



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Module One - Introduction to Physical Education Assignment

**Instructions:** Complete each activity as directed. Review your assignment for completeness and accuracy and submit it for evaluation.

### Calorie Intake

Track your food intake for an entire day. Write down everything you eat in the following categories. Then, determine the number of servings you had in each category. Suggested daily servings are listed.

1. **Fats, Oils and Sweets** (Use sparingly)

List what you had:

Number of servings: \_\_\_\_\_

2. **Milk, Yogurt and Cheese Group** (3 cups)

List what you had:

Number of servings: \_\_\_\_\_

3. **Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group** (5.5 oz.)

List what you had:

Number of servings: \_\_\_\_\_

4. **Vegetable Group** (2.5 cups)

List what you had:

Number of servings: \_\_\_\_\_

# Questions

Answer each question.

1. Describe the proper procedure for caring for a nosebleed.
2. List the food groups and the number of daily servings that a person needs according to the latest food guide pyramid.
3. What are the general guidelines for helping an injured person?
4. Briefly list the ten rules described in your reading that explain how a person should train and condition the body in order to participate in sports.
5. Name and describe the three stages of physical activity.
6. Explain the "don't rule" in training.
7. What do you think the outcome of a physical education program should be?
8. In a short paragraph, explain what sportsmanship is.

Please tell me about yourself; your interests, activities, family, ambitions, or anything you wish to share. You may include a photo of yourself, if you wish.

