

HEALTH 2- “Growth Mindset” Notebook:

NAME: _____

Chapter 1: Understanding Fitness & Wellness

Video Notes:

1.

2.

3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

1.

2.

3.

4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 2: General Principles of Exercise

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 3: Cardiorespiratory Endurance

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 4: Improving Muscular Strength & Endurance

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 5: Improving Flexibility

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 6: Body Composition

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 7: Creating your Total Fitness & Wellness Plan

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 8: Nutrition, Health & Fitness

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 9: Exercise, Diet, & Weight Control

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 10: Preventing Cardiovascular Disease

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 11: Stress Management

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 12: Exercise: The Environment & Special Populations

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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- 2.
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- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 13: Preventing Exercise Related & Unintentional Injuries

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 14: Cancer

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Chapter 15: Sexually Transmitted Infections

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

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How does this relate to your life (why is this important)?

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Chapter 16: Addiction & Substance Abuse

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

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