



PROFESSIONAL DEVELOPMENT

What are the health benefits of physical activity?

ACTIVITY 1

Reflect on your own health. Complete the personal health checklist by circling the appropriate response.

<i>Personal health checklist</i>	
<i>Section A : Have you ever had or do you have</i>	
1. High blood pressure?	Yes/No
2. High cholesterol (over 5.5)?	Yes/No
3. Breathing difficulties?	Yes/No
4. Diabetes?	Yes/No
5. A family history of heart disease?	Yes/No
6. A family history of high cholesterol?	Yes/No
7. A family history of cancer?	Yes/No
8. Asthma?	Yes/No
9. Pain or tightness in the chest?	Yes/No
10. Any stroke or heart condition?	Yes/No
<i>Section B : Personal practices</i>	
1. I consider myself to be within an acceptable weight range.	Yes/No
2. I maintain a balanced diet.	Yes/No
3. I manage stress levels well.	Yes/No
4. I do not smoke.	Yes/No
5. My alcohol intake is limited to a maximum of two standard drinks a day.	Yes/No
6. I am male or female.	Female/Male
7. I participate in 30 minutes of physical activity each day.	Yes/No
8. I exercise at moderate intensity at least five times a week.	Yes/No
9. I value physical activity.	Yes/No
10. I have always been physically active.	Yes/No

After completing the checklist, answer the following questions.

- ✧ What is your overall impression of your health?
- ✧ What changes could you make to your lifestyle practices which could lead to better health?
- ✧ Would a more regular physical activity program influence your health? Why?
- ✧ Is the value you place on lifestyle practices, such as physical activity and diet, reflected in your teaching practice?
- ✧ How important are you as a role model in the school?



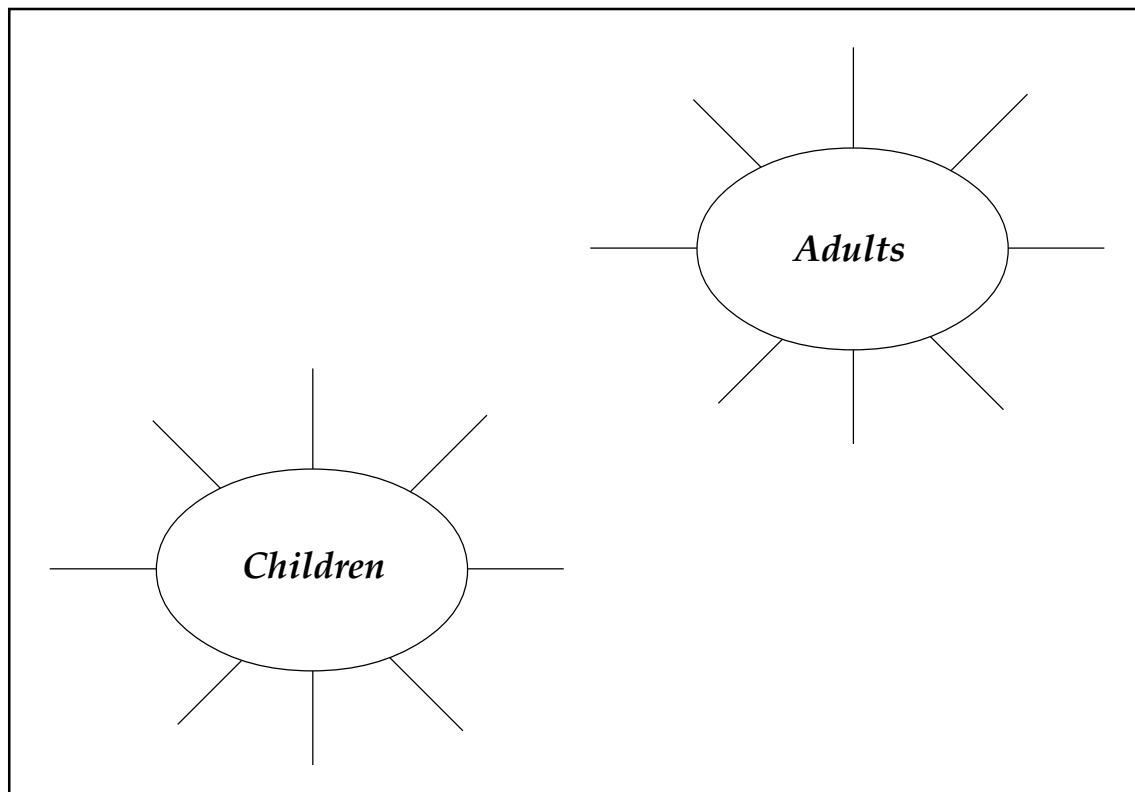
ACTIVITY 2

Divide the group into two smaller groups.

Ask each group to create a mind map on the benefits of physical activity. Get one group to focus on adults and the other group to focus on children. Include a range of benefits, such as social and emotional components, as well as direct physical health benefits.

Each group can compare their responses with the data listed in the information sheet. Encourage the groups to modify or add responses to their mind map.

Invite the groups to report back to the whole group.



For further discussion:

- ❖ What are the implications of your findings with regard to your own personal health?
- ❖ What are the implications for the development of children's health?
- ❖ How might these findings impact on your school PDHPE program?

Explore this activity further by asking students and parents what they see are the benefits of physical activity for them. Compare these responses with the groups' findings above.