HPE Activities and Assessments Task Force

High School Physical Education - Fitness

LESSON INFORMATION:
Lesson Title: Personal Fitness Program

Objective: Students will demonstrate knowledge of health-related fitness by developing their own fitness program

Grade Level: 9-12

Grade-Level Expectations: PA1a9-12, PA1c9-12, PA1d9-12, PA3a9-12

Content Standard(s): HPE1, HPE2, HPE4,

Process Standard(s): 1.2, 1.4, 1.6, 1.8, 2.7, 3.3, 4.1

National Standards: NPE1, NPE2, NPE4, NH1

Time needed to Teach this Lesson/Unit: Culminating Project for Health-Related Fitness Unit

LEARNING TARGETS:

1. Students will apply the five health-related fitness components to their personal fitness program.
2. Students will apply the FITT principal to their personal fitness program.
3. Students will apply the principals of Specificity, Overload and Progression to their personal fitness program.
4. Students will design their personal fitness program utilizing the parts of a workout.
5. Students will analyze personal preferences toward fitness activities through a survey such as "What's Your Fitness Personality?" www.exerciseabout.about.com/library/blfitnesspersonalityquiz.htm
6. Students will design their personal fitness program to reflect fitness goals and interests from previous analyses.

DOK Level: 3 and 4

LESSON DESIGN: Personal Fitness Program (see attached)

Lesson Variations:

1. **Calories in/Calories out –** Write down all the food and drink that you consume for two days in a row in a food log (attached). Calculate the number of calories that you have taken in during these days (package labeling or internet calorie counter such as www.caloriecountercharts.com/chart1a.htm).
   Determine the caloric output from two days of your personal fitness program.
   www.changingshape.com/resources/calculators/caloriesburnedcalculator.asp or www.nutristrategy.com/activity list4.htm
   Write a comparison of your caloric input vs. output. Be sure to include information on Basal Metabolic Rate.
   GLE: HME1d9-12, HME2e9-12

2. **Skill-Related Fitness** – Analyze the skill-related components of fitness and set up your exercise program that would enhance each of these components. You will need to list at least one activity per day per component.
   GLE: PA1a9-12

ASSESSMENT: Scoring Guide attached

Technology and Materials Needed: Internet

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Personal Fitness Program

You are to design and construct your own weekly (seven days may include one day of rest) fitness program. You will need to follow the instructions below.

Title Page: This page should include your name, class hour, and date. It should also include a design, which reflects your personality and project.

Page One (5 Components and FITT): This page should include the five components of fitness and their definitions. You should also explain the FITT acronym.

Page Two (Training Principles): This page should explain the principles of overload, progression and specificity.

Page Three (Goals and Survey Skills): This page should be a brief essay (one half to one page) analyzing your personal fitness levels, goals, and your personal preference survey results.

Page Four or More (Personal Fitness Plan): These pages should be your actual fitness plan. As you list your activities, be sure to write what components of fitness they fulfill. Make sure that each day you choose a wide variety of activities that will satisfy all of the health-related fitness components and reflects your personal preferences. These pages could be done in a variety of formats (e.g., charts, pictures, diagrams). Your weekly program may include a day of rest.

Food Log

List all food and drink consumed each day.
Be sure the calories reflect the servings consumed.

Mark meal column with one of the following: **B**- breakfast, **L**- lunch, **D** –dinner, **S** – Snack, **O**-other

Meal	Day One	Calories		Meal	Day Two	Calories

Personal Fitness Plan
Scoring Guide

Criteria	Exceeds expectations	Meets expectations	In Progress	Does not meet Expectations
Title Page	All content included & neatly written / typed	All content included but not clearly stated	Content not complete	
Page One	All Components of Fitness defined correctly	Four Components of Fitness are correct	Three Components of Fitness are correct	Two or less Components of Fitness are correct
	All F.I.T.T. Principles defined correctly	Three F.I.T.T. Principles correct	Two F.I.T.T. Principles correct	One F.I.T.T. Principle correct
Page Two	Principles of Overload, Progression, & Specificity explained correctly	Two of the three Principles of Overload, Progression, & Specificity explained correctly	One of the three Principles of Overload, Progression, & Specificity explained correctly	Not defined
Page Three	Fitness level, goals, & survey results are analyzed and written in complete sentences & grammar	Fitness level, goals, & survey results are somewhat analyzed and written with fewer than 5 sentence & grammar errors	Fitness level, goals, & survey results are minimally analyzed and written with 6-10 sentence & grammar errors	Fitness level, goals, & survey results are not analyzed and written with more than 10 sentence & grammar errors
Page Four	7-day daily Fitness Plan includes all Components of Fitness	Fitness Plan lacks one Component of Fitness	Fitness Plan lacks two Components of Fitness	Fitness Plan lacks three components of Fitness
	Uses a variety of activities & provides full description/diagram of each	Uses a variety of activity but explanation lacks detail	Little variety in activities and little detail in explanation	Not reflected
	Personal preferences are reflected throughout	Personal preferences somewhat reflected	Personal preferences minimally reflected	Not reflected