

**Vista del Lago High School**

**Physical Education Dept.**

**Fitness 2**

### **MIDTERM EXAM**

Using the F.I.T.T. principle, Fit 1 vocabulary/notes and participant's goals in mind, design a one month fitness program for an adult/participant in your family presenting in power point format. The program must be based on their current fitness level. Make certain to include a variety of exercises and muscle groups.

Oral Power Point Presentation:

1. Each presentation must be at least two minutes in length.
2. Minimum of ten to twelve slides.
3. Email power point presentation to your Fit. 2 teacher.
4. Be sure to high-light each day of the week.

#### **Power Point Format:**

*Slide 1* Title Page (Title of Presentation, Your Name, Fitness 2, & Block #)

*Slide 2* Participant Overall Fitness Levels (BMI, Push-ups, Curl-ups, Flexibility, Mile time, Body Type)

*Slide 3* Participant Goals(Must be specific, measurable and attainable.)

*Slide 4* Participant Daily Diet (Weekend & Weekday)

*Slide 5* Explain how Principles of Overload, Progression and Specificity are used in program

*Slide 6* Week 1 (outline each day – must include time, intensity, anaerobic/aerobic)

*Slide 7* Week 2 (outline each day– must include time, intensity, anaerobic/aerobic)

*Slide 8* Week 3 (outline each day– must include time, intensity, anaerobic/aerobic)

*Slide 9* Week 4 (outline each day– must include time, intensity, anaerobic/aerobic)

*Slide 10* Conclusion (What other health related benefits –other than the goals stated- could the participant experience if he/she were to implement this exercise program?)