

Name _____

Activity _____

Identify the fitness requirements of this activity.

1. List the [Health Related Fitness Components](#) that this activity requires? (1pt)

2. List the [Skill Related Fitness Components](#) that this activity requires? (1 pt)

Identify the fitness benefits of this activity.

3. 30 minutes of this activity would [burn how many calories](#) for the following individuals: (2pts)
 - a. 145 lb person _____
 - b. 180 lb person _____
 - c. Check how many calories *you* would burn doing this activity too. (*don't need to write it down*)

4. In accordance with the [Physical Activity Guidelines for Americans](#) is this activity considered Aerobic or Muscle Strengthening? (1pt)

5. List one exercise or type of activity you would include as part of a training program and explain how it would help prepare you for this activity. (2 points)

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Identify opportunities for local participation.

6. What facilities or places are available for participating in this activity? Be specific. (2pt)

7. What opportunities are available for participating in this activity? Be specific. (2 pt)
 - a. Of the opportunities listed above, are they competitive or non-competitive in nature? (1pt)

8. Make a plan to participate in this activity outside of class (who, when, where, how). (4 pts)

Identify your attitude towards this activity.

9. Briefly *explain* if this is an activity you would/would not participate in as an adult to stay healthy and fit. *Explain your answer!* (2 pts)