



**PHYSICAL
EDUCATION
0.25 CREDIT
PERSONAL FITNESS**

There are two types of exercise; **Aerobic** (with oxygen) and **Anaerobic** (without oxygen).

1. Aerobic exercise will raise your heart rate to about 100 beats per minute and keep it there for at least 20 minutes. You will feel a little breathless but will still be able to talk. Aerobic exercise improves your body's use of oxygen.
2. Anaerobic exercise will not raise your heart rate much, but you will be holding your breath and then exhaling in bursts. You won't be talking during the exercise and will be breathing heavily after the exercise. An anaerobic exercise lasts only few seconds and is repeated to improve muscle strength.

A personal exercise program can combine both types of exercise or just focus on one type.

To get ¼ credit for Physical Education:

- Maintain an exercise log that shows regularity of exercise
- Show a total of 35 hours.
- Write a summary of your experience, noting any changes.
- Each exercise session must be witnessed and signed by someone other than you.

Aerobic Exercise Log:

You must exercise for at least 20 minutes each time and keep a regular routine.

For example: Monday-Wednesdays-Fridays you walk for at least 20 minutes and **increase** and **maintain your heart rate for that period**.

Activities:

Walking, Jogging, Power Walking, Aerobic Weight Lifting (Low Weight/High Repetitions), Biking, Swimming, or other **sustained aerobic exercise**.

Provide an **Aerobic Exercise Log** that includes the following:

- Type of aerobic exercise
- Day of the Week
- Date
- Start Time
- Starting Heart Rate
- Ending Time
- Ending Heart Rate
- Total Time
- Witness's Signature

Name: <u>Fit One</u>								
Date	Day of Week	Start Time	Exercise	Start Heart Rate	End Heart Rate	End Time	Total Time	Signature
8/19	Monday	4:30 pm	Jog	75 bpm	108 bpm	5:02 pm	32 min.	Mama Jones
8/21	Wednesday	5:07 pm	Jog	68 bpm	110 bpm	5:27 pm	20 min.	Papa Jones
8/23	Friday	3:13 pm	Swim	66 bpm	99 bpm	4:47 pm	1 hr. 34 min.	Life guard Sam
							Total: 2 hr. 26 min.	

Provide an **Anaerobic Exercise** (Weight Lifting – High Weight/Low Repetitions) chart that includes the following:

- Day of the Week
- Date

