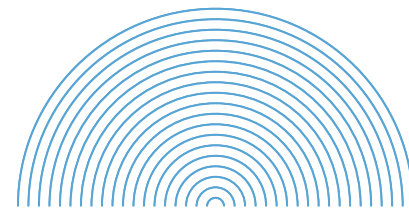




THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

LIFETIME FITNESS

HEEL PRINT



POWERED BY  FUSIONETICS™

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OVERVIEW

The Heel Print is a working document that during the semester each student will complete and submit to their instructor . Each section of the Heel Print aligns with a unit in the course. Within each section, you will complete activities specific to each unit that will help you to create your own fitness profile. You will measure and monitor fitness levels as well as act and reflect on various learnings, labs, activities and experiences throughout the course. Upon completing your Heel Print, you will be able to monitor and review your behaviors and activity as well as measure changes in your fitness levels over the course of the semester.

HOW TO USE THIS DOCUMENT:

1. Download the Heel Print to your computer
2. Update the document during each unit as per the instructions in your learn, lab, and reflect activities
3. Save updates to your Heel Print as you make them
4. As instructed throughout the course, submit your updated Heel Print to your instructor

UNIT 1 : PHYSICAL ACTIVITY

ACT

1. Answer the questions on page 4 of the Heel Print as it relates to your **Current State of Physical Activity.**
2. Input the results of your Lab #1 fitness assessment into the **Fitness Assessment Results** on page 5 of the Heel Print and where noted, review and list your status or rating, based on the normative data provided in the lab materials.
3. During Unit 1, record and log your weekly activity for 7 days where you are engaged in moderate to vigorous activity. Use the resources on page 4 of the Heel Print to record the minutes per day and then total for the week to calculate your physical activity level vs. the recommended guidelines.

UNIT 1 : CURRENT STATE OF PHYSICAL ACTIVITY

1. "Regular exercise" is defined as engaging in physical activity (e.g. walking, aerobics, jogging, etc.) 3-5 days per week for 20-60 minutes per session. Do you exercise regularly according to this definition? Select the best answer than applies to you:

	Answer
a. YES, I have been exercising regularly for MORE than 6 months	
b. YES, I have been exercising regularly for LESS than 6 months	
c. NO, but I intend to start exercising regularly in the next 30 days	
d. NO, but I intend to start exercising in the next 6 months	
e. NO, and I do not intend to start exercising in the next 6 months	

2. Indicate how confident you are that you could be physically active in each of the following situations.

	Not at all confident	Slightly confident	Moderately confident	Very confident	Extremely confident
When I am tired					
When I am in a bad mood					
When I feel I don't have time					
When I am on vacation					
When it is raining or snowing					

PHYSICAL ACTIVITY MONITORING

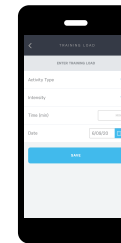
Record your physical activity for 1-week during Unit 1 and log the minutes of moderate to vigorous activity you get each day and total for the

Weekly Physical Activity		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Min
UNIT 1	Date								
	Activity Level								
	Minutes								

OR

Use the Training Load feature in your Fusionetics App to record your physical activity. After each bout of activity you can record your:

- Type of activity
- Time of activity (min)
- Intensity, rating of perceived exertion (how hard was activity)
- Upon saving, your training load will be automatically calculated
- Your dashboard will track your total for each day and week



Total Min

FITNESS ASSESSMENT RESULTS : LAB 1 & LAB 5

UNIT 1 LAB

DATE
mm/dd/yyyy

Resting Heart Rate bpm

Maximal Heart Rate bpm

Blood Pressure / mm/Hg
systolic diastolic

Sit & Reach Test inches
Rating

Push Up Test reps
Rating

1-min Sit Up Test reps
Rating

3-min Step Test recovery HR
Rating

UNIT 5 LAB

mm/dd/yyyy

bpm

bpm

/ mm/Hg
systolic diastolic

inches
Rating

reps
Rating

reps
Rating

recovery HR
Rating

SEMESTER CHANGE

Calculate changes between the start & end of the semester to analyze progress.

bpm

bpm

/ mm/Hg
systolic diastolic

inches

reps

reps

recovery HR

UNIT 1 : REFLECT

Review your Lab #1 fitness assessment results and your activity log. Use the space below to write a 400 word reflection on the following questions. You will be graded according to the grading rubric in the syllabus.

1. What were your reactions to your physical activity and fitness assessment results?
2. What were your reactions to the information presented in Unit 1 related to the current state of physical activity and its impact?
3. Based on your fitness assessment, which aspects of your fitness have the best chance of improving due to the types of activities you perform in class?

ACTION: Upon completing all Unit 1 activities, SAVE your Heel Print and then SUBMIT it to your instructor.