



SPORTS STARS PROGRAM

Name _____ Date _____

Part 1

The Sports Stars Program can help you use sports in your exercise program. The program is based on earning a certain number of stars, or points, per week. If participating in sports is your only form of exercise, you should earn 100 stars per week to build good health-related fitness, especially aerobic fitness. If sports activity is only one part of your exercise program, you might earn fewer than 100 stars. Follow these program guidelines:

1. Earn stars at least three days per week. Ideally, you should earn sports stars four to six days per week.
2. Build all parts of health-related fitness. You should exercise to build parts of fitness not covered by sports. If you participate in school varsity sports, you probably are building all parts of fitness by doing additional conditioning exercises.
3. Start the Sports Stars Program gradually. Earn 50 stars per week during the first two weeks and 75 stars per week during the third and fourth weeks. Your goal is to earn 100 stars per week.
4. The benefits that you get from the Sports Stars Program depend on the time and effort that you invest in the program. Do not count the time that you rest during an activity.
5. Vary your program. You can earn 100 stars in any of the sports listed, but many of the sports are not intense enough to build good fitness. Try to earn at least 60 stars from more vigorous sports with star values greater than 6 per hour.
6. Remember to warm up and stretch before exercise and cool down and stretch after exercise to reduce injury risk.

Part 2

Sports Stars Record

Day (or date)	Activity	Activity duration	Points earned
Sun			
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			

Activity 10.3 Sports Stars Program

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).

(continued)

SPORTS STARS PROGRAM *(continued)*

Name _____ Date _____

Number of Stars Earned in Sports

Sport	15 min	30 min	1 hr	2 hr	Comments
Archery	3/4	1 1/2	3	6	
Badminton					
Doubles	1	2	4	8	
Singles	3	6	12	24	
Baseball					
Recreational	1	2	4	8	
School team	3	6	12	24	Team practice
Basketball					
Recreational	3	6	12	24	Full court
School team	4 1/2	9	18	36	Team practice
Bowling	3/4	1 1/2	3	6	
Canoeing	3	6	12	24	Continuous paddling
Football					
Recreational	2	4	8	16	
School team	4 1/2	9	18	36	Team practice
Golf	1 1/2	3	6	12	Walking; steady play
Gymnastics					
School team	3	6	12	24	Team practice
Handball	4 1/2	9	18	36	Steady play
Horseback riding	1	2	4	8	
Judo or karate	2	4	8	16	No long breaks
Racquetball	4 1/2	9	18	36	Steady play
Rowing					
Crew team	6	12	24	48	Actual rowing time
Skating					
Ice or roller	3 1/2	7	14	28	Actual skating time
Skiing					
Cross-country	8	16	32	64	Actual skiing time
Downhill	4 1/2	9	18	36	Actual skiing time
Soccer					
Recreational	4	8	16	32	Actual playing time
School team	5	10	20	40	Team practice
Softball					
Recreational	1	2	4	8	
School team	3	6	12	24	Team practice
Tennis					
Doubles	2	4	8	16	
Singles	3 1/2	7	14	28	
Volleyball					
Recreational	1	2	4	8	
School team	3	6	12	24	Team practice
Wrestling					
School team	5	10	20	40	Team practice

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