

# Fitness Log Description

## Reasons Why We have Physical Education Homework at Sinaloa:

1. We want students to participate regularly in a variety of healthful and satisfying aerobic as well as non-aerobic activities.
2. We want parents and students to appreciate and understand the implications of and the benefits from involvement in physical activity and its contribution to a healthy life-style.
3. We want to keep today's students from becoming sedentary, less healthy adults by developing a pattern and habit of exercise in their own lives outside of the school physical education class.
4. By placing high expectations and challenging our students both cognitively and physically, we hope to put to rest forever the days of thinking that free play; recess or recreational sports can provide or replace the benefits of a comprehensive physical education program.
5. It is impossible, given the scope of the curriculum and limited time to do much aerobic work in the physical education class; therefore the students must develop habits of aerobic fitness outside the "classroom".

## How do you fill out your "Fitness Log" for Sinaloa PE class so you can get full credit?

1. **Three Aerobic Exercises on three different days during the week:** An exercise is aerobic if it uses large muscle groups (legs and arms) for a continues period of time (non-stop) with a steady intake of oxygen. Distance running is an excellent aerobic exercise, but there are other exercises that a student might find more enjoyable and would be beneficial to his/her heart if the proper exercise prescription is followed. **Other acceptable aerobic exercises are:** Lap Swimming, cross country skiing, biking, power walking, rowing, jump rope, hiking, treadmill, stair climber/master, stationary bike (spinning), Taibo, cardio kick-boxing, rollerblading, racquetball, soccer and dancing.
2. **Organized sport practice can be used for the aerobic requirement:** We recognize that any form of exercise, sport, or recreational activity has many health benefits and that "something is better than nothing", but for exercise to be of benefit to the heart muscle the aerobic exercise prescription of 3-4 days, non-stop for 15-30 minutes is recommended. We do, however, give homework credit to those who participate in an organized sport, either on a team or individually. Credit is given only for practices (not games) conducted by the coach or instructor.
3. **Parent Confirmation:** Please do not sign blank sheets. Your signature verifies that your son/daughter has indeed completed the various activities. Please do not allow students to sign for you. When filling out the "Fitness log" please include the type of practice and the team/organization.
4. **Fitness Log must be completed in pen or word processor (no pencil or red pen).**
5. **Bring your fitness log with you to your roll call number on the due date:** You may turn your "Fitness Log" in on the due date for 100% credit, if it is filled in correctly. You will get 80% credit if it is turned in one class day late. No fitness log will be accepted more than one day late.

## PE Website - Students will print out a "Fitness Log" from the Sinaloa Middle School Web Site:

1. Go to the Sinaloa Middle School Web Site: <http://sinaloamiddleschool.wordpress.com/>
2. Click "PE Dept." under Class Websites.
3. Print or copy a Fitness Log (PDF or Word Document) from the Fitness Log Link.

*Fitness Log copies are made available to students who do not have access to the Internet...*

## Example of how to complete the fitness log correctly –

### Week 1

Date	Aerobic Exercise	Time	Team/Organization (if applicable)
8/19/07	Lap Swimming	20 min.	
8/21/07	Biking	30 min.	
8/23/07	Football Practice	120 min.	San Marin / Pop Warner