

Skills Worksheet

Concept Review

Section: Planning Your Fitness Program

PART I

Answer the following questions about heart rate.

1. What is RHR? _____
2. Does your regular exercise affect the RHR? _____
3. What is MHR? _____
4. How is the target heart rate zone related to the RHR? _____
5. What is the MHR for a 20-year-old person? _____

PART II

List the five steps in designing a fitness program.

1. _____
2. _____
3. _____
4. _____
5. _____

PART III

Explain why each of these tips can help you stay motivated to exercise.

1. Levels of exercise that are challenging _____
2. Focus with a friend _____
3. Set realistic goals _____
4. Understand that you'll learn from steps _____

Skills Worksheet Concept Review Rocks

M Carnoy



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A collection of Dialectical Behaviour Therapy DBT activities presented in a fun and creative format for emotionally sensitive young people Each activity includes concepts from each of the DBT modules mindfulness distress tolerance emotional regulation and interpersonal effectiveness Includes activity sheets and diary cards to track progress *Holt Science and Technology* Holt Rinehart & Winston,2004-02

Teaching and Learning Online Franklin S. Allaire,Jennifer E. Killham,2023-01-01 Science is unique among the disciplines since it is inherently hands on However the hands on nature of science instruction also makes it uniquely challenging when teaching in virtual environments How do we as science teachers deliver high quality experiences to secondary students in an online environment that leads to age grade level appropriate science content knowledge and literacy but also collaborative experiences in the inquiry process and the nature of science The expansion of online environments for education poses logistical and pedagogical challenges for early childhood and elementary science teachers and early learners Despite digital media becoming more available and ubiquitous and increases in online spaces for teaching and learning Killham et al 2014 Wong et al 2018 PreK 12 teachers consistently report feeling underprepared or overwhelmed by online learning environments Molnar et al 2021 Seaman et al 2018 This is coupled with persistent challenges related to elementary teachers lack of confidence and low science teaching self efficacy Brigido Borrachero Bermejo Gunning Duran Duran 2004 Ideal for undergraduate teacher candidates graduate students teacher educators classroom teachers parents and administrators this book addresses why and how teachers use online environments to teach science content and work with elementary students through a research based foundation *Resources in Education* ,1999-04 Hands-On STEAM - Life Science Gr. 1-5 George Graybill,2016-04-07 Spark curiosity in this great big world of ours by discovering how everything works and lives together with our Hands On Life Science resource for grades 1 5

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Hands On Science [Grades 3-4]. Robert W. Smith, 1989

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