**PAL – Study Booklet for your Exam**

**Self-Evaluation**

*Place your name here \_\_\_\_\_\_\_\_\_\_\_\_\_ and complete the self-evaluation.*

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| ***Criteria*** | **4 pts** | **3- 2pts** | **1- 0pts** | **Score** | **Justify your mark** |
| **Preparation** | I was always on time, changed, and prepared for the start of class | I was usually on time, changed and prepared for the start of class ( with 3-5 exceptions) | I was rarely on time and/or changed. I was often not ready to begin class |  |  |
| **Participation** | I always participated in warm-ups and for the entire duration of class regardless of the activity | I usually participated in warm-ups and/or class activities. I would sometimes sit/rest but never more than 10 minutes of total class | I didn’t usually participate in warm-up and/or activities in class. I may have spent considerable time sitting, talking, texting, etc. I may have missed many classes. |  |  |
| **Overall** | I put forth a great effort and always participated in class activities. I have earned a good mark (80 - 90’s) | My effort was good. I participated when I wanted to, and admit I sometimes didn’t do much. I have earned an average mark (50-70) | My effort was minimal. I didn’t participate often Mr. Mailman had to encourage me to be active too often. I understand I may not pass the course. |  |  |
| **Based on my daily participation in class I believe my mark should be a ……..**  Mark is out of 12points | | | |  |  |

Tell me what each letter in the FITT Principle stands for and describe each component as it would relate to our coach to 5km program.

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What do each of the letters in RICE stand for and what is this concept used for?

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According to Canada’s Food Guide. Someone your gender and age should have how many of the following in one day:

Vegetables and Fruit:\_\_\_\_\_\_\_\_\_\_\_\_\_

Grain Products: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milk and Alternatives: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meat and Alternatives: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use the following information from Canada’s Food Guide to create a two day meal plan for someone your age and gender using the table below:

**Vegetables and Fruit**

* 125 mL (½ cup) fresh, frozen or canned   
  vegetable or fruit or 100% juice
* 250 mL (1 cup) leafy raw vegetables or  
  salad
* 1 piece of fruit

**Grain Products**

* 1 slice (35 g) bread or ½ bagel (45 g)
* ½ pita (35 g) or ½ tortilla (35 g)
* 125 mL (½ cup) cooked rice, pasta, or couscous
* 30 g cold cereal or 175 mL (¾ cup) hot cereal

**Milk and Alternatives**

* 250 mL (1 cup) milk or fortified soy beverage
* 175 g (¾ cup) yogurt
* 50 g (1 ½ oz.) cheese

**Meat and Alternatives**

* 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
* 175 mL (¾ cup) cooked beans
* 2 eggs
* 30 mL (2 Tbsp) peanut butter

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|  | Day 1 | Day 2 |
| Breakfast |  |  |
| Lunch |  |  |
| Supper |  |  |
| Snacks |  |  |

Total Servings of Vegetables and Fruit on: Day 1 \_\_\_\_\_\_\_\_\_\_\_\_\_ on Day 2 \_\_\_\_\_\_\_\_\_\_

Total Servings of Grain Products on: Day 1 \_\_\_\_\_\_\_\_\_\_\_\_\_ on Day 2 \_\_\_\_\_\_\_\_\_\_

Total Servings of Milk and Alternatives on: Day 1 \_\_\_\_\_\_\_\_\_\_\_\_\_ on Day 2 \_\_\_\_\_\_\_\_\_\_

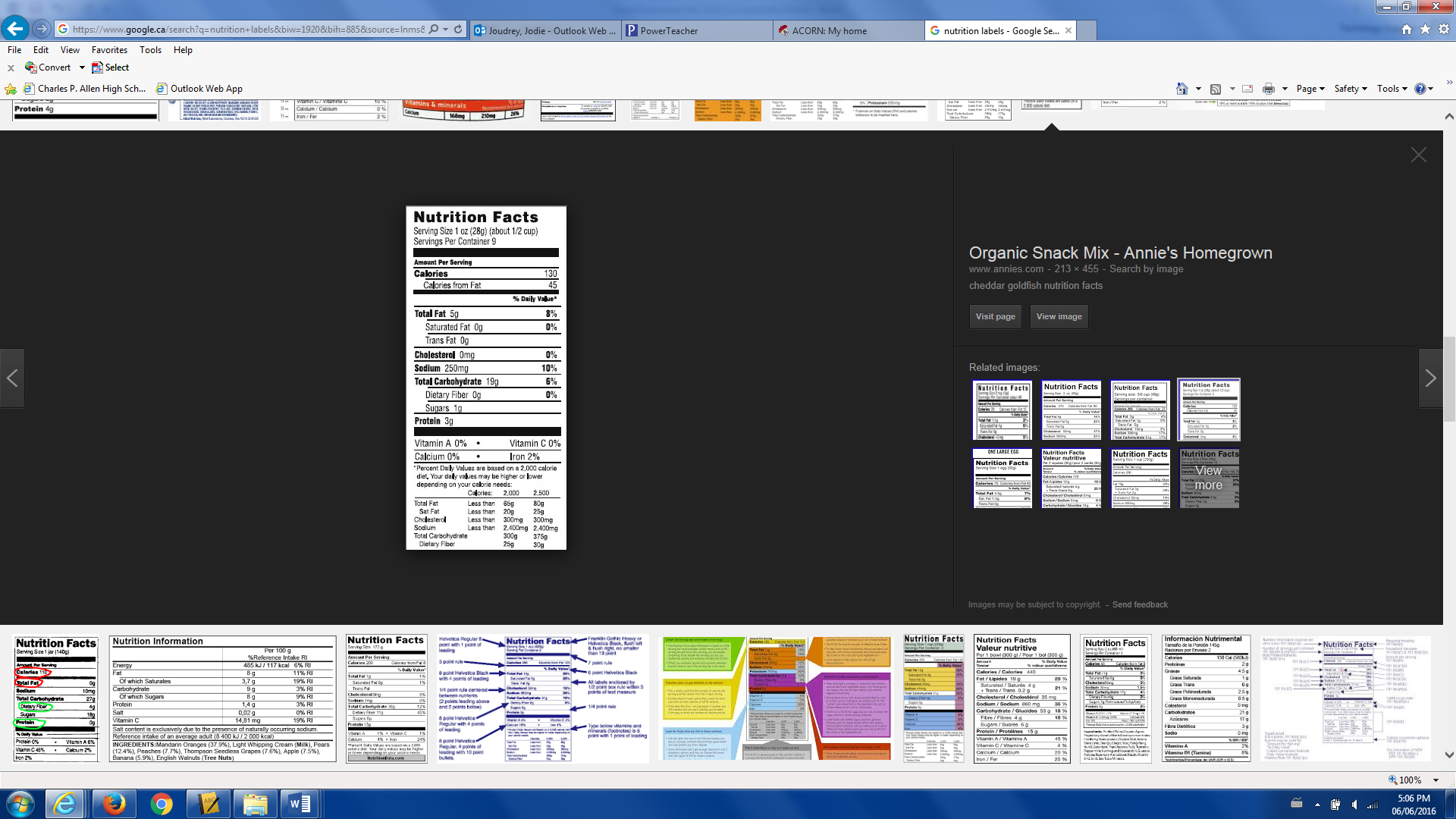
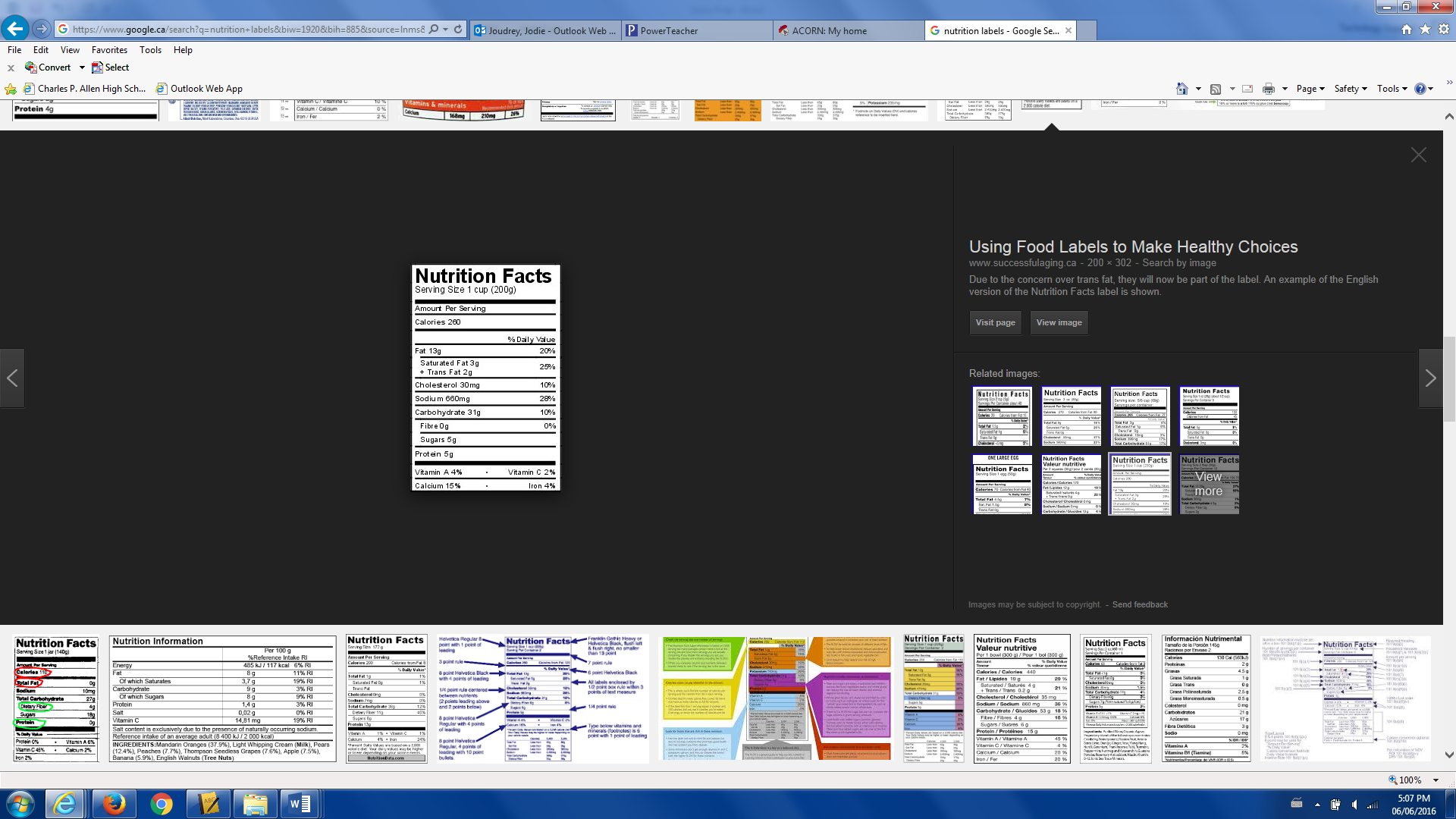
Total Servings of Meat and Alternatives on: Day 1 \_\_\_\_\_\_\_\_\_\_\_\_\_ on Day 2 \_\_\_\_\_\_\_\_\_\_

Tell me what the 5 health-related fitness components are and describe each.

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Tell me what the 6 skill-related fitness components are and describe each.

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Tell me the amount of calories and the amount of fat in each of the above items based on the same serving size (1 cup). Which one is the healthier option and why?

From the many activities you have experienced during your PAL class, and any others of interest to you, discuss how an individual may incorporate physical activities into their daily routine (list at least 5).

What activities interest you personally and why (list at least 5).

Reflect onone of the activities we did in class that you enjoyed. Start with an introduction, then focus on three main points (ex. what the activity is/how to play or do it, proper technique, what you liked about the sport/how will it impact your life in the future, any goals you have or will set based on this activity etc.) and a conclusion.