



**PHYSICAL ACTIVITY & TEENAGE HEALTH**

# PHYSICAL ACTIVITY & TEENAGE HEALTH

STUDENT CURRICULUM & WORKBOOK

*TEACHER'S MANUAL*

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July, 1998

## TABLE OF CONTENTS

<i>Preface</i> .....	vii
<b>INTRODUCTION</b> .....	2
<b>GOALS AND OBJECTIVES</b> .....	3
<b>BENEFITS OF PATH</b> .....	4
<b>MEASURABLE OUTCOMES</b> .....	5
<b>TESTS and MEASUREMENTS</b>	
Questionnaires and Surveys.....	7
Physical Tests.....	9
<b>PATH STUDENT WORKBOOK</b> .....	15
<b>Workbook Chapters</b>	
Chapter 1: A Healthy Heart.....	16
Chapter 2: Physical Activity and The Heart.....	18
Chapter 3: Nutrition.....	21
Chapter 4: Stress.....	23
Chapter 5: Smoking and The Heart.....	24
<b>REFERENCES</b> .....	25
<b>APPENDIXES</b>	
<b>I</b> Health Heart Knowledge.....	26
<b>II</b> Health and Lifestyle History Survey.....	43
<b>III</b> Adolescent Stress.....	48
<b>IV</b> Body Composition.....	55
<b>V</b> Cardiovascular Fitness.....	61
<b>VI</b> Glossary .....	63
<b>VII</b> Teaching Resources.....	70