

Name: _____

Mod: _____

Teacher: _____

Personal Fitness Portfolio

Personal Fitness is designed to fulfill the ½ credit elective towards the county Physical Education graduation requirement. Emphasis will be placed on concepts of personal fitness and knowledge to achieve and maintain a healthy level of physical fitness. Students will participate in a variety of activities that can be used for a lifetime recreation and personal fitness.

“Persistence can change challenges in to
extraordinary achievement.”

-Matt Biondi

Personal Fitness Portfolio Checklist

Assignment	Page #	Point Value
Physical Fitness Questionnaire	3	/5
Two by Two Fitness Worksheet	4	/10
Workout of the day	5	/10
Quiz 1	6	/7
Heart Rate	7-11	/30
Quiz 2	12-13	/10
Cardiovascular Fitness Questions	14	/10
Knock-out Challenge	15	/10
Flexibility Questions	16-17	/10
Quiz 3	18-19	/10
Muscular Endurance and Strength Questions	20	/10
Muscular Endurance and Strength Activity	21	/10
Muscle Quiz	22-23	/25
Resistance Band Workout	24	/15
Weighted Bar Routine	25	/15
Body Composition Questions	26	/10
Quiz 4	27-28	/10
Calorie and healthy weight loss	29	/0
Nutrition Questions	30	/10
Quiz 5	31-32	/10
Personal Fitness Assessment	33	/50
Fitness Plan	34-39	/100
TOTAL		/377

Points /5

Personal Fitness Questionnaire

-Please answer honestly and thoroughly as this will help with designing the class to best meet your needs

1. Why did you take this class?
2. What do you want to get out of this class?
3. What type of fitness activities do you enjoy?
4. Do you currently participate in a sport or regular fitness program? If yes please list the activities below.
5. Do you make conscientious decisions about your food choices?
6. Do you feel you are at an appropriate weight for your height and build?
7. What has influenced your opinion on your weight?
8. Would you like to improve your nutrition and exercise habits?
9. What would help you improve in these areas?
10. Besides fitness what other topics would be beneficial to cover in this class?

Points
/10

Two by Two's Fitness Worksheet

Find a partner and complete ONE of the following tasks. Sign each other's sheet and find a NEW partner to complete another task. Continue finding new partners and completing one task at a time until they are all completed. Only when you have gotten everyone's signature in class, then you may double the signatures. Use proper form.

1. You and somebody do 15 push-ups _____
2. You and somebody arm wrestle _____
3. You and somebody do 25 shoulder presses _____
4. You and somebody do 20 mountain climbers _____
5. You and somebody do 25 star jumps _____
6. You and somebody do 30 squats _____
7. You and somebody do 50 crunches _____
8. You and somebody 25 lunges _____
9. You and somebody do 50 jumping jacks _____
10. You and somebody do 100 jumps with the jump rope _____
11. You and somebody high five the teacher _____
12. You and somebody do wall sits for 1 minute _____
13. You and somebody 25 bicep curls _____
14. You and somebody toss the medicine ball 30 times _____
15. You and somebody do 100 step ups _____

Points /10

Work out of the Day	#1	#2	#3																																																																								
5 pushups 5 standing broad jump 5 weighted bar thrusters 50 jump rope AMRAP ____ min. Score total rounds	DATE: SCORE:	DATE: SCORE:	DATE: SCORE:																																																																								
2 burpees, 2 sit-ups, 2 air squats 4 burpees, 4 sit-ups, 4 air squats 6 burpees, 6 sit-ups., 6 air squats Etc. AMRAP ____ min. Score highest round	DATE: SCORE:	DATE: SCORE:	DATE: SCORE:																																																																								
45 sec. work, 15 sec. transition, 4 rounds Score total reps. Jumprope Air squats Weighted bar overhead press Plank hold Score total reps.	DATE: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Jrope</th> <th>Squat</th> <th>Press</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td></tr> <tr style="background-color: #cccccc;"><td></td><td></td><td></td><td></td></tr> </tbody> </table> SCORE:		Jrope	Squat	Press	1				2				3				4								DATE: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Jrope</th> <th>Squat</th> <th>Press</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td></tr> <tr style="background-color: #cccccc;"><td></td><td></td><td></td><td></td></tr> </tbody> </table> SCORE:		Jrope	Squat	Press	1				2				3				4								DATE: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Jrope</th> <th>Squat</th> <th>Press</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td></tr> <tr style="background-color: #cccccc;"><td></td><td></td><td></td><td></td></tr> </tbody> </table> SCORE:		Jrope	Squat	Press	1				2				3				4							
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QUIZ 1

Points

/7

Multiple choice: Please circle the correct answer

1. What is the definition of the term aerobic?
 - A. Vigorous, rhythmic exercise that improves cardiovascular endurance (presence of oxygen)
 - B. Exercise in which the demand for oxygen is more than what is available. Improves muscular strength and flexibility
 - C. Does not contribute to muscular fitness development
 - D. Benefits slow-twitch muscle fibers more than fast-twitch

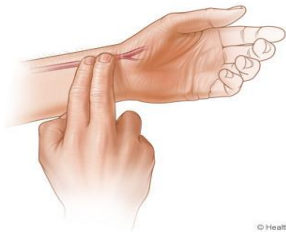
2. Anaerobic exercises
 - A. Can be done for a long period of time
 - B. Vigorous, rhythmic exercise that improves cardiovascular endurance (presence of oxygen)
 - C. Exercise in which the demand for oxygen is more than what is available. Improves muscular strength and flexibility
 - D. Does not contribute to muscular fitness development

Matching: Put the letter of the correct definition next to word given

- | | |
|-----------------------------------|---|
| 3. Cardiovascular Endurance _____ | A. The ability to bend and move joints through a full range of motion |
| 4. Flexibility _____ | B. The ratio of lean body mass to body fat |
| 5. Muscular Strength _____ | C. The ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity |
| 6. Muscular Endurance _____ | D. The maximum amount of force a muscle can produce with a single effort |
| 7. Body Composition _____ | E. The ability of the muscle to continue to perform without fatigue |

Taking your Pulse (Heart Rate)

- Your pulse is the rate at which your heart beats. As your heart pumps blood through your body, you can feel a pulsing in some of the blood vessels close to the skin's surface.
- The usual resting pulse for an adult is 60 to 100 beats per minute. Certain illnesses can cause your pulse to change, so it is helpful to know what your resting pulse is when you are well. To find your resting pulse, count your pulse after you have been sitting or resting quietly for at least 10 minutes.
- You can easily check your pulse on the inside of your wrist, below your thumb.
- Gently place 2 fingers of your other hand on this artery.
- Do not use your thumb because it has its own pulse that you may feel.
- Count the beats for 30 seconds; then double the result to get the number of beats per minute.
- Or count the beats you feel for 6 seconds, multiply this number by 10 to get your heart rate (pulse) per minute.



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You can also check your pulse in the carotid artery. This is located in your neck, on either side of your windpipe. Be careful when checking your pulse in this location. If you press too hard, you may become lightheaded and fall.



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What is Target Heart Rate?

You gain the most benefits and lessen the risks when you exercise in your target heart rate zone. Usually this is when your exercise heart rate (pulse) is 60 to 90 percent of your maximum heart rate. In some cases, your health care provider may decrease your target heart rate zone to begin with 50 percent.

When beginning an exercise program, you may need to gradually build up to a level that is within your target heart rate zone, especially if you have not exercised regularly before. If the exercise feels too hard, slow down. You will reduce your risk of injury and enjoy the exercise more if you don't try to over-do it!

To find out if you are exercising in your **target zone** (between 60 and 90 percent of your maximum heart rate), stop exercising and check your 10-second pulse. If your pulse is below your **target zone** , increase your rate of exercise. If your pulse is above your target zone, decrease your rate of exercise.

Points
/10

HEART RATE AND EXERCISE

DIRECTIONS: Calculate your maximum heart rate and target heart rate zone. *Make sure and show ALL your work.* During today's lesson, record your heart rate in the chart. Then, graph the data below.

Resting Heart Rate- This is a person's heart rate at rest. The best time to find out your resting heart rate is in the morning, after a good night's sleep, and before you get out of bed. The heart beats about 60-80 times a minute when we're at rest

Maximum Heart Rate or HRmax This is the maximum number of times your heart will beat per minute when it is worked to its highest potential. To find the HRmax:

$$220 - \text{AGE} = \text{HRmax}$$

Target Heart Rate Target heart rates let you measure your initial fitness level and monitor your progress in a fitness program. This approach requires measuring your pulse periodically as you exercise and stay within 50-85 percent of your maximum heart rate. To find Target Heart Rate Range

$$\text{Lower Limit} - (220 - \text{age}) \times 60\% \qquad \text{Upper Limit} - (220 - \text{age}) \times 90\%$$

Recovery Heart Rate-This is your heart rate as your body recovers from exercise. The quicker the recovery heart rate, the better shape an individual is in. Recovery heart rate also tells a person when to advance to a more intense exercise. Ex: Once a person's heart rate goes back to 100 beats per minute after 10 minutes of exercise they can increase the intensity of a workout.

Heart Rate Fitness Lab

Points
/20

As a class go through each exercise and record your heart rate. Check off if you are in your target heart rate zone.

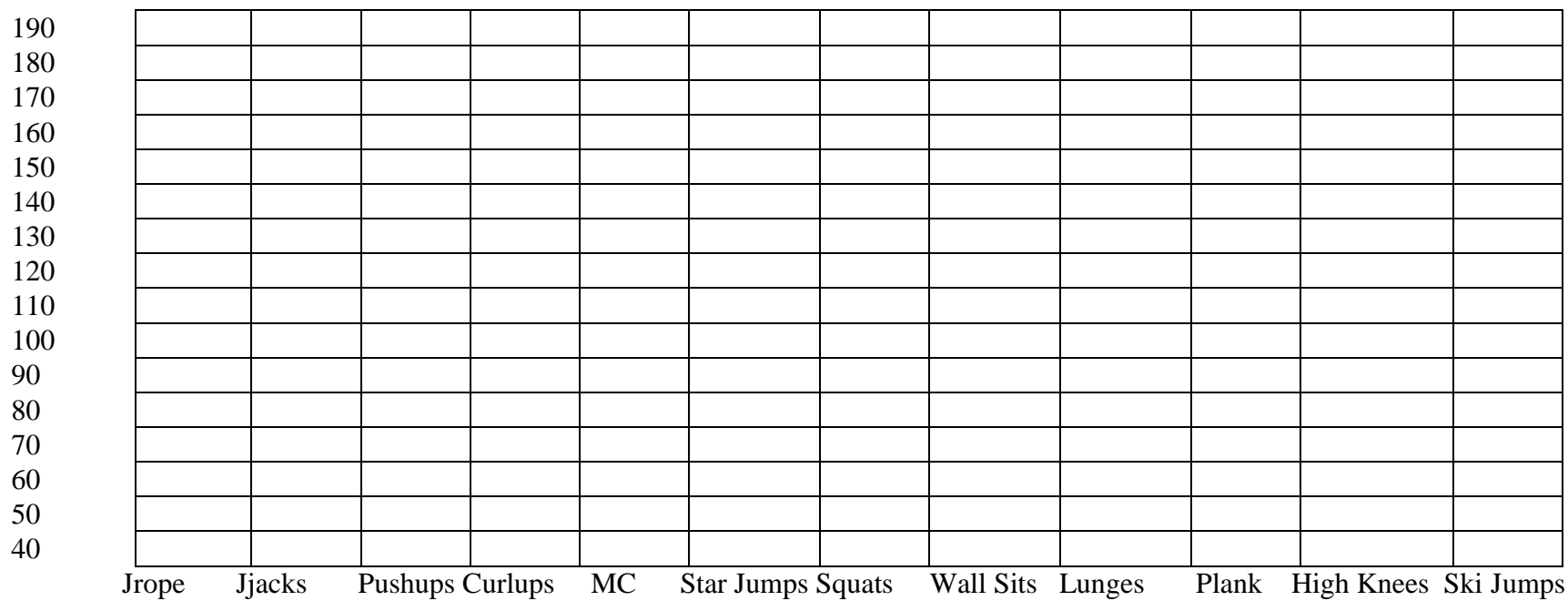
Target Hear Rate Zone: _____ - _____ bpm

Activity	Heart Rate	Are you in your target heart rate zone?
Jump rope for 1 minute		
50 jumping jacks		
20 push ups		
50 curl ups		
20 Mountain Climbers		
10 Star Jumps		
20 Squats		
1 minute wall sits		
20 Walking Lunges		
30 Second Plank		
High Knees for 30 Seconds		
30 Ski Jumps		

Recovery Heart Rate (after 5 minutes): _____ bpm

Recovery Heart Rate (after 10 minutes): _____ bpm

Graph your heart rate data. Show your HRmax using a dashed line and shade in your target heart rate zone.



QUIZ 2

Points /10

Multiple choice: Please circle the correct answer

1. The desired level of intensity of the target heart rate zone for most people is
 - A. 20-30 percent
 - B. 80-90 percent
 - C. 50-85 percent
 - D. 15-50 percent
2. The formula for calculating Maximum Heart Rate is 220 less:
 - A. Age
 - B. Height
 - C. Resting Heart Rate
 - D. Recovery Heart Rate
3. What should you do if your pulse falls below the lower limit of your target heart rate zone during exercise?
 - A. Maintain pace
 - B. Stop exercising
 - C. Increase intensity
 - D. Decrease intensity
4. A recovery heart rate should be taken
 - A. At the end of the day
 - B. Before an aerobic workout session
 - C. Following an aerobic workout session
 - D. As soon as you awaken in the morning
5. You will need to know your target heart rate when you are performing
 - A. Isometric exercises
 - B. Flexibility exercises
 - C. Muscular strength exercises
 - D. Cardiovascular exercises

6. What should you do if your pulse is above the upper limit of your target heart rate zone during exercise?
 - A. Maintain pace
 - B. Stop exercising
 - C. Increase intensity
 - D. Decrease intensity

7. The best time to check your resting heart rate is:
 - A. In the morning before getting out of bed
 - B. After you eat breakfast
 - C. Before exercising
 - D. During exercising

8. The two places to find your heart rate are:
 - A. Wrist and leg
 - B. Wrist and neck
 - C. Neck and Leg
 - D. Leg and forearm

9. When is it safe to advance to a more intense workout?
 - A. Once a person's heart rate goes back to 150 bpm after 10 minutes of exercise
 - B. Once a person's heart rate goes back to 100 bpm after 10 minutes of exercise
 - C. Once a person's heart rate goes back to 120 bpm after 20 minutes of exercise
 - D. Once a person's heart rate goes back to 100 bpm after 20 minutes of exercise

10. Which two fingers do you use to check your heart rate?
 - A. Middle and ring finger
 - B. Index finger and thumb
 - C. Index and middle finger
 - D. Middle finger and thumb

Cardiovascular Fitness questions

Points
/10

1. List 2 indicators of a low level of physical fitness:

-
-

2. An average person's body holds only about _____ pints of blood.

3. What is the difference in heart rate between adults and children?

4. List 2 factors that cause the heart rate to vary?

-
-

5. Give an example of when is it safe to progress in a training program?

6. There are nine factors associated with heart attacks. List 3 that affect you the most and explain why.

-
-
-

Knock-Out Challenge

Points /10

In pairs complete the exercise sets, record your achievements and thoughts on each exercise as you go. You have 1 minute 'rounds' to complete as many of each as you can while your partner counts and motivates you!

Name of exercise	Score A	Score B	Major Muscles used	How would this help develop your fitness performance?
<i>Round 1</i> Jab, cross, hook uppercut				
<i>Round 2</i> Front kick then back kick				
<i>Round 3</i> Jab, cross, front kick				
<i>Round 4</i> Hook, uppercut, side kick				
<i>Round 5</i> Front kick, side kick, back kick				

Points
/10

Flexibility Questions

1. What is Flexibility?
2. Share one reason why flexibility is important?
3. Stretching should be done _____ and to the point of _____.
4. How do you improve flexibility through the principle of overload?

5. Explain how the **FITT Principle** relates to flexibility.

1) Frequency

2) Intensity

3) Time

6. Explain the principle of **progression** and how it can be used in your personal workout.

7. Explain the principle of **specificity** and how it relates to you.

QUIZ 3

Points /10

Multiple choice: Please circle the correct answer

1. Approximately how many pints of blood does the human body hold?
 - A. 6
 - B. 12
 - C. 18
 - D. 24
2. Which health risk factors below can be controlled?
 - A. Obesity, gender, stress, diet
 - B. Heredity, inactivity, high blood pressure, stress
 - C. Cholesterol level, smoking, age, obesity
 - D. Smoking, nutrition, stress, diet
3. Regular participation in a cardiovascular fitness program
 - A. Increases lactic acids
 - B. Increases resting heart rate
 - C. Improves circulatory and respiratory systems
 - D. Decreases strength
4. It is safe to continue in cardiovascular training when the recovery heart rate is less than 100 beats per minute after
 - A. 5 minutes
 - B. 10 minutes
 - C. 15 minutes
 - D. 20 minutes
5. Which method is the safest way to determine training intensity during cardiovascular exercise?
 - A. Be aware of fatigue and soreness levels
 - B. Measure distance traveled
 - C. Measure the intensity by taking heart rate during exercise
 - D. Increase frequency

6. Using the Principle of Progression you may gradually increase the overload by increasing
 - A. the number of sessions per day or week
 - B. intensity
 - C. how much time you spend doing an exercise
 - D. All the above

7. Stretching should be done _____ and to the point of _____
 - A. Fast, pain
 - B. Slowly, discomfort
 - C. Slowly, pleasure
 - D. Frequently, pain

8. The type of stretching done where you hold the stretch for 15-30sec.
 - A. Ballistic stretching
 - B. Dynamic stretching
 - C. PNF stretching
 - D. Static stretching

9. The Principle of Specificity states
 - A. Sports training should be relevant and appropriate to the sport for which the individual is training in order to produce a training effect.
 - B. Only work specific muscles
 - C. That a greater than normal stress or load on the body is required for training adaptation to take place.
 - D. Has the physiological downside of lowering your metabolic rate during exercise

10. The Principle of Overload states:
 - A. That a greater than normal stress or load on the body is required for training adaptation to take place.
 - B. Sports training should be relevant and appropriate to the sport for which the individual is training in order to produce a training effect.
 - C. Lift to develop training techniques
 - D. To concentrate on exercise only to manage weight

Points
/10

MUSCULAR ENDURANCE AND STRENGTH QUESTIONS

1. Define muscular endurance:
2. Define muscular strength:
3. Muscular endurance is best developed by doing _____, but with less resistance.
4. Muscular strength is best developed by _____.
5. Exercises to develop Muscular strength and endurance differ only in the number of _____ and the amount of _____.
6. There are many benefits to having good muscular endurance. One is that you will be able to sustain activity for longer periods of time without becoming tired. Other benefits are decreased body _____ and _____ bones.
7. Why are skeletal muscles called voluntary muscles?
8. Explain the difference between muscular strength and muscular endurance.
9. Define Repetition (reps):
10. Define Set:

Points
/10

Muscular Strength and Endurance

Directions: Review your notes on muscular strength and endurance. List 5 exercises/activities for muscular strength and 5 for muscular endurance. Record the number of sets and repetitions you complete.

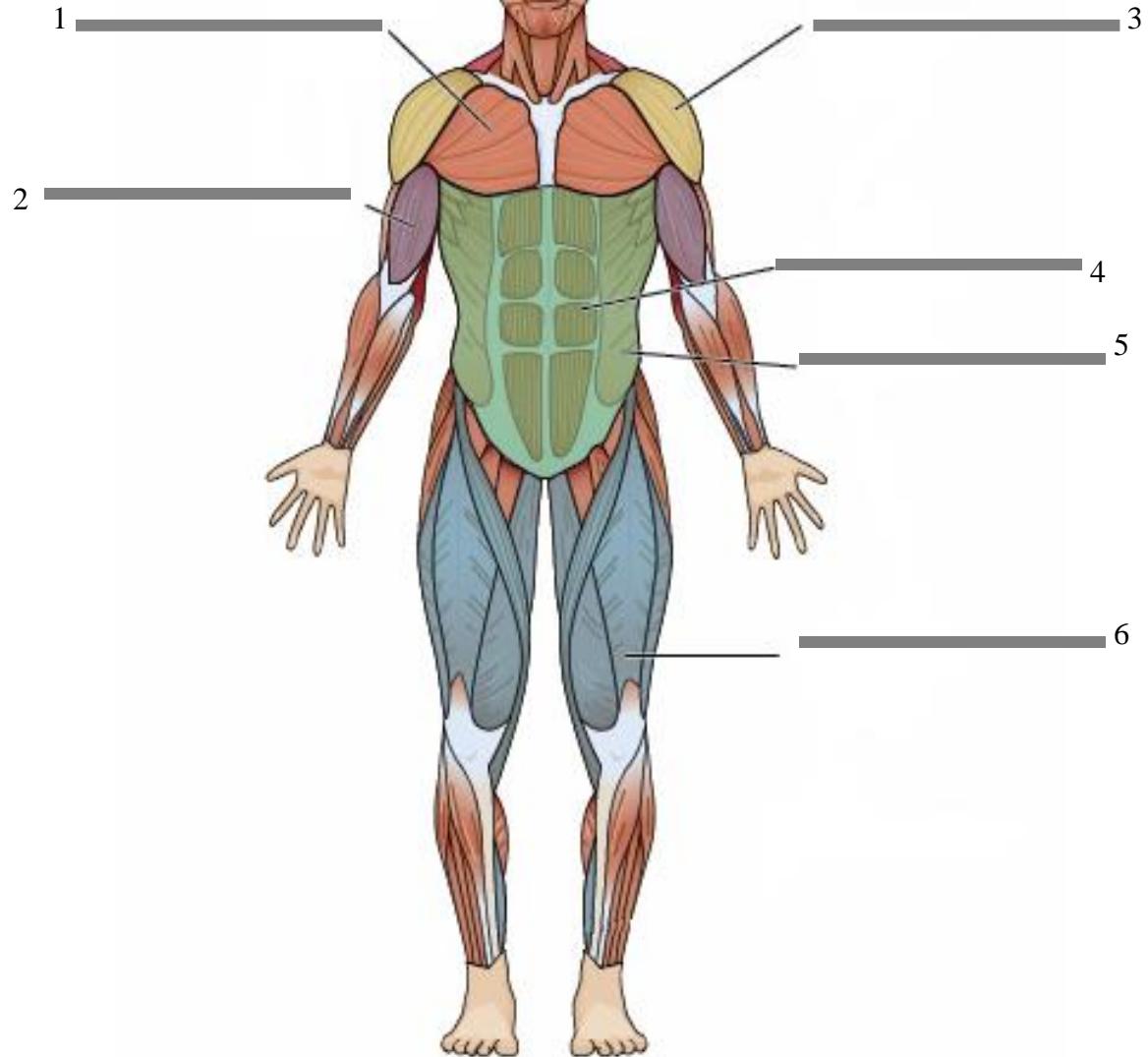
Activity for Muscular Strength	Sets	Reps or Time
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Activity for Muscular Endurance	Sets	Reps or Time
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

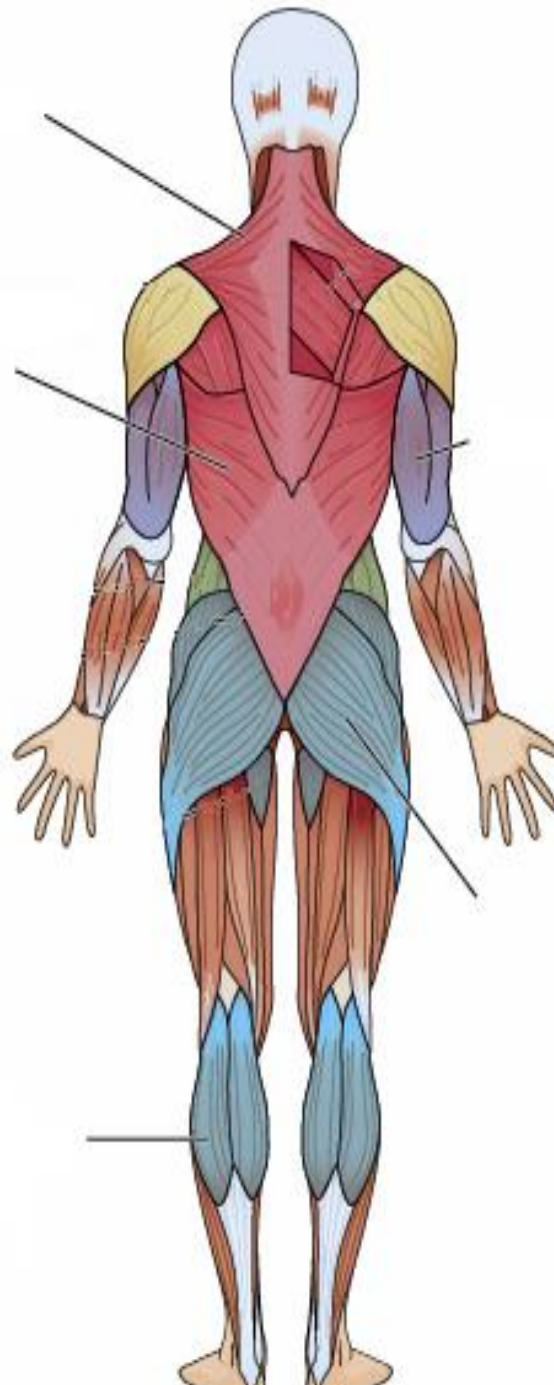
Points

/25

Muscles of the Body
Anterior View
(Front View)



Muscles of the Body



**Posterior View
(Back View)**

7 _____

8

9

10

11

12

CREATE YOUR OWN WORKOUT

Points
/15

Choose 10 of the resistance band exercises demonstrated in class. Perform 3 sets of 15 reps for each exercise. In between band exercises, perform a cardio exercise of your choice. The cardio exercise must be performed for a minimum of 1 minute or 60 reps. For example, you may choose to do high knees for 1 minute or 60 mountain climbers.

Band Exercise #1 _____

Cardio Exercise #1 _____

Band Exercise #2 _____

Cardio Exercise #2 _____

Band Exercise #3 _____	Cardio Exercise #3 _____
Band Exercise #4 _____	Cardio Exercise #4 _____
Band Exercise #5 _____	Cardio Exercise #5 _____
Band Exercise #6 _____	Cardio Exercise #6 _____
Band Exercise #7 _____	Cardio Exercise #7 _____
Band Exercise #8 _____	Cardio Exercise #8 _____
Band Exercise #9 _____	Cardio Exercise #9 _____
Band Exercise #10 _____	Cardio Exercise #10 _____

Weighted Bar

Points /15

Weighted bars are a great way to lift for Muscular Endurance at home or in the gym. Weighted bars can also be used to increase intensity to any aerobic program. They can be added into a step aerobics routine or a circuit. Develop a personal routine with 5 different exercises. (Ones from the resource book or ones on the posters around the room) Write down an explanation of the exercise and the focus muscle group. Pick exercises to fit your personal needs.

Weighted Bar Exercise	Sets/reps	Muscle
1.	3 sets of 15	
2.	3 sets of 15	
3.	3 sets of 15	
4.	3 sets of 15	
5.	3 sets of 15	

Points /10

BODY COMPOSITION QUESTIONS

1. If you and someone else weigh the same and have the same height, list two (2) reasons why you could look completely different than that person.

1)

2)

2. How does excess body fat affect overall life expectancy?
3. Explain why height and weight charts can be misleading?
4. What is the difference between overweight and obese?
5. List two healthy ways to lose weight?
 - 1)
 - 2)

QUIZ 4

Points /10

Multiple choice: Please circle the correct answer

1. A group of repeated movements performed continuously with a given weight load is known as a
 - A. Repetition
 - B. Resistance
 - C. Set
 - D. Workout
2. One group of repetitions is a:
 - A. Repetition

- B. Resistance
- C. Set
- D. Workout

3. The 50 meter dash is an example of
 - A. Muscular strength
 - B. Body Composition
 - C. Muscular Endurance
 - D. Flexibility
4. Which activity would provide the greatest benefit to increase strength?
 - A. Yoga
 - B. Pilates
 - C. Weight Training
 - D. Step aerobics
5. Which of the following would relate to a strength training session?
 - A. High intensity/low repetitions
 - B. High intensity/ low resistance
 - C. Low repetitions/high weight
 - D. High repetitions/low weight
6. Which of the following would relate to a muscular endurance training session?
 - A. High intensity/low repetitions
 - B. High intensity/ high resistance
 - C. High repetitions/high weight
 - D. High repetitions/low weight
7. People with excess fat have a greater likelihood...
 - A. to develop medical problems
 - B. to look better in clothes
 - C. to eat less
 - D. have better eye sight

8. A person who is overweight exceeds their desirable body weight by?
- A. 20%
 - B. 30%
 - C. 10%
 - D. 50%
9. What should people be aware of when reviewing height and weight charts?
- A. the charts are fair for everyone.
 - B. the charts make people feel bad about themselves.
 - C. the charts tell you how many calories you need.
 - D. the charts do not tell you how much of your weight is lean body mass and how much is body fat.
10. A healthy way to lose weight is to
- A. Eat only fruits and vegetables
 - B. Run every day and not eat meat
 - C. Wear a rubber suit while exercising to increase the amount of perspiration
 - D. Eat a nutritionally balanced diet and participate in a variety of fitness activities

Some important things to keep in mind:

1. Not everyone needs to lose weight. A healthy way to lose weight is eating a healthy diet and exercising. Three thousand-five hundred (3500) calories make up one pound. So to lose one pound a week subtract 500 calories from your diet or burn 500 calories from exercise per day.
2. Eating fewer than 1200 kcal a day for more than a day or two is not recommended without medical supervision.

3. Be patient. Although quick weight loss may sound desirable, slow, gradual weight loss (1-2 pounds a week) tends to be easier to do (you're not as hungry) and longer-lasting. Don't be surprised if you lose weight a little faster at the very beginning of your weight loss program. You'll probably also experience times when you lose weight more slowly. Over time, it tends to average out.
4. Increasing your activity and exercise level will increase your "maintenance" number. That means you'll be able to eat more calories and still lose weight.

Nutrition/Fat/Calorie Questions

Points /10

1. Explain what the author is trying to portray in the first paragraph.
2. What is the main purpose of a food label?

3. Explain why people gain weight in different locations of the body?

4. What is the purpose of working out one area of the body (ex. Crunches) when fat doesn't come off just that area?

5. If a student is overweight what foods should they stay away from? What healthy foods would be a good substitute for the fattier foods?

6. Think about a normal day. Add up the time you spend sitting and laying around...____Hours ____Minutes. How can you change your life style so you are not sitting or lying around as much

QUIZ 5

Points /10

Multiple choice: Please circle the correct answer

1. A calorie is
 - A. Changes in basal metabolic rate
 - B. A unit that measures energy in food
 - C. The amount of fat stored in the body
 - D. Multiples of the amounts of energy expended at rest

2. An individual who continually has a surplus of calories will

- A. Gain Weight
 - B. Develop Muscle
 - C. Lose weight slowly
 - D. Have fewer diseases
3. Select the best way to achieve long term weight loss
- A. Increase caloric intake
 - B. Decrease caloric intake
 - C. Follow the Atkins's Diet
 - D. Combination of diet and exercise
4. Select the best method for reducing body fat
- A. Reduce calories and engage in aerobic exercises
 - B. Use vibrating belts to break up and redistribute fat
 - C. Elect liposuction under the supervision of a physician
 - D. Select weight training exercises that will promote fat loss from a specific body location
5. How many calories make up one pound of body fat?
- A. 75
 - B. 350
 - C. 3,500
 - D. 7,500
6. In a weight loss program, it is recommended that you lose no more than
- A. 1 to 2 pounds per week
 - B. 3 to 4 pounds per week
 - C. 5 to 6 pounds per week
 - D. 7 to 8 pounds per week
7. When selecting activities for your personal fitness program, choose those
- A. Selected by friends so you have someone with whom to exercise
 - B. That best meets your needs
 - C. That you like the most
 - D. Includes all of the above

8. The most important thing you should consider when making decisions about your fitness program should be
 - A. Financial concerns
 - B. The environment
 - C. What your friends are doing
 - D. Your personal needs

9. Choose the statement that represents the best and safest weight management method
 - A. Eat a high protein diet and exercise daily
 - B. Skip a meal to cut down on calorie intake
 - C. Eat a diet high in fat and exercise everyday
 - D. Concentrate on exercise only to manage weight

10. What is the recommended minimum number of days per week a cardiovascular fitness program should be performed for fitness?
 - A. 1
 - B. 3
 - C. 5
 - D. 7

Personal Fitness Assessment

Points /50

Students will work in groups of 2-3 to develop a fitness routine based on the types of personal fitness styles demonstrated and discussed in class. Students will then present the routine to the class. The presentation must include the following:

- At least 4 cardiovascular exercises for 30 seconds to one minute each
- At least 3 muscular strength exercises (1 set of 7-8 reps if weight is used) (1 set of 20 reps)
- At least 3 muscular endurance exercises (1 set of 15-20 reps if weight is used) (30 reps)
- School Appropriate Music to accompany the routine
- A handout outlining the routine

- A presentation that everyone in the class can actively participate in
- Have one modification (either easier or harder) for each exercise

<p style="text-align: center;">Presentation</p> <ul style="list-style-type: none"> • Knowledge of the exercise • Equal division of the presentation • Class is actively participating • 4 Cardio, 3 muscular strength, 3 muscular endurance exercises • Have one modification for each exercise • School Appropriate Music • Accuracy, Creativity and Fluidity of Presentation • Speakers voice is loud and clear 	/40
<p style="text-align: center;">Handout</p> <ul style="list-style-type: none"> • Explanation of 4 cardiovascular exercises • Explanation of 3 muscular strength exercises • Explanation of 3 muscular endurance exercises • Explanation of the modification for each exercise • Label the fitness component for each exercise 	/10
Total	/50

Making a Fitness Plan

Students will develop a three week fitness plan using the below information as a tool. A fitness plan is essential if you want to accomplish your fitness goals.

To figure out the best fitness plan for you, define where you are, and where you want to go. Start by setting attainable and measureable goals. Below is an example of goals based upon the WOD assessments. The goals have to be measurable and attainable within a 3 week period and must be written as improvement goals

Examples of Fitness Goals

Cardiovascular Endurance- I can currently jump rope for 30 seconds without a break. At the end of 3 weeks, I will be able to jump rope for 45 seconds.

Flexibility- I can currently touch the floor with my palms. During the next 3 weeks, I will maintain this level

Muscular Endurance- I can currently perform 20 squats in 45 seconds. During the next 3 weeks I will perform 25 squats in 45 seconds

Muscular Strength- I can currently hold a plank for 35 seconds. By the end of 3 weeks, I will be able to hold a plank for 45 seconds

Fitness Plan Goals

Fitness Component	Goal
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Cardiovascular Endurance	
Flexibility	
Muscular Endurance	
Muscular Strength	

Rewards

Write down a reward to give yourself after each goal has been completed

Fitness Component	Reward
Body Composition	

Cardiovascular Endurance	
Flexibility	
Muscular Endurance	
Muscular Strength	

List of Activities

Make a list of activities in each category that you can add to your fitness plan. Keep in mind variety, motivation and your overall goal!

Cardiovascular	Muscular Endurance	Muscular Strength
Fitness walking	Yoga	Sprints

Creating your Fitness Plan

Students will create a fitness plan for 3 weeks with the following criteria

- List the Fitness component for which exercise you choose
- List the exercise

- List the **time** it will take to finish the exercise
- If weights are involved include sets, reps, weight, and exercise (make sure to only lift every other day)
- Each day must consist of 70 minutes of activity
- When designing the last week of your fitness plan, plan activities and exercise you can complete at home.
- Each week there should be progression for each exercise/activity

Example

Monday

Cardiovascular Endurance- Step Aerobics DVD-30 minutes

Flexibility- Dynamic stretching 5 minutes

Muscular Strength- Yoga DVD- 35 minutes

Tuesday

Muscular Strength- Body Bars- 15lbs 3 sets of 7-8 reps-20 minutes

-Bicep Curls, Triceps extension, squats, lunges, overhead press, sit-ups, dead lift, and side leg lifts (both sides)

Flexibility- Dynamic Stretching- 5 minutes, Static stretching end of class -5 minutes

Muscular Endurance- Yoga DVD- 20 minutes

Muscular Endurance- Ab Ripper DVD-20 minutes

Fitness Plan Rubric

Criteria	Points	Your Score
Five fitness goals and rewards are typed out and were measurable and attainable.	20	
The fitness plan contains 3 weeks of exercises appropriate for the student.	20	
The Progression principle was used throughout the fitness plan.	20	
The fitness plan shows the exercises, weight, time, reps/sets, and the five fitness components.	30	
The plan was neatly written or typed and easy to follow.	10	
Total Points	100	

