

Active Health 8 – Study Sheet

- This sheet will be marked out of /10
- You may use this sheet when writing your quiz
- Use on one side of an 8.5 x 11 paper (lined or plain)
- Must be easy to read and done by HAND (no computer)
- To be “accomplished,” use colour and fine line to easily read the paper
- Information must be accurate.
- Transfer information from these sheets to your study sheet (you can write the notes any way you want to help you write the Active Health Quiz):
 - 1) the five component of fitness
 - 2) heart rate lab (heart rate, pulse, various heart rates, FITT principle)
- Do NOT add information on the muscles to your sheet (if you are redoing this quiz after the Active Health Quiz, both your Active Health Quiz and study sheet will be collected first.)
- Study sheet due on day of Quiz:

Evaluation Active Health Study Sheet:	1 Emerging	2 Developing	3 Acquired	4 Accomplished
Communicates knowledge: - uses accurate detail & language specific to the 5 Components, Heart Rate Lab and FITT principle -neat, easy to read, use of colour				