

## *Frequently Asked Questions Regarding the Activity Log Book*

### **How much physical activity do I have to do?**

According to *Canada's Physical Activity Guide for Youth* (Public Health Agency of Canada), youth should accumulate 90 minutes of physical activity every day to stay healthy or to improve health. Of the 90 minutes of physical activity, 30 minutes should be of vigorous intensity and 60 minutes should be of moderate intensity. This activity does not have to come from one bout of exercise, but can be accumulated from brief intervals throughout the day. When comparing these guidelines to the minimum requirements for the physical activity practicum, it becomes evident that the requirements are fair and realistic. If the student does the minimum requirements (55 hours), they **would not** meet the daily physical activity requirements as recommended in *Canada's Physical Activity Guide for Youth*.

- 55 hours over 1 semester = approximately 11 hours per month
- 11 hours per month = approximately 3 hours per week
- 3 hours per week = approximately 25 minutes per day
- The physical activity must be done on a **regular basis**. **Students should not do 15 hours in one week, and then nothing the following week. Regular exercise is the key to becoming physically fit.**

The other significant criterion for the physical activity practicum is that the minimum of 55 hours of physical activity must be at the **moderate** to **vigorous** intensity level.

### **What are moderate to vigorous activities?**

- **Moderate activities** are physical activities that cause breathing and heart rate to increase. People engaging in moderate activities can hear themselves breathe but they can still talk. **Walking to school is not a moderate activity. Power walking to school is a moderate activity.**
- **Vigorous activities** are physical activities that cause breathing and heart rate to increase to a higher level, whereby it would be difficult to talk.

Almost any sport can be done at a moderate or vigorous level. However, if you **are being paid** to do the activity it **does not** count towards your hours in your Log Book. If you are not sure if your sport or activity is at a moderate or vigorous level, please consult Mr. Scott.

### **Do I have to print out the Activity Log?**

Yes. Each week your parents/guardian will have to sign your sheet, so you will have to print it out.

### **What happens if I fall behind in my Activity Log Book?**

Every student will be meeting on a regular basis with Mr. Scott to ensure that they are meeting the course requirements. Any student who does not come to their meetings with an up to date log book will be at risk of receiving an Incomplete. It should also be noted that all In-Class assignments must be completed on time, or an Incomplete will be given.