

Student Name _____ Date Submitted _____

PHYSICAL EDUCATION 12 (online)

Section 1.0 Send-In



Complete this send-in as part of your course enrollment. This will be your first mark entered for the course. When this assignment has been received by SCIDES, your course materials will be sent to you.

This send-in consists of:

- PE 12 (online) Course Planner _____/13 marks
- Healthy Living Assignment: Stress and Its Management _____/31 marks

TOTAL: _____/44 marks _____%

Mail:

- 1) This **Cover Sheet**
- 2) **Return Address** (page 2 or 3-part Comment Sheet) – Fill out with your complete name and address.
- 3) **Send-In Assignments** – Complete above noted assignments.

*Be sure to put proper **postage** on the envelope (if necessary) and add your **return address**.*



Physical Education 12 (online) Course Planner



IMPORTANT NOTE: This Course Planner has a value of 13 marks. DO NOT LEAVE ANY SECTIONS BLANK. For example, if you cannot identify your strengths/areas for improvement with the check boxes, be sure to write at least a brief note about these in the boxes following each question.

Name: _____

Complete all the following contact information that applies to you and check the one that is the best way to contact you during the day:

Home Phone: _____ Work Phone: _____ Cell: _____

Email: _____

other way to contact you (explain) _____

When is the best time for your teacher to contact you? ___:___ AM PM

Check your Grade:

Grade 10 Grade 11 Grade 12 Adult Learner Graduated Learner

One of the keys to being successful in anything that you do is to take the time to plan carefully. The objective of this section is to help you create a timetable for managing your schoolwork and enable you to set goals for finishing all of your courses by your desired completion date. **Most full-time students complete 3 to 5 assignments each week.**

Part 1: Timetable Options/Course Plan

The flexibility of our distributed learning program offers you many choices but a plan for completion is essential to success. Most full-time students complete 8 courses in a school year (10 months). The most common timetables are 'semestered' (4 courses at a time) or "linear" (8 courses at a time).

What is your planned schedule? Semester System (22 weeks) Linear System (44 weeks)

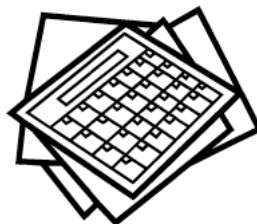
other: (explain) _____

What is your intended completion date for this course? _____ (month) _____ (year)

How many courses are you taking with us this year? _____ How many with other schools/programs? _____

Physical Education 12 (online) consists of 5 send-in assignments and no tests. How many assignments per week must you do to complete this course as planned? _____

Mark target submission dates on a calendar. Add this same information from other courses to help you create a schedule for completion. Record the actual dates you submit work so you can track your progress.



Part 3: Student Course Profile

What are some of your strengths and weaknesses in this subject area?

- Strengths:** I have always been physically active. I am very organized. I am an independent learner.
 I am interested in community sport. I have good reading skills. I have good writing skills.

Anything else you would like us to know about your strengths?

- Areas to improve:** I want to improve my fitness level. I have poor organizational skills.
 I need more confidence in team sports/activities I need to work on my social skills.

Anything else you would like us to know about your areas of improvement?

How can we best support you in this course? The more specific the ideas you provide, the better we will be able to support you. Give us your suggestions in the space below.

Physical Education 12: Healthy Living Assignment

Stress and Its Management

The Physical Education 12 curriculum focusses on promoting healthy attitudes and regular physical activity as important parts of each student's lifestyle. It emphasizes analysing and improving physical competence, maintaining personal fitness, developing effective leadership and sports-management skills, and planning for careers. Throughout all these aspects of lifestyle, the recognition and management of stress is crucial to being healthy.

PART A: RECOGNIZE STRESS

Article from: Health Canada (www.hc-sc.gc.ca)

The Issue

Stress is a fact of daily life and is the result of both the good and bad things that happen. Too much stress can cause serious health concerns, but there are many ways of dealing with stress that can reduce your risk.

Background

Stress can come from major events in life such as getting married or changing jobs, or from minor daily incidents, such as job pressures or holiday planning. The things that cause you stress may not be a problem for someone else. If you did not feel stress of some sort, you would not be alive. Good stress, such as winning a game or going on vacation, can make you feel more involved and energized. But the negative effects of too much stress associated with being under pressure can affect your health.

When you find an event stressful, your body undergoes a series of responses. These come in three stages:

*** Mobilizing Energy**

Your body releases adrenaline, your heart beats faster and you start to breathe more quickly. Both good and bad events can trigger this reaction.

*** Consuming Energy Stores**

If you remain in the mobilizing energy stage for a period of time, your body begins to release stored sugars and fats. You will then feel driven, pressured and tired. You may drink more coffee, smoke more and drink more alcohol. You may also experience anxiety, negative thinking or memory loss, catch a cold or get the flu more often than normal.

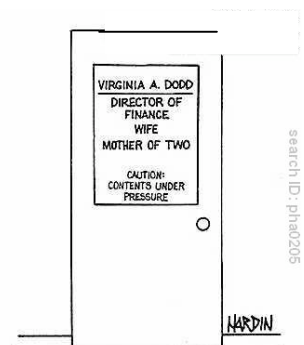
*** Draining Energy Stores**

If you do not resolve your stress problem, your body's need for energy will become greater than its ability to provide it. At this stage, you may experience insomnia, errors in judgment and personality changes. You may also develop a serious illness such as heart disease or be at risk of mental illness.

Symptoms of Stress

Signs that you are over-stressed may include:

- * Feelings of irritability, sadness or guilt
- * Change in sleep patterns
- * Change in weight or appetite
- * Difficulty in concentrating or making decisions
- * Negative thinking
- * Loss of interest, enjoyment or energy in something you used to enjoy
- * Restlessness



Health Effects of Stress: While some people may appear to thrive on it, stress is considered to be a risk factor in a great many diseases, including:

- * heart disease
- * some types of bowel disease
- * herpes
- * mental illness

Stress also makes it hard for people with diabetes to control their blood sugar.

Stress is also a risk factor in alcohol and substance abuse, as well as weight loss and gain. Stress has even been identified as a possible risk factor in Alzheimer's Disease.

Severe stress can cause biochemical changes in the body, affecting the immune system, leaving your body vulnerable to disease.

Minimizing Your Risk

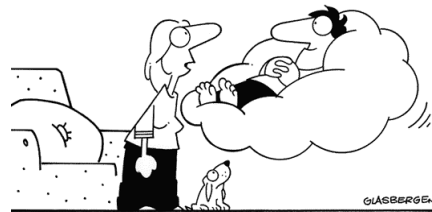
Here are several strategies to help you deal with stress.

* **Understanding stress:**

Notice and remember when you experience the signs of stress. This will help you figure out what triggers stress in you. It may be:

- Major events such as getting married, changing jobs, moving your home, getting divorced or coping with the death of a loved one
- Long term worries such as financial problems, your children's future, your job or an ongoing illness
- Daily hassles such as traffic jams, rude people or machines that don't work.

* **Coping with stress**



"You're getting pretty good
at this stress management thing."

Because everyone is different, there is no single way to cope with stress. However, there are a number of approaches you can try to deal with short and long term stress.

- Identify your problems. What is causing your stress? It can be your job, a relationship or another source altogether. Is an unimportant surface problem masking a deeper one? Once you know what the problem is, you can do something about it.
- Work on solutions. Start thinking about what you can do to relieve the problem. Take control over the issues you can manage. This might mean looking for another job, talking with a health professional about personal problems or a financial counsellor. Also ask yourself what will happen if you do nothing. Once you make some changes to deal with the issue, you will take pressure off yourself.
- Talk about your problems. Friends, work colleagues and family members may not know you are having a hard time. If you talk to them about it, it may help in two ways. First of all, just by venting your feelings, you will relieve some stress. Secondly, they may suggest solutions to your problems. If you need to talk to someone outside your circle of family and friends, speak to your family physician or contact a mental health professional.
- Learn about stress management. In addition to health professionals who specialize in stress, there are many helpful books, films, videos, courses and workshops available to help you learn stress management techniques.
- Reduce tension. Physical activity is a great stress reducer. Walk, do some exercises or garden to relieve your stress. There are also relaxation exercises you can learn that will take the pressure off, such as deep breathing and stretching your whole body. Tension meditation and progressive relaxation are techniques that work for many people.
- Take your mind off your problems. By reading, taking up a hobby or becoming involved in sports, you can give yourself a 'mental holiday' from stress. It will also give you distance from your problems, so that they become easier to solve.
- Try not to be too hard on yourself. Stress can cause lots of negative thinking. You may notice yourself saying things like "I can't, won't, should, must". Be realistic. Find realistic solutions you can achieve in steps that will bring success.

* Stress prevention

Once you have lowered your stress level, there are techniques that will help prevent it from building up again.

- Make decisions. Worrying about making a decision causes stress.
- Avoid putting things off. Make up a weekly schedule that includes leisure activities as well as things you must do.
- Delegate to others. Let others take on some of the tasks you have set yourself so that you are not trying to do everything yourself.
- Keep your thinking positive and realistic.

PART B: THE STORY OF STRESS

Article from: The Terry Small Learning Corporation (www.terrysmall.com)
Brain Bulletin #6 - A "Sure Fire" Stress Buster

See if you can catch a glimpse of yourself in this letter. It has been reprinted for many decades in newspapers and publications all around the world. Oddly enough even in college student newspapers.

Livingstone Learned (adapted and updated a bit):

"Listen, son, I'm saying this as you lie asleep, one hand crumpled under your cheek. I've stolen in your room alone. A few minutes ago, as I sat reading my paper, a stifling wave of remorse swept over me. I had been cross with you. I scolded you as you were dressing for school because you only dabbed your face with a towel. I chewed on you for not cleaning your shoes. I spoke angrily when you threw some things on the floor. I found fault at breakfast too. You spilled things, gulped your food, put your elbows on the table and put too much butter on your toast. As I left for work you waved and called, "Good-bye, Daddy!" and I told you to straighten your shoulders.

The same thing in the afternoon. As I came up the road I saw you, down on your knees playing marbles. There were holes in your socks. I humiliated you in front of your friends by marching you ahead of me to the house. Socks were expensive - "If you had to buy them, you'd be more careful." Imagine that from a father!

Do you remember, later, when I was reading my paper, how you came in, a bit timidly? I impatiently asked you, "What do you want?" You didn't say a thing. You threw your arms around my neck and kissed me. And you held me with an affection that God has set in your heart and which even neglect hasn't withered. Then you were gone, pattering upstairs to bed.

It was shortly after that I felt the guilt and sickening fear. I've gotten into the habit of finding fault, regimenting, rebuking. This is my reward to you for being a child! It wasn't that I didn't love you; it's that I expected too much of a little boy. I was measuring you by the yardstick of my own years. But there is so much in you that is good and fine and true - like your enormous heart, which showed itself in your coming to kiss me goodnight in spite of everything.

Nothing else matters tonight, son. I'm here kneeling by your bed, ashamed. You wouldn't understand any of this if I told you about it. But tomorrow I'll be a real daddy. I'll be your chum, suffer when you suffer, and laugh when you laugh. I'll bite my tongue when impatient words come. I'll keep saying, "He's nothing but a little boy - a little boy!"

I'm afraid I visualized you as a man. But looking at you now, crumpled and weary in your bed. I see you're only a little boy. Yesterday you were in your mother's arms. I've asked too much, too much."

I think most of us ask too much. Of others and ourselves. Most people I know up close need a break. The funny thing is...when you give someone a break...someone else gets a break...YOU! The best way to lower your own stress is to lower someone else's. When you make a positive and sustained effort to praise more and criticize less, you have developed one the most powerful and healthy habits of mind.

PART C: WORK OUT YOUR STRESS WITH PHYSICAL ACTIVITY

Article from: AARP org (www.aarp.org)

There are so many benefits to physical activity: stronger bones and muscles, more energy, better resistance to illness. But did you know it's also a great way to reduce stress?

A brisk walk, game of tennis, or fitness class helps you let off steam, distracts you from your source of stress, and improves your mood. It also relaxes and re-energizes your body.

There are other benefits to making exercise the center of your stress-blasting program too. People who are routinely active tend to eat better. And a healthy diet also helps your body manage stress better. In addition, physical activity can help you lose weight and keep it off, and feel better about yourself.

Suit Yourself: So what kind of physical activity works best for beating stress? That depends on you — the type of person you are, what you enjoy doing best, and what triggers your stress. The important thing is to get moving!

Aim for at least 30 minutes of physical activity a day, at least five days a week. Doing more is even better. Remember that doing something you really like is the best way to get and stay motivated. Find one that appeals to you.

- **Go Solo.** If you work with many people all day, a crowded exercise class after work might only add to your stress. A walk or a jog round the neighborhood, or a home-exercise video might be the thing for you.
- **Let Loose.** Try a boxing or kickboxing class if laying into a punching bag helps you release built-up tension.
- **Buddy Up.** An exercise buddy could provide the "oomph" you need on days you don't feel like working out. If you work alone during the day, a class at a health club or recreation center could relieve stress caused by loneliness or isolation.
- **Compete If You Can.** For some people, nothing gets rid of pent-up stress hormones better than an intense game of tennis or racquetball. But steer clear of these activities if competition causes more stress than it releases.
- **Double Up On Benefits.** Some forms of exercise have built-in relaxation techniques. For instance, yoga combines deep breathing, stretching, and meditation. Some martial arts classes and programs, such as Tai Chi, focus on meditation and positive thinking to strengthen both mind and body.
- **Set Realistic Goals.** While reasonable amounts of physical activity can reduce stress, overdoing it can make it worse. Be realistic about your fitness goals. Trying to do too much could be mentally and physically stressful.

Fitting It All In: If the thought of trying to squeeze one more thing into your overcrowded life is enough to make you break a sweat, relax. With some planning and rearranging, you can build more activity into your routine. Try:

- Getting your physical activity in small spurts. For each 90 minutes you sit at your desk, spend 10 minutes taking a walk, stretching your muscles, or climbing stairs. Walk the dog for 15 minutes before and after work.
- Finding something you love to do — hike, ski, dance, roller-skate — so it doesn't seem like another sacrifice of time and energy.
- Giving something else up, like television. You might find you miss it less than you think.
- Physical activity is great for fighting stress. But sometimes, in spite of our best efforts, we still need help coping with stress, anxiety, depression, and other emotional problems. In these situations, there are people who can help, like mental health professionals, social workers, and clergy. Don't let stress ruin your health. There's a lot you can do to control it.



Name _____

QUESTIONS: Stress and Its Management

After reading the above articles, complete the following questions briefly in the spaces provided.

PART A: RECOGNIZE STRESS (_____/22 marks)

1. List 3 events or daily pressures in your life that may cause you stress: (3 marks)

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-
-

2. What are the 3 stages of your body's response to stress? (3 marks)

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-
-

3. Name the substance that is released by your body in response to stress?

4. List 3 signs of stress you have seen in yourself or in someone close to you. (3 marks)

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-
-

5. Name one disease for which stress is considered to be a risk factor.

6. How can stress weaken your immune system?

7. List the 3 main strategies to help you deal with stress. (3 marks)

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-
-

8. What are the 3 types of stress triggers?

-
-
-

9. Which one of the methods listed under “coping with stress’ do you feel would work best for you? Explain.
(2 marks)

10. Which one of the methods listed under “stress prevention’ do you feel would work best for you? Explain.
(2 marks)

PART B: THE STORY OF STRESS (_____/3 marks)

Ready the ‘story’ and briefly describe how you can give someone a ‘break today’. (3 marks)

PART C: WORK OUT YOUR STRESS WITH PHYSICAL ACTIVITY (____ /6 marks)

1. What type of physical activity works best to reduce stress for you?

 2. How much physical activity time should you aim for? (2 marks)

 3. Briefly describe 3 ways you can “fit in” physical activity to your daily life without adding more stress. (3 marks)
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“It’s a special hearing aid. It filters out criticism and amplifies compliments.”