

G10 FITNESS & WELL-BEING JOURNAL

NOTE: Please copy the table below for each entry and fill it in based on the journal questions of the day. Use this SAME document each time the journal is due. Your journal will be graded at the end of this unit (3 pt assessment). Please ensure your responses are organized, well-supported, and fully completed.

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| Journal Entry #1 | |
| Date: December 7, 2021 | Today's topic: Heart Rate Circuit Training |
| Need to remember (important content, concepts, key terms): Target Heart Rate (THR), bpm (beats per minute), pulse, Resting Heart Rate (RHR), Maximal Heart Rate (MHR), Heart Rate Reserve (HRR) | |
| Question: Describe your goals (sport-specific, general, aesthetic). Yet, what are some barriers you personally face that may prevent you from reaching these goals? | |
| Response: <p>My general goal for this unit is to increase my stamina through various intense exercises. I have always thought that I lacked the energy for active sports or physical activities because I only exercised during P.E classes and did not play sports or exercise at home for years. Through various exercises related to endurance, I would achieve this goal throughout the unit. However, some barriers may prevent me from reaching my general goal. First, since I also lack a lot of muscular endurance, it is difficult for me to start exercising intensely. Exercising intensely in an appropriate strength would be very effective in achieving my general goal, but my lack of endurance would prevent me from exercising so intensely. Second, increasing stamina is a long-term goal that I should work on for a long time. However, I wouldn't have time to work on this goal for a long time, especially when I become 11th grade.</p> <p>My aesthetic goal is to increase the muscular endurance of my lower body. I especially lack muscular endurance in my lower body, such as my thighs and lower legs. Therefore, my aesthetic goal for this Fitness & Wellbeing unit is to increase the muscular endurance of my thighs and lower legs. However, this goal also has some barriers that prevent me from achieving it. First, I could not decide on an appropriate exercise for my lower body muscular endurance. Nevertheless, this is not a significant barrier because I just have to choose. Second, the personal barrier that I have is stamina. Since I lack stamina, it is hard for me to do exercises for muscular endurance intensely. Therefore, increasing stamina would be my general goal to support my aesthetic goal throughout this unit.</p> <p>My sport-specific goal is to play sports that I usually enjoy. Since I enjoy playing badminton, I will play badminton a lot based on the stamina and muscular endurance that I grew through my general and aesthetic goals. This goal is just about playing sports, so there aren't any physical barriers. The only obstacle for this goal is not having enough time to play sports because I am busy with other academic work. I will try hard to have time to achieve my sport-specific goal.</p> | |

Journal Entry #2

Date: December 9, 2021

Today's topic: Tabata Exercise

Need to remember (important content, concepts, key terms): Tabata workouts, heart rate, upper body workouts, lower body workouts, core workouts

Question: Which exercises did you choose for your Tabata and why? What is your personal fitness goal and did the exercises you chose directly relate to your goal?

Response:

I decided to do mountain climbers, jump squats, battle ropes, and Russian twists for my Tabata Exercise. I chose mountain climbers, jump squats, and Russian twists to exercise and strengthen my core. I have always thought that my core was too weak for strength exercises. One barrier preventing me from intensely exercising is my weak core. Since my core is weak and unstable, I couldn't hold my body straight and balance my body during exercises. It made my posture unbalanced while exercising, preventing me from enhancing my physical abilities. Therefore, I included many core exercises into the Tabata workouts. Among them, jump squats also help strengthen my upper body. Finally, I selected battle rope because it effectively strengthens my back and upper body muscles.

My personal fitness goal is to increase muscular endurance and strength. Exercising and strengthening my core are directly related to my personal fitness goal because strengthening the core would help me balance my body more stably when doing exercises. Therefore, by exercising effectively, I can increase my body's muscular strength and endurance, which is achieving my personal fitness goal.

Question: Did you do your Tabata individually or with others? How does this connect to your personal motivation?

Response:

I did my Tabata Exercise together with my classmate Justin Yang. Although the details of our workouts were quite different, we did the Tabata workout and timed ourselves. This connected to my personal motivation because doing the workout together with my classmate made me feel a sense of competition. Although we were doing different exercises, doing the workouts together simultaneously motivated me to exercise more than Justin by feeling a sense of competition. Therefore, doing Tabata workouts with other people strongly motivated me and achieved my personal goal for this unit. I hope to exercise together with my peers every time to continuously become motivated to exercise during the P.E class.

Journal Entry #3**Date:** December 13, 2021**Today's topic: AMRAP (As Many Rounds As Possible) Exercise****Need to remember** (important content, concepts, key terms): AMRAP Workouts, rounds, rests, timer, push-ups, speed skaters, knee hugs, high wall ball toss, Circuit Training, Tabata Workouts

| | Circuit | Tabata | AMRAP |
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| Basic Information | <ul style="list-style-type: none"> • Work for 20 seconds ~ 60 seconds • Rest for 10 seconds ~ 30 seconds • Recovery for 30 seconds ~ 90 seconds • 2 ~ 6 rounds • Can customize a timer based on your selections. | <ul style="list-style-type: none"> • 20 seconds on / 10 seconds off • 8 rounds per exercise • 1 minute recovery • Timer set to match the number of exercises & rounds | <ul style="list-style-type: none"> • Complete as many rounds as possible in a set amount of time • Less rest = more rounds • Timer set total time |
| What are the pros and cons to each one for YOU? | <p>Pros</p> <ul style="list-style-type: none"> • The pros of circuit training are that I can customize the timer of the workout based on my selections. Also, I could repeat the exercises multiple times until I felt fully exercised. <p>Cons</p> <ul style="list-style-type: none"> • The cons of circuit training is that it may not be effective for people who do not prefer training the same exercises repeatedly. | <p>Pros</p> <ul style="list-style-type: none"> • The pros of the Tabata workout are that it has a timer set to match the number of exercises and rounds. Therefore, people who prefer planned workouts would like Tabata exercises. <p>Cons</p> <ul style="list-style-type: none"> • The cons of the Tabata workout are that Tabata has more rounds than the circuit training workout. | <p>Pros</p> <ul style="list-style-type: none"> • The pros of the AMRAP workout are that it can be planned by people individually because they could determine how many rounds to do based on their own physical abilities. <p>Cons</p> <ul style="list-style-type: none"> • The cons of AMRAP workout are that it does not have a standardized number of rounds and time. Therefore, it might be difficult for people who like planned workouts. |
| What is your preference ranking (1st, 2nd, 3rd)? | 1st | 2nd | 3rd |

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| How did you feel performing each type? What were your motivations or challenges? | I felt circuit training effectively repeated the same exercises and made me fix the postures that I got wrong previously. It greatly motivated me to do the exercises that I selected. | I felt tired but also felt a sense of achievement after doing this workout. My motivation was to complete this workout without any errors. Although I was challenged during the exercise due to my stamina, overcoming my limitations and completing the workout were good. | I felt exhausted after doing the AMRAP workouts. It is because I did it until I thought it was impossible to exercise anymore. However, this workout greatly motivated me to work more rounds continuously. |
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Question: How were you able to manage your emotions and experience throughout the activity?

Response:

I was able to manage my emotions and experience throughout the activity by trying to get out of my comfort zone and have more experience with physical activities that I had never done before. By getting out of my comfort zone, I felt a lot of emotions. I felt negative things such as exhaustion, tiredness, and skepticism about the workouts. Every time I had those negative thoughts, I tried to get away with them by just focusing on exercising. I only thought about completing the workouts and motivated myself to accomplish my personal goal by overcoming those negative feelings that made me want to quit exercising. In that way, I continuously exercised and eventually completed the activities by managing emotions and experience in those ways.

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| Journal Entry #4 | |
| Date: December 15, 2021 | Today's topic: Steady State and Interval Training |
| Need to remember (important content, concepts, key terms): Steady State (SS), Interval Training (IT), advantages and disadvantages of both exercising types | |
| Question: After experiencing both Steady State (SS) and Interval Training (IT) activities, which one do you prefer more? Why? | |
| Response: After experiencing both Steady State (SS) and Interval Training (IT) activities, I prefer Steady State exercises more. There are mainly two reasons why I prefer Steady State exercises. First, it is because I could exercise within a specific range. Interval Training activities usually require me to move a lot. However, I spend most of the time in my room. Therefore, for me to exercise even outside of school, | |

Steady State exercises would be better. Second, I believe Steady State exercises are better at making me focus on one part of my body. For example, if I want to exercise my core to strengthen it, doing Steady State activities such as Russian twists would be appropriate rather than doing Interval Training activities. Therefore, I prefer Steady State (SS) activities over Interval Training (IT) activities.

Question: With what you learned today, fill in the graphic organizer based on your personal preference & thoughts.

Response:

| | Limitations | Benefits |
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| Steady State (SS) | It is hard to do intense workouts because usually these activities involve exercises that make the person stay in one location rather than moving around. | The benefits of Steady State activities is that it can make people focus on specific parts of the body, such as thighs or muscles, while exercising. So, I prefer Steady State exercises over Interval Training activities. |
| Interval Training (IT) | It is difficult for people to focus on one point of their body because Interval Training involves a lot of overall body movement rather than focusing force on one spot or muscle of the body. | The benefits of Interval Training activities is that people can exercise intensively when doing Interval Training activities compared to other types of exercises. |

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| Journal Entry #5 | |
| Date: January 25, 2022 | Today's topic: Form Analysis |
| Need to remember (important content, concepts, key terms): Safety, squat, chest press, deadlift, form, peer feedback | |
| Question: What issues did you encounter when performing the exercises? What, in particular, was challenging to you? How were you able or unable to correct your form? | |
| Response: I encountered multiple issues when performing squats, chest presses, and deadlifts while doing the form analysis activities. When performing squats, I was confused with how much I should lower my body. It is because I did not know the appropriate range to bend my legs while doing this exercise. I solved this issue by asking the teacher about the appropriate range to bend my legs. The challenging thing for me during squats was balancing. It was pretty difficult to balance my body while doing squats. To correct my form, I asked for feedback from my peer assessor and the teacher. By receiving feedback from others, I corrected my form. Chest press also had some issues. At first, I did not understand how to draw a J-shape when lowering the weight that I lifted above. Therefore, since I did not understand it, making the correct form was very challenging to me. I was able to correct my form of chest press by actually watching the pictures and example videos provided. Also, by getting feedback from my peer assessor, I was able to fix wrong actions and make the correct form. Finally, for the deadlift, I encountered an issue of back form. It was challenging for me to balance my back and keep it up straight. Therefore, I recorded myself multiple times and observed my wrong posture. After that, I started fixing my wrong forms one by one. Eventually, I was able to correct my deadlift forms too. | |

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| Journal Entry #6 | |
| Date: January 27, 2022 | Today's topic: Finding Your Rep Maximum |
| Need to remember (important content, concepts, key terms): Rep Maximum, Rep range, performance, aesthetic, muscular endurance, muscle tone, muscle size, muscular strength | |
| Question: What issues did you encounter when searching for your respective #RM weights? What advice would you give someone who was doing this for the first time? | |
| Response: I encountered with a few issues when searching for my respective #RM weights. First, it was difficult for me to find my Rep Maximum at the beginning. As the Rep range decreases, the weight has to increase since the number of repetitions continuously decreases. However, it was hard for me to find an appropriate weight for muscular endurance performance that could also affect other performance weights too. For example, if I did 12kg weight for muscular endurance during squats, it might have been very inappropriate for me because I would have to use heavier weight on muscle | |

tone, muscle size, and muscle strength performances. Second, it is difficult to find out how my Rep Maximum results are compared to others. Although this is a personal physical ability standard, I hoped I could know my level compared to others. However, Rep Maximum was difficult to use in that situation. I would give advice to be aware of finding an appropriate weight to someone who was starting this for the first time. I would tell them to challenge themselves, but not so much that they would be burned out.

Journal Entry #7

Date: February 15, 2022

Today's topic: Nutrition

Need to remember (important content, concepts, key terms): nutrition, calories, energy, Basal Metabolic Rate (BMR), hunger, fullness, balanced meal, carbohydrates, protein, fat

Question: We have a lot of great athletes in our school. How can nutrition help fuel their performance? Consider the upcoming KISAC tournaments, what should athletes be eating before, during, or after competitions?

Response:

Nutrition can help great athletes in our school to fuel their performance by providing a lot of energy that is essential for them to do well in KISAC tournaments. Nutrition is important in people's bodies because people obtain energy through digesting food and absorbing nutrition. Athletes in our school should eat foods such as meat and fish before competitions because they are a great source of protein. Also, rice, potatoes, grain, and pasta would be a great menu to absorb a lot of carbohydrates. Since proteins build up muscles and carbohydrates are essential for body movement, both energies are essential before KISAC competition. Also, fat included foods would be good since protein, carbohydrates, and fat are all macronutrients, but I think eating too much food including fat would not be appropriate before competition. During competition, drinking plentiful amounts of water and vitamins would be good. Since the players run a lot during competitions, it might be inappropriate for them to eat high-energy foods. Therefore, simple fruits like oranges, apples, and bananas would be a very good food choice during competition. Also, candies might be good for players to have refined carbohydrates. Finally, after competitions, the students should return to balanced diet and maintain the appropriate balance of the nutrition absorbed in their bodies.