

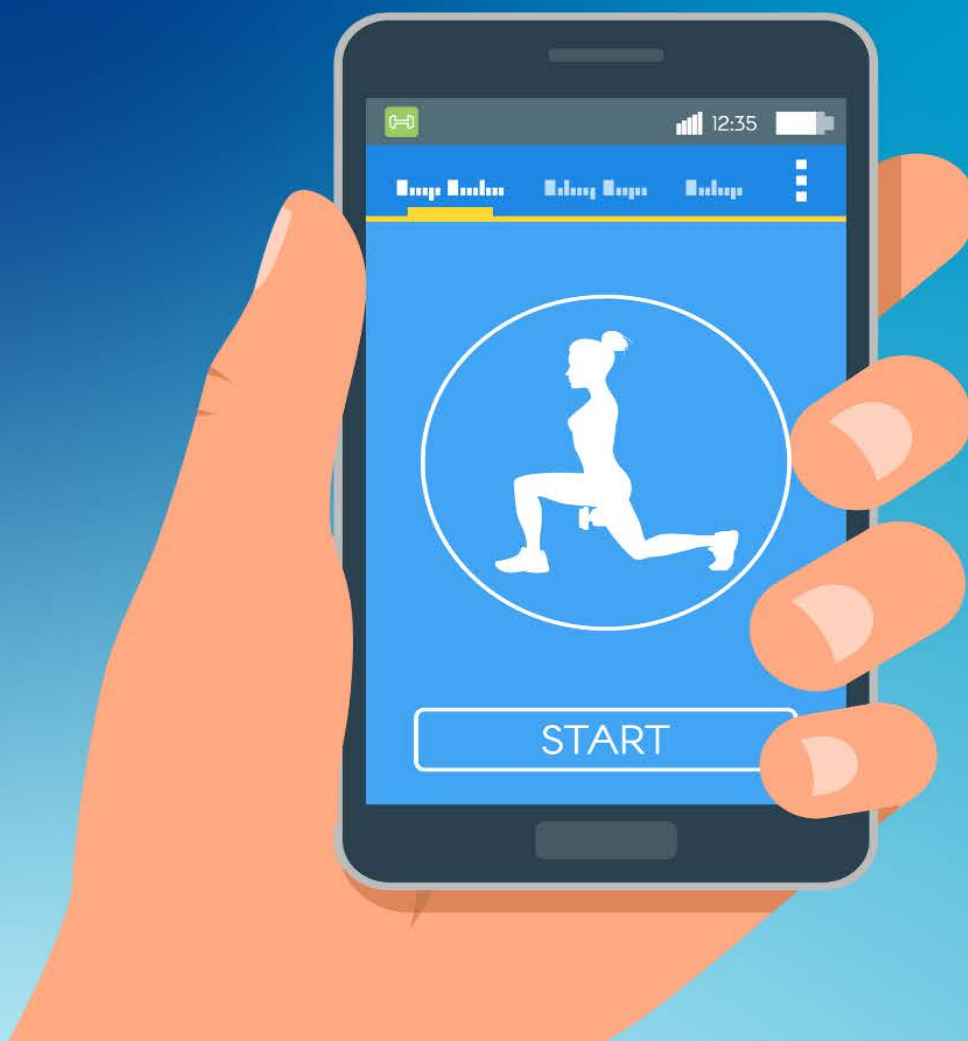


Level  
2

Sample!

# Health-Related Exercise

STUDENT WORKSHEETS



[www.educoot.org](http://www.educoot.org)



## Contents

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Note to the Tutor, Page 4

Overview, Page 5



### Benefits of Exercise, Page 6

Assessment Brief 1: Benefits of Exercise, Page 7

A. Introduction, Page 8

B. How healthy are you, Page 10

C. Benefits of Physical Activity, Page 11



### Exercise Plans, Page 29

Assessment Brief 2: Exercise Plan, Page 30

A. Preparing for your Exercise Plan, Page 32

B. The First Steps, Page 50

C. Thinking about your Goals, Page 52

D. 4-Phase Plan, Page 59

E. Setting your Health Goals, Page 60



### Exercise Safely, Page 65

Assessment Brief 3: Safe Exercise Practice, Page 66

A. Protective Gear when Exercising, Page 67

B. Exercising Safely, Page 70

C. Rules to follow, Page 75



### Exercise Routine, Page 81

Assessment Brief 4: Maintaining an Exercise Routine, Page 82

A. Checking your Plan, Page 83

B. Going Forward, Page 88

Appendix 1: Daily Record

Appendix 2: Checklist for Starter Steps

Appendix 3: SMART Goals

Mapping of Learning Outcomes, Page 94





Your body works better when you exercise.

I. Complete the sentence:

**blood, fight, stronger, helps, think, risk, bones**



a) Exercise helps your brain to \_\_\_\_\_.

b) Exercise builds strong \_\_\_\_\_.

c) Exercise can lower your \_\_\_\_\_ pressure.

d) Exercise lowers the \_\_\_\_\_ of heart disease and cancer.

e) Exercise helps you to \_\_\_\_\_ off diseases.

f) Exercise gives you \_\_\_\_\_ muscles.

**ALSO!**



- Exercise helps keep your weight under control.
- Exercise improves blood cholesterol levels.
- Exercise improves blood circulation throughout the body.



2. Read the information.



- The more active you are, the faster your heart beats.
- Your heart is a **muscle** so it becomes stronger and works better when you exercise it.
- Your heart needs to be strong enough to **pump blood** throughout your body.
- To benefit most from physical activity, try to get at least 60 minutes of moderate intensity activity each day.

3. Complete the sentences:

**body, heart, every, muscle**

- a) When you are active, your \_\_\_\_\_ beats faster.
- b) Your heart is a \_\_\_\_\_.
- c) Your heart pumps blood throughout your \_\_\_\_\_.
- d) You should do physical activity \_\_\_\_\_ day.





4. Look at this leaflet for the Irish Heart Foundation.



a) Complete the message:

*Be active and reduce*

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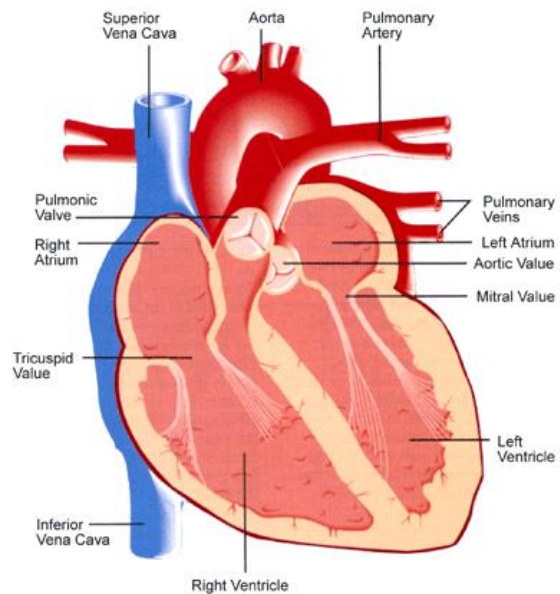
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b) Visit the website:

[www.irishheart.ie](http://www.irishheart.ie)



c) Look at the diagram of the heart below.



d) How big is your heart?

\_\_\_\_\_



*Swimming is a great workout because you need to move your whole body against the resistance of the water.*



5. Read the benefits of swimming. Complete the sentences:

**way, stress, keeps, good, heart, your**

- a) Swimming \_\_\_\_\_ your heart rate up.
- b) It makes \_\_\_\_\_ muscles strong.
- c) It helps you to have a healthy \_\_\_\_\_ and lungs.
- d) It is a relaxing \_\_\_\_\_ to exercise.
- e) It \_\_\_\_\_ for your balance.
- f) It can reduce \_\_\_\_\_.

Also:



- You can swim in different places, like swimming pools, beaches, lakes, dams and rivers.
- It helps you to maintain a healthy weight.
- It gives an all-over body workout.
- Nearly all of your muscles are used during swimming.



## A. Preparing for your Exercise Plan

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*It doesn't matter how you move, as long as you're physically active. Moving until you breathe hard or sweat is good for your body!*



1. Tick the physical activities you do now. Add your own.

- playing sports
- exercising
- dancing
- walking
- fishing
- housework
- cycling
- gym
- yoga
- other \_\_\_\_\_
- other \_\_\_\_\_
- other \_\_\_\_\_

2. Which physical activities do you enjoy the most?

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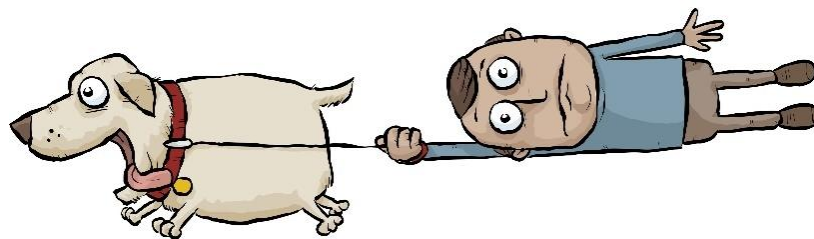
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### 3. Read and discuss:

When you start your new exercise routine:

- Be kind to yourself.
- Be positive.
- Be patient with your progress.
- Do not make excuses.
- Do not overdo the exercising.
- Listen to your body. If you feel pain or discomfort while working out, stop!



### 4. Complete the sentences: (look above for the clues!)

- a) Be \_\_\_\_\_ to yourself.
- b) \_\_\_\_\_ positive.
- c) Be patient \_\_\_\_\_ your progress.
- d) Do not \_\_\_\_\_ excuses.
- e) Do \_\_\_\_\_ overdo the exercising.
- f) Listen to your \_\_\_\_\_. If you feel pain or discomfort while working out, \_\_\_\_\_!







5. Read and talk about the following:



- You need water to survive! All living things do.
- Water makes up more than half your body weight.
- Drinking water gives your body nutrients.
- Water cleans out wastes so

your body can stay healthy.

- If you don't drink enough fluids, you can become dehydrated and your body will slow down.
- Water keeps your body healthy, refreshed and ready for action!

6. Complete the sentences:

**drinks, glass, water, fruit, activity**

1. Carry a bottle of \_\_\_\_\_ with you at all times.
2. Drink water before, during and after physical \_\_\_\_\_.
3. Eat more \_\_\_\_\_ and vegetables as they contain lots of water.
4. Drink water instead of fizzy \_\_\_\_\_ and coffee.
5. Drink a \_\_\_\_\_ of water during dinner.



*Just as being active improves your health, so does a balanced diet.*

7. Read the information:

- Learn what to eat from each food group.
- Focus on how much you eat. Know your portion sizes.
- Choose nutritious and fresh foods. These are foods packed with the healthy things you need.
- Track what you eat each day.
- Create a daily eating plan.



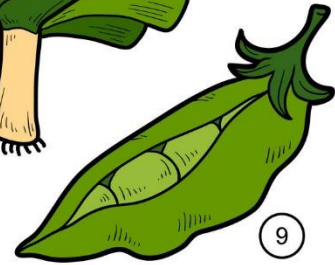
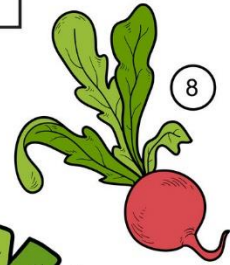
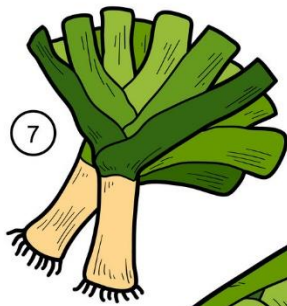
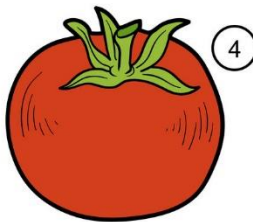
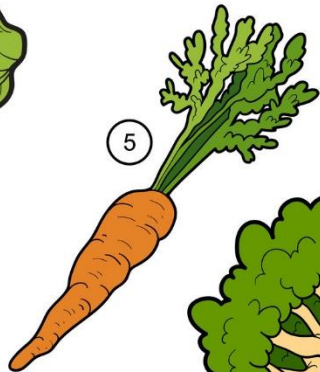
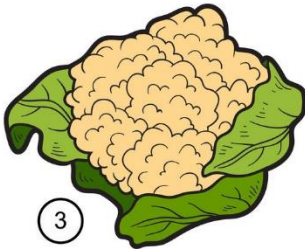
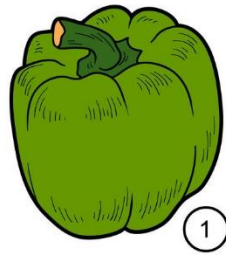
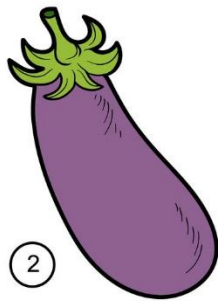
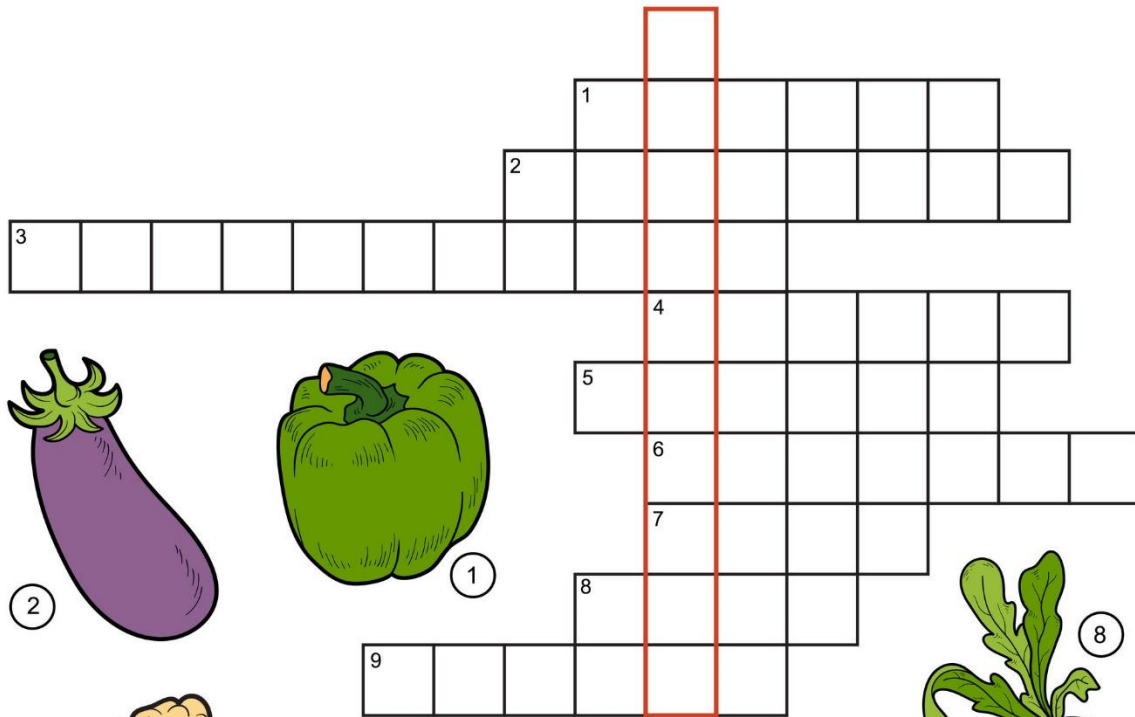
8. Write these foods in the correct columns:

**banana, yoghurt, cake, carrots, fried eggs, chips, nuts, biscuits, corn, pasta, muffins, berries, salad, sweets, crisps, take-away**

Healthy food	Unhealthy food



9. Complete the crossword.



What word is spelled from the letters in red blocks?

\_\_\_\_\_

Answer: vegetables  
 1. Pepper 2. Eggplant 3. Cauliflower  
 4. Tomato 5. Carrot 6. Broccoli  
 7. Leek 8. Peas 9. Radish



10. Cross out the unhealthy foods:





II. Look at and talk about the diagram:

## THE SIX BEST DOCTORS



SUNSHINE



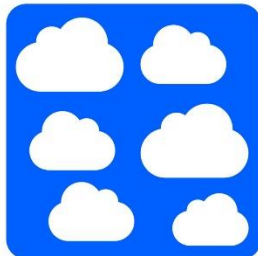
WATER



REST



EXERCISE



CLEAN AIR



DIET



12. Circle the correct word.

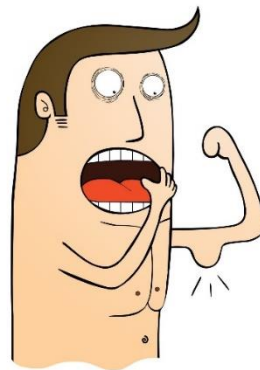
- You need to \_\_\_\_\_ for at least 8 hours per day. (eat/rest)
- You need clean \_\_\_\_\_ to breathe. (water/air)
- You need to drink \_\_\_\_\_ every day. (exercise/water)
- You need to be active and have regular \_\_\_\_\_. (air/exercise)
- You need light and \_\_\_\_\_. (sunshine/tea)
- You need a healthy \_\_\_\_\_. (soda/diet)



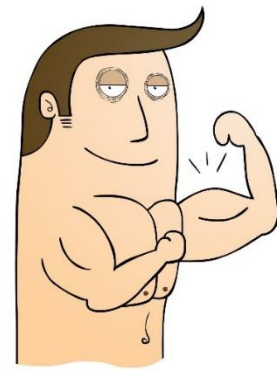
Think about **why** you want to exercise. Knowing why you want to exercise gives you a goal to achieve. It helps you to focus.

1. Tick the reasons and add your own:

- Have more energy
- Feel good about myself
- Release stress
- Keep my heart healthy
- Improve my health
- Manage my weight
- Sleep better
- Build muscles
- Improve my balance
- Look better
- Other \_\_\_\_\_
- Other \_\_\_\_\_



Before



After

3. Complete the sentence:

I want to exercise because

-----

-----

-----

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## B. Setting your Health Goals

I. Fill in the table. (You can print more of this page if you need!)

	Goal 1	Goal 2	Goal 3
What are your goals?			
What date do you want to achieve this by?			
What do you need to do to achieve it?			
What supports will you use?			
What might distract you?			
What can you do to lessen these distractions?			
Date achieved			
Review			



## Assessment Brief 3

Course:	Health Related Exercise
Course Code:	M2HI7
Assessment:	Collection of Work
Title:	<b>Safe Exercise Practice</b>
Weighting:	Collection of Work 100%



### Guidelines

You will be expected to:

Demonstrate the principles of safe exercise practice, e.g., warming up, cooling down, wearing appropriate footwear and clothing.

### Assessment criteria

- Exercises and tasks must be complete and correct.
- Include mention of appropriate clothing and equipment when exercising.
- With relation to safety, include pace and staying hydrated.
- Demonstrate warming up before exercising and cooling down after exercising.
- Demonstrate safe exercise practice, e.g. wearing appropriate footwear and clothing, following safety rules, etc.
- Photographic / Video evidence may be required.

Submission date:

Declaration of Authenticity: I confirm that this is my own original work.

Signed:

Date:





1. Read the information:

- After your workout, it's important to take a few minutes to cool down.
- This allow your heart rate to go back to its resting rate.
- A light jog or walk after a run could be a way to cool down.
- Do some gentle stretches.
- Breathe deeply.



2. Answer the questions:

a) What should you do after a workout?

---

b) What happens to your heart rate when you cool down?

---

c) How should you breathe during cool down?

---

d) Name some things you do to cool down:

---

\*Demonstrate cooling down.



1. What safety precautions are you taking while you are exercising?



Think about your health, safety and security.

<b>Activity:</b> _____	
What safety clothing do you need?	
What safety equipment do you need?	
	✓ or ✗
Do you warm up before exercising?	<input type="checkbox"/>
Do you cool down after exercising?	<input type="checkbox"/>
Do you follow the rules of the sport/activity?	<input type="checkbox"/>
Does your fitness routine suit your age and health?	<input type="checkbox"/>
Do you keep yourself hydrated when exercising?	<input type="checkbox"/>
Do you practise often?	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>

\*Fill in a separate safety sheet for each activity.



## Mapping of Learning Outcomes

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1. Identify three personal benefits of regular exercise. Page 8 (introduction to health-related exercise), Pages 11 to 28 (personal benefits of regular exercise)
2. Outline a personal weekly exercise plan. Page 10 (discussion – questions about health), Pages 32 to 49 (preparing for your exercise plan, e.g. current activity, how to start, things you need, physical health questionnaire, eating healthy, drinking water, active living, changes you'd like to make), Pages 50 to 51 (the first steps), Pages 52 to 58 (goals, activities you could do), Page 59 (4-Phase Plan), Pages 60 to 64 (setting your health goals, exercise plan, everyday tasks), Appendix 1 (Daily Record), Appendix 2 (Checklist: Starter Steps)
3. Demonstrate the principles of safe exercise practice, e.g., warming up, cooling down, wearing appropriate footwear and clothing. Pages 67 to 69 (protective clothing/equipment), Pages 70 to 74 (exercising safely, including building up slowly, warming up, cooling down, practice), Pages 75 to 80 (rules to be followed)
4. Maintain an exercise routine in a well-structured environment. Pages 83 to 87 (Checking your plan, including describing experience, weekly review, long-term goals, working through difficulties), Page 88 (Going forward), Appendix 1 (Daily Record)