

Name: \_\_\_\_\_

**DUE FRIDAY, OCTOBER 27, 2006 (12 points)**

**Directions:** Read the following 3 scenarios about certain adolescents and their activities. Write down each activity that the person participates in. Write the activity in the column marked "Type of Activity". Make sure to write the Frequency, Intensity and Time of the activity in the appropriate places. In relation to the "intensity", match the word (light, heavy, etc.) in the description of the scenario with the number on the Rating of Perceived Exertion that is located on the back of this paper. Each scenario is worth 4 points.

**Frequency** = how often you exercise (1, 2 times)

**Intensity** = rating of perceived exertion (10, 12, 15)

**Time** = how long you exercise (10, 20 minutes)

**Scenario 1**

On Saturday, Julie went bike riding twice for 30 minutes each. She exerted a somewhat hard effort.

Type of Activity	FIT principle
	F=
	I=
	T=

**Scenario 2**

Jim decided to take a short 20 minute walk after school. He exerted a very light effort.

Type of Activity	FIT principle
	F=
	I=
	T=

**Scenario 3**

Jeremy loves soccer practice. Today, he had practice for 2 hours and he works extremely hard.

Type of Activity	FIT principle
	F=
	I=
	T=