

Fit For Life Personal Fitness Program

Time Frame: August 27, 2007 to October 16 & 17, 2007

Final Project Due: October 16 & 17, 2007

Project Goal:

Designing a personal fitness program will help you to improve your fitness level while in Physical Education and in the future. Using your knowledge of fitness principles, proper exercise techniques and multiple types of exercise, design and implement a personal fitness plan to be carried out over the next eight weeks. You will be exercising in and outside of PE class. Your plan will include three fitness goals that you will be able to achieve over the course of this project. These goals must be specific, measurable and meaningful to you. My long-term goal for all of you is to see you use this tool not only over the next 8 weeks, but also for a lifetime.

Technology Literacy and PE Collaboration:

Students enrolled in Education in the Digital Age will keep track of their activity log and goals in Education in the Digital Age class using Excel spreadsheets. Students only enrolled in PE will use the sample on the Education in the Digital Age web page to design and update their plan/progress. These students will also make an appointment with Mrs. Faulconer in G105 for further instruction on the project during FIRE.

Measurable Outcomes:

The FitnessGram and ActivityGram will be used throughout the 8 weeks to pre-assess and post-test progress. Heart rate monitors, pedometers and strength measurements will also be used for self-assessment and progress evaluation. A rubric will be used for grading the fitness plan. Post-tests will be a performance assessment of designing, implementing and carrying out a personal fitness plan.

Nutrition:

A proper diet based on daily caloric needs and dietary requirements from all food groups is necessary all the time, but especially when exercising on a regular basis. Please visit my website for links to healthy eating guides. Please make it part of your healthy lifestyle to exercise and eat a healthy diet.

Your Personal Fitness Program will include:

1. ActivityGram Log – Excel Spreadsheet
2. FitnessGram Goal Log – Excel Spreadsheet (fitness workout schedule)
3. Pre-test Chart and ActivityGram Assessment worksheet
4. Goal Setting Worksheet with 3 Specific Health and Fitness Goals
5. Word document evaluating current health and fitness levels to include:
 - Trends, strengths and weaknesses
 - Rationale for choosing goals and desired outcomes
 - Explanation of your goal log for example, where and when you will exercise, how will you assess progress.
 - Written description of how you specifically used the exercise principles of F.I.T.T., progression and specificity.
 - Reflections at the end of the program
6. Completed Parent Feedback Form

Name: _____ Per. _____

Pre-test Evaluation Chart and ActivityGram Assessment

Directions: Do all FitnessGram tests and fill out the chart below:

MILE: All students will take the mile test on the treadmill (at YMCA/Mav's) and record your times with me and on this worksheet.

PACER: Run 20 meter laps as the pace continues to increase.

BMI: Take your height and weight, use the BMI chart and record results on this worksheet.

CURL-UP TEST: Do your maximum number of curl-ups with the steady pace and record your results on this worksheet.

TRUNK LIFT: Do the trunk lift and record results on this worksheet.

SIT AND REACH: Record results from the sit and reach on this worksheet.

SHOULDER STRETCH: Record results either Pass or Fail from the shoulder stretch on this worksheet.

90 DEGREE PUSH-UP: Do your maximum number of 90 degree push-ups with the steady pace and record your results on this worksheet.

FLEXED ARM HANG: Using overhand grip, hang with chin above the bar and elbows bent for as long as possible. To begin the test, use assistance from a chair and spotter to grasp the bar. When chin touches or drops below the bar, the test is over. Record seconds on this worksheet.

TEST	MY SCORE	HEALTHY ZONE	RESULTS
MILE			
PACER			
BMI			
CURL UP			
TRUNK LIFT			
SHOULDER STRETCH			Pass or Fail
PUSH-UP			
FLEXED ARM HANG			

Boys Healthy Zone Charts

Age	Mile	Pacer	BMI	Curl Up	Trunk Lift	Push Up	Flexed Arm
14	7:00-9:30	41-83	15.6-24.5	24-45	9-12	14-30	15-20
15	7:00-9:00	51-94	16.2-25	24-47	9-12	16-35	15-20
16	7:00-8:30	61-94	16.6-26.5	24-47	9-12	18-35	15-20
17	7:00-8:30	61-106	17.3-27	24-47	9-12	18-35	15-20

Girls Healthy Zone Charts

Age	Mile	Pacer	BMI	Curl Up	Trunk Lift	Push Up	Flexed Arm
14	8:30-11:00	23-51	15.4-25	18-32	9-12	7-15	8-12
15	8:00-10:30	32-51	16-25	18-35	9-12	7-15	8-12
16	8:00-10:00	32-61	16.4-25	18-35	9-12	7-15	8-12
17	8:00-10:00	41-61	16.8-26	18-35	9-12	7-15	8-12

Directions: Fill in the ActivityGram assessment chart below.

Self Assessment of ActivityGram ACTIVITY Level of Intensity	Types of daily activity	Average daily minutes of types of activities	Areas you would like to change to either increase or decrease minutes
HARD For example:	<i>Running</i>	<i>30 minutes 2x a wk.</i>	<i>Increase to 4x a wk.</i>
MEDIUM			
LIGHT			
REST			

Directions: After evaluating your results from the ActivityGram, answer the following questions to assist in planning your levels of activity outside of school.

1. After evaluating the activity plan, what do you feel you need to do to either maintain your level of activity or increase your level of activity?

2. What are some methods you will use to motivate yourself to actively keep to your plan of action?

3. Is there anything new you would like to do or learn to increase your activity level?

PERSONAL FITNESS PROJECT:

Parent Feedback Form

Period _____

Student's Name _____

Parent's Name _____ Phone _____

Yes, I have read through and discussed my student's completed "Personal Fitness Project" with him/her.

Parent Signature

Date

Parent Comments/Feedback to Student:

Parent Comments/Feedback to Teacher:
