

Course 1 ~ Fit 1 Final Project/Exam

Directions:

Using the *F.I.T.T. Principle* and *Principles of Training* students will **design** and **implement** a 4 week plan for physical fitness improvement. Use Power Point or another presentation format to write plan.

Email completed project to your teacher.

During final exams, students will highlight one week of their plan and answer 2 of the essential questions.

Power Point Format:

Slide 1 Title Page (Title of Presentation, Name, Fitness 1, & Block #)

Slide 2 Body Types & Goal(s)

Slide 3 Main Muscles Used in Program

Slide 4 Aerobic Exercises Used in Program

Slide 5 Anaerobic Exercises Used in Program

Slide 6 Week 1

Slide 7 Week 2

Slide 8 Week 3

Slide 9 Week 4

Slide 10 Conclusion

ESSENTIAL QUESTIONS: Be prepared to answer any 2 of these questions.

1. Were you able to perform/complete all of your plan activities? Why or why not?
2. What about your plan results are you happy with? Why?
3. What about your plan results are you unhappy with? Why?
4. What things could get easier for you to do if you improved your fitness? Be specific.
Target different activities for different aspects of your plan.
5. Given your results, what might motivate you to improve your fitness? What might detract you from meeting your goals?

Timeline:

- Week 1(3/13) - Instructions given for project. Discuss. Show samples.
- Week 2 (3/20) -Create slides 1-5 in class. Use template and fill in.
- Spring Break (3-27) (Spring Term)
- Week 3 (4/3) -Create week 1 of plan workout in class. Use F.I.T.T. principle. Template provided.
- Week 4 (4/10) -Create weeks 2-4 of plan workout in class. Use 3 Principles of Training. Template provided. Students will need to create power point at home using the plan they wrote in class.
- Weeks 5-8 (4/17-5/15) -Implement plan at home. Keep log of workouts. (May print copy of 4 weeks and mark off completion of workouts.)
- Week 9 (5/22) -Email final project to P.E. Teacher. Reflect on plan and be prepared to answer 2 of the Essential Questions.
- Week 10 (5/28-5/30) -Finals week. Answer Essential Questions (Enduring Understanding) during Final Exams.