

RM 1–PA: Five-Day Physical Activity Recall

Name _____ Date _____ Class _____

Instructions

Complete the following Five-Day Physical Activity Recall table, indicating the

- days/dates you engaged in physical activities (two of the five days must be weekend days)
- types of physical activities in which you participated
- amount of time (hours : minutes) you spent participating in activities of various intensity:
 - **Light activities:** You begin to notice your breathing, but talking is fairly easy.
 - **Moderate activities:** You can hear yourself breathe, but can still talk.
 - **Vigorous activities:** You are breathing heavily. It is difficult to talk.

Once you have completed the table, answer the questions that follow.

Five-Day Physical Activity Recall				
Day/Date	Physical Activity	Amount of Time (hours : minutes) and Perceived Exertion		
		Light	Moderate	Vigorous
1.				
2.				
3.				
4.				
5.				
Total Time				

Current Status

1. Is the amount and type of physical activity identified in the table above an accurate reflection of your physical activity profile? Why or why not?

2. Based on the criteria of the physical activity practicum that your teacher has identified for you and the information you provided in the Five-Day Physical Activity Recall table, how do you see yourself meeting the requirements for your physical activity practicum?

Continued

RM 1–PA: Five-Day Physical Activity Recall *(Continued)*

- I am already on track to meet the requirements for my physical activity practicum.
- I will be able to meet the requirements for my physical activity practicum with some additions to my current level of physical activity.
- I am currently not active enough to meet the requirements of this course and will need the assistance of my teacher, friends, and family to do so.

Career/Job Aspirations

1. Identify, in the space provided, **three** careers/jobs that you envision for yourself in the next five to ten years. Identify the physical activity demands required to be successful in each career/job.

Careers/Jobs	Physical Activity Demands
_____	_____
_____	_____
_____	_____
_____	_____

2. Examine the physical activity demands of each of the three careers/jobs that you identified. Are there commonalities? If so, what are they?

3. Now compare the information you recorded in the Five-Day Physical Activity Recall table and the information you identified for your three potential careers/jobs. Based on this comparison, how do you see yourself meeting the physical demands of your potential career/job?

- I am already on track to meet the physical demands of my potential career/job.
- I will be able to meet the physical demands of my potential career/job with some additions to my current level of physical activity.
- I am currently not active enough to meet the physical demands of my potential career/job.

Comments
