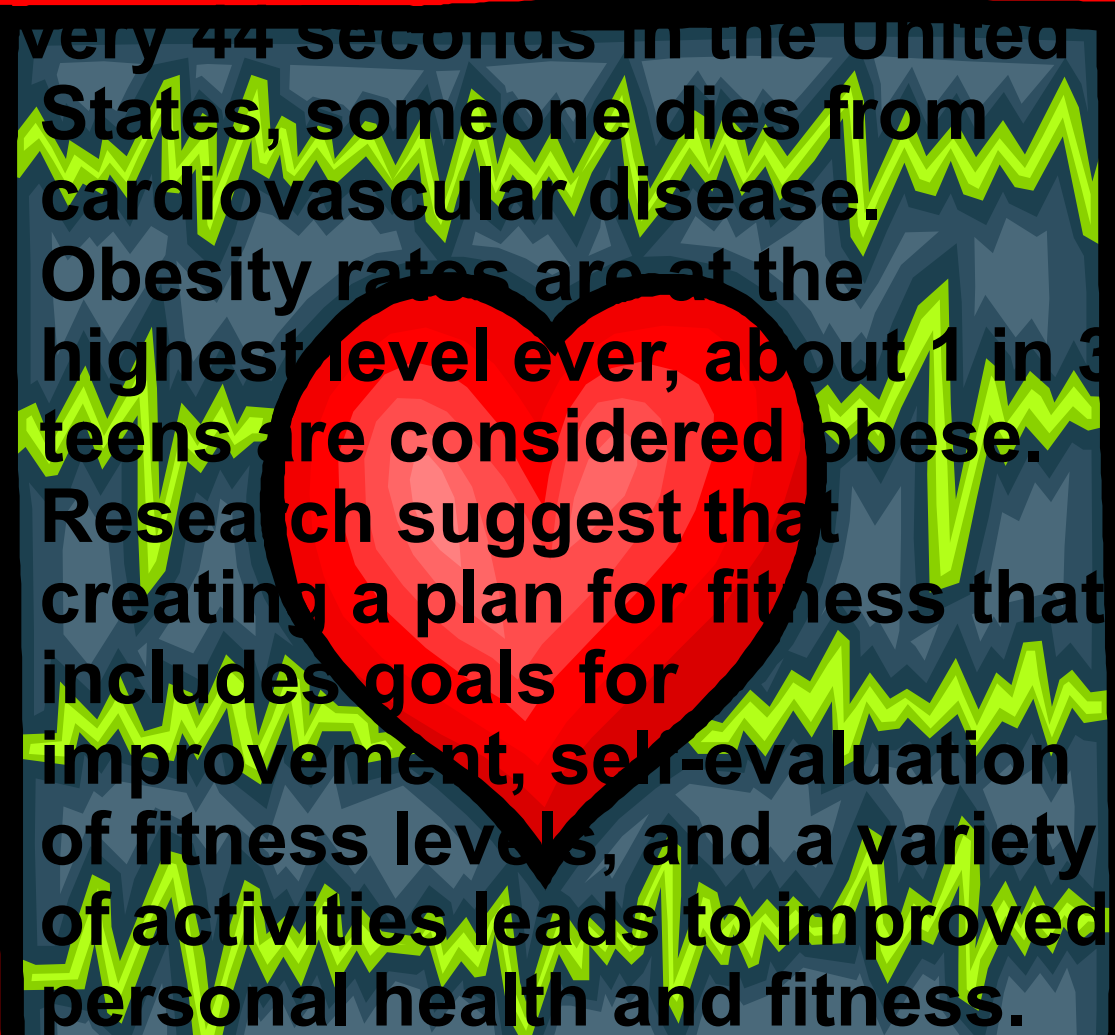




The Introduction

# Introduction



Every 44 seconds in the United States, someone dies from cardiovascular disease. Obesity rates are at the highest level ever, about 1 in 3 teens are considered obese. Research suggests that creating a plan for fitness that includes goals for improvement, self-evaluation of fitness levels, and a variety of activities leads to improved personal health and fitness.

The Assignment



# Your Assignment

- Create a Fitness Plan that will lead to healthy levels of fitness.
- A effective plan includes the following:
  - A self-assessment of all fitness in all five areas of health-related fitness.
  - A set of goals for improvement in each area of fitness.
  - A plan for activity to be completed that will help you reach those goals.
  - A plan for re-assessing your levels of fitness throughout the process.
  - A way to log your activities. You will develop your own Personal Activity Log that will replace your PE Activity Log.
  - List of Resources used to create the plan.



To Step #1

# Step #1



- Identify and define the Five components of Health-related fitness.
  - Use the following links to research your answer:
    - [Arlington Schools define fitness](#)
    - [Health and Fitness Survey](#)
    - [Fitness Vocabulary Flashcards.](#)
    - [KidsHealth: Keeping Fit and Having Fun](#)
    - [Rewards and Benefits of Exercise](#)

To Step #2

# Step 2: Measuring Fitness



- Create a record of your most recent fitness scores. Determine your current fitness level.
  - See below site for more information about the fitness test.
    - [How Fit are You?](#)
    - [FitnessGram basics](#)
    - [Valuable information about fitness testing.](#)



Testing Instructions



# FITNESSGRAM®

## Testing Instructions

- Cardiovascular Endurance Assessments
  - PACER test
  - One Mile Run
  - Walk Test
- Muscular Strength and Endurance
  - 90° Push Ups
  - Trunk Lift
  - Cadence Curl Ups
  - Flexed Arm Hang
- Flexibility
  - Back Saver Sit and Reach
  - Shoulder Stretch
- Body Composition
  - BMI
  - Skin Fold



Measuring Body Composition

# Body Composition

- [About Body Composition](#)
- Measuring Body Composition: Compare your Skin Caliper readings by figuring you BMI: [Calculating BMI](#)
- Learn more about what is a healthy BMI for Kids and Teens:
  - [CDC: BMI for Kids and Teens](#)



Healthy Fitness  
Zones

# Healthy Fitness Zones

- Boys Zones
- Girls Zones



To Step #3



# Step #3: Setting Fitness Goals

- Develop a set of short-term and long-term goals for the following areas of fitness: Cardiovascular Endurance, Muscular Strength and Endurance, and Flexibility. Be sure to use the SMART goal setting principle.
  - Use the following sites for information on setting realistic fitness goals:
    - [Setting Fitness Goals](#)
    - [Rule of 10 for setting fitness goals](#)
    - [Steps for setting goals.](#)
    - [5 Facts about Setting Goals.](#)
    - [Exercise for Beginners](#)
    - [Fitness Goal Setting](#)
    - [S.M.A.R.T. Goal Setting](#)
    - [Goal Setting Workshop](#)
    - [Fitness Goal Setting Guide](#)



To Step #4

# Step #4: Building a Program



- Design a program of activities to meet your goals. Be sure to use the FITT principle
  - Use the following websites to help:
    - [BAM: Body and Mind](#)
    - [Fitness Activities for Individuals with Disabilities](#)
    - [KidsHealth: Food and fitness.](#)
    - [Get Active Stay Active](#)
    - [Walk Smart](#)
    - [CDC: Physical Activity for Everyone](#)
    - [Weight Lifting for Teens](#)



Getting Started

# Choose Activities you enjoy and know your reasons for choosing those activities

Cardiorespiratory Fitness Activities /Reason	Active Sports / Reason
<ul style="list-style-type: none"> <li><input type="radio"/> <b>Aerobics</b></li> <li><input type="radio"/> <b>Bicycling</b></li> <li><input type="radio"/> <b>Dancing</b></li> <li><input type="radio"/> <b>Hiking</b></li> <li><input type="radio"/> <b>Jogging</b></li> <li><input type="radio"/> <b>Jumping Rope</b></li> <li><input type="radio"/> <b>Running</b></li> <li><input type="radio"/> <b>Swimming</b></li> <li><input type="radio"/> <b>Walking</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> <b>Backpacking</b></li> <li><input type="radio"/> <b>Badminton</b></li> <li><input type="radio"/> <b>Baseball</b></li> <li><input type="radio"/> <b>Basketball</b></li> <li><input type="radio"/> <b>Bowling</b></li> <li><input type="radio"/> <b>Canoeing</b></li> <li><input type="radio"/> <b>Football</b></li> <li><input type="radio"/> <b>Golf</b></li> <li><input type="radio"/> <b>Gymnastics</b></li> <li><input type="radio"/> <b>Handball / racquetball</b></li> <li><input type="radio"/> <b>Horseback riding</b></li> <li><input type="radio"/> <b>Martial Arts</b></li> <li><input type="radio"/> <b>Mountain Climbing</b></li> <li><input type="radio"/> <b>Rowing</b></li> <li><input type="radio"/> <b>Sailing</b></li> <li><input type="radio"/> <b>Skating</b></li> <li><input type="radio"/> <b>Skiing</b></li> <li><input type="radio"/> <b>Soccer</b></li> <li><input type="radio"/> <b>Softball</b></li> <li><input type="radio"/> <b>Table tennis</b></li> <li><input type="radio"/> <b>Tennis</b></li> <li><input type="radio"/> <b>Volleyball</b></li> <li><input type="radio"/> <b>Waterskiing</b></li> <li><input type="radio"/> <b>Wrestling</b></li> </ul>
<b>Muscular Strength and Endurance Activities / Reason</b>	
<ul style="list-style-type: none"> <li><input type="radio"/> <b>Calisthenics</b></li> <li><input type="radio"/> <b>Weight training</b></li> </ul>	
<b>Flexibility Activities / Reason</b>	
<ul style="list-style-type: none"> <li><input type="radio"/> <b>Stretching</b></li> <li><input type="radio"/> <b>Yoga</b></li> </ul>	
<b>Lifestyle Physical Activities / Reason</b>	
<ul style="list-style-type: none"> <li><input type="radio"/> <b>Climbing stairs</b></li> <li><input type="radio"/> <b>Household chores (vacuuming, cleaning)</b></li> <li><input type="radio"/> <b>Yard work</b></li> </ul>	



# Getting Started

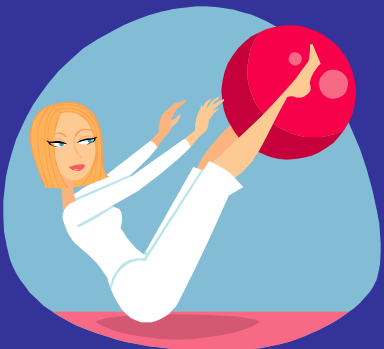
- A Hodge-Podge of Topics on Exercise and Fitness.



Activity Choices

# Activity and Exercise Choices

- [How about Core Fitness?](#)
- [Core Exercises](#)
- [Core Exercises with Fitness Ball](#)
- [Weight Training Basics](#)
- [Weight Training: Improving your muscular fitness](#)
- [Focus on Flexibility](#)
- [4 Elements of Rounded Routine](#)
- [Finding Time for Activity](#)



More Activity Choices

# Activity and Exercise Choices



- [What is Pilates?](#)
- [Killer Abs](#)
- [Getting Fit Outdoors](#)
- [What is Interval Training?](#)
- [Tips for Interval Training](#)
- [How to stretch your muscles?](#)



# Using the FITT Principle

- The FITT Principle is an excellent way to plan your activity schedule. It allows you to make clear what schedules should look like. Use the below website to help you better understand how to use the Principle.

– [Defining the FITT Principle](#)

## Cardiovascular Endurance FITT Chart

Frequency	Intensity	Time	Type
○3-4 days per week	○Light	○20-30 minutes	○Cardiorespiratory Fitness activities (make 2 choices) • _____ • _____ ○Active Sports ○Lifestyle Physical Activities
○5-6 days per week	○Moderate	○30-45 minutes	
	○Vigorous	○45-60 minutes	

## Muscular Strength and Endurance FITT Chart

Frequency	Intensity	Time	Type
○2-3 days per week	○Light	○20-30 minutes (1-2 sets)	○Muscular Strength and Endurance activities (make 1 choice) • _____ ○Active Sports
○4-5 days per week	○Moderate	○30-45 minutes (2-3 sets)	
	○Vigorous	○45-60 minutes (3 sets)	

## Flexibility FITT Chart

Frequency	Intensity	Time	Type
○3-4 days per week	○Mild discomfort	○10-15 seconds	Flexibility Activities ○Stretching ○Yoga poses
○5-6 days per week		○15-30 seconds	
		○30-45 seconds	



# Step #5: Design your own PE Activity Log



- This Activity Log will become your New Activity Log for PE Homework. Make sure to include the following:
  - Printable format.
  - Parent signature.
  - Work for at least five days a week for six weeks (Due date is June 8th).
  - Includes activities that address all five areas of Health-related fitness.
- Options:
  - Blank Template
  - Creating an activity journal.
  - Using a chart with scheduled activities



The Evaluation

# The Evaluation

My Activity Portfolio	Exercises
<p><b>Part 1: My Fitness Profile (10 points)</b></p> <p>(5 points)</p> <p>(5 points)</p>	<p><b>Exercise 1: Fitness Information</b></p> <ul style="list-style-type: none"> <li>•Collect fitness scores for a baseline</li> </ul> <p><b>Exercise 2: Rate Yourself!</b></p> <ul style="list-style-type: none"> <li>•Rate performance on fitness scores</li> </ul>
<p><b>Part 2: My Activity Profile (10 points)</b></p> <p>(5 points)</p> <p>(5 points)</p>	<p><b>Exercise 1: Define the 5 components of fitness</b></p> <p><b>Exercise 2: Physical Activity assessment</b></p> <ul style="list-style-type: none"> <li>•Determine current physical activity</li> </ul>
<p><b>Part 3: Setting Goals (42 points)</b></p> <p>(9 points)</p> <p>(9 points)</p> <p>(9 points)</p> <p>(15 points)</p>	<p><b>Exercise 1: FITT Goals</b></p> <ul style="list-style-type: none"> <li>•Select FITT guidelines</li> </ul> <p><b>Exercise 2: My Long-term Goal</b></p> <ul style="list-style-type: none"> <li>•Write a long-term goal</li> </ul> <p><b>Exercise 3: Short-term Goal Worksheet</b></p> <ul style="list-style-type: none"> <li>•Write the initial weekly goal</li> </ul> <p><b>Exercise 4: My Weekly Goal and Log</b></p> <ul style="list-style-type: none"> <li>•Set a new goal each week</li> <li>•Log the activities</li> </ul>
<p><b>Part 4: Planning (15 points)</b></p>	<p><b>Exercise: My Weekly Activity Plan</b></p> <ul style="list-style-type: none"> <li>•Develop a plan of action each week</li> <li>•Plan the activities and time of participation</li> </ul>
<p><b>Part 5: Reflecting (15 points)</b></p>	<p><b>Exercise: My Weekly Reflections</b></p> <ul style="list-style-type: none"> <li>•Reflect on the weekly activities</li> </ul>
<p><b>Part 6: Resources (8 points)</b></p>	<p><b>Exercise: List all resources used for research</b></p> <p>Need at least 8 resources</p>
<p><b>Total Points Possible: 100</b></p>	