

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

Date: \_\_\_\_\_

## **Fitness and Health in an Occupation Student Worksheet**

Occupation: \_\_\_\_\_

1. What is the job description for your occupation? What are the duties associated with your occupation?
  
2. What are the activity demands for your occupation? How physically active are you during your workday? Give examples and explain.
  
3. What are the stressors within your occupation? How frequently would you encounter stress in the workplace? Give an example of a stressful situation in your occupation and how you will manage the stress.
  
4. What are the nutritional needs for your occupation? What types of nutritional decisions do you need to make for the energy demands of your job?

5. What are the health risks for your occupation? What risks are you taking by performing the duties of your job? What safety precautions do you need to take with this occupation?

6. As a result of the previous 5 questions, briefly summarize what you will need to do in order to be able to maintain a healthy lifestyle while performing the duties of your occupation.

A large, empty rectangular box with a thin black border, intended for the student to write their summary response to question 6.