



YOUR HEALTH AND FITNESS CLUB WORKSHEET

Name _____ Date _____

Objective: To practice evaluating services and quality of a health club by creating a health and fitness club at school.

Procedures: In part 1 of the activity your class makes general plans for your health and fitness club. Groups are then assigned to plan and prepare six stations. In part 2 you participate in the fitness club activities and record those that you perform.

Part 1—Group Planning

List general information about your health and fitness club here.

Club name: _____

Major Services Offered (check the one that your group is assigned to offer)

- ☐ Aerobic fitness activities
- ☐ Muscular strength activities
- ☐ Muscular endurance activities
- ☐ Flexibility activities
- ☐ Activities for body composition
- ☐ Wellness information

List the names of the students in your group: _____

Your Responsibility

Briefly describe your group's responsibility in the club. For example, if you are in charge of muscular endurance activities, describe the exercise instructions, the equipment that you will provide, and the sources of information that you will make available to club members. If you are in charge of a wellness service such as information about smoking or nutrition, describe how you will provide the information (notebook, folder, pamphlets, poster, computer programs, and so on). Use the space provided here.

On a separate sheet of paper, list the equipment that you will need on the day of the activity (this must be submitted to the teacher in advance). Your group will be responsible for setting up the equipment for your assigned station.

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Part 2—Individual Record Sheet

As you visit each station of the fitness club, record the activities that you perform in the appropriate spaces.

Aerobic fitness activity 1. _____ 2. _____ 3. _____	Length of time spent _____ _____ _____	
Muscular strength activity 1. _____ 2. _____ 3. _____ 4. _____	Reps _____ _____ _____ _____	Sets (explain if not reps and sets) _____ _____ _____ _____
Muscular endurance activity 1. _____ 2. _____ 3. _____ 4. _____	Reps _____ _____ _____ _____	Sets (explain if not reps and sets) _____ _____ _____ _____
Flexibility activity 1. _____ 2. _____ 3. _____ 4. _____	Reps _____ _____ _____ _____	Sets (explain if not reps and sets) _____ _____ _____ _____
Body composition activity 1. _____ 2. _____ 3. _____	Length of time spent _____ _____ _____	

Activity 10.3 Your Health and Fitness Club Worksheet

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)

YOUR HEALTH AND FITNESS CLUB WORKSHEET *(continued)*

Wellness information: List materials read or inspected during class.

Discuss Your Results

1. In what ways do you think that your health club is better than clubs with which you are familiar?

2. What improvements would you like to make to your club?

3. List three things that you have learned or observed in this activity that may help you in choosing a health club in the future.

a.

b.

c.
