorter recovery rates indicate better fitness.

There are 2 important ways you can help your heart safely recovery after exercise:

- 1) *Mindful breathing.* Take 4–8 seconds to take a slow, controlled breath in. When your lungs are full, hold the air for 2–3 seconds and then slowly exhale. Repeat this pattern for 1–2 minutes.
- 2) *Don't stop moving.* It's important to walk or continue with moderate physical activity directly following activity that is vigorous and pushes your heart rate into the upper range of the heart health zone. Your heart gets help from your contracting muscles in pushing blood throughout your body. That's one reason why a cool-down walk or activity is an important part of your fitness running routine.

How can you apply what you know about recovery heart rate to your physical activity routine outside of physical education class?

Social and Emotional Learning

Leadership (*noun*) The effective use of people skills to organize and motivate others to work cooperatively toward a common goal.

How is leadership applied in relation to health-related fitness?

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Fitness Running Personal Portfolio Day 7

Physiological Response

What does *physiological response* mean?

How would you summarize your body's physiological response to fitness running?

How is fitness running related to long-term physiological responses?

Movement

Skill Refinement

Have you moved to improve?

Check the appropriate response based on your personal running form.

Form Skill Component	Stayed the Same ✓	IMPROVED ✓
Posture		
Arms		
Shoulders		
Hands		

What about your running form has improved the most?

What do you want to continue to improve?

Social and Emotional Learning

Have you taken the time to introduce a friend or family member to the things that you've learned in our fitness running lessons?

Do you believe that your introduction was beneficial to your friend or family member? Why or why not?

Create a short list of ways you can encourage your friends and family members to be more physically active.

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Fitness Running Personal Portfolio Day 8

Physiological Response

Perceived Exertion (*noun*) How hard an individual feels her/his body is working during a bout of physical activity or exercise.

Look on day 2 of this portfolio. What was your perceived exertion after your 1600M run?

_____ Baseline Perceived Exertion

For today's 1600M run, circle your score below.

1	2	3	4	5	6	7	8	9	10
Light Activity			Moderate			Vigorous			Max

Important note: Today's 1600M run shouldn't necessary feel any different with respect to your exertion if you worked hard to improve your time and set a new personal best.

Movement

Skill

Refinement

List the information from day 2 of this portfolio.

1600M Personal Best (PB) Time: _____ (Day 2)

SMART Goal for Personal Best: _____ (Set Day 2)

Today's Prediction: _____ Date: _____

Today's 1600M Time: _____

Did you set a new PB time? (circle one) YES NO

Did you meet or beat your SMART goal PB time? YES NO

Social and Emotional Learning

It's time for reflection. If you set a new personal best time and/or hit your SMART goal PB time, it's time to celebrate! Your success is due to your hard work and commitment to personal health and fitness. Regular physical activity and healthy nutrition choices helped you be your best.

If you didn't reach your goals, it's important to remember that personal fitness is a journey that will last your entire life. You gained knowledge and experience throughout this fitness running module that will help you build a lifetime of healthy living.

How would you describe your fitness running experience?

How will you apply what you learned outside of physical education class?

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Fitness Running Personal Portfolio Day 9

Physiological Response

During today's run, pace yourself to maintain the heart health target heart rate zone. Your average beats per minute (BPM) should be somewhere between 120 and 180.

Max Performance	180–200 BPM (90–100% Max)
Heart Health	120–180 BPM (60–90% Max)
General Body Health	100–120 BPM (50–60% Max)

Record your average heart rate: _____

For today's 3K run, circle your RPE score below.

1	2	3	4	5	6	7	8	9	10
Light Activity			Moderate			Vigorous			Max

Movement Skill Refinement

Based on your 1600M PB time, make a 3K prediction. Be sure to ask yourself, "Can I maintain that 1600M pace for the entire 3K event?"

Prediction: _____ Date: _____

Actual Personal Best (PB) Time: _____

SMART Goal for Personal Best: _____

Have you moved to improve? Check the appropriate responses.

Form Skill Component	Stayed the Same ✓	IMPROVED ✓
Posture		
Arms		
Shoulders		
Hands		

Social and Emotional Learning

This module was designed to introduce you to fitness running. How fast you run is not the main purpose of fitness running; what's important is that you can design a safe activity program that you enjoy and that helps you reach your long-term fitness and activity goals.

Here are questions to help you plan future fitness running experiences. (Write your full answers on the next page.)

- Who can I ask to help me find opportunities to participate in fitness running events (e.g., 1-mile, 3K, or 5K runs)?
- Where can I continue to learn about fitness running outside of physical education class?
- Which friends or family members might participate in fitness running experiences with me?

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Write your complete answers to the final reflection questions below.