

Grade Level: High School

Unit: Cardiorespiratory Moderate and Vigorous Physical Activity

Lesson 7: Personal Fitness Program

Objectives

- Student will be able to analyze personal fitness levels to create a long-term personal fitness plan that meets current and future needs necessary to the maintenance of health-enhancing fitness.
- Student will be able to exhibit responsible personal and social behavior that respects self and others in physical activity settings.
- Student will be able to analyze factors and benefits related to regular participation in health-enhancing fitness activities.
- Student will be able to demonstrate the ability to use goal setting skills to develop a personal fitness development and maintenance plan.
- Student will be able to design a personal fitness plan using the FITT principles.
- Student will be able to achieve and maintain a health-enhancing level of physical fitness.

Standards

- Relates physiological responses to individual levels of fitness and nutritional balance (S3.H8.L1)
- Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately as needed (S4.H3.L1)
- Calculates target heart rate and applies that information to personal fitness plan (S3.H10.L1)
- Students will demonstrate the ability to use goal setting skills to enhance health National Health Standard 6
- Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks National Health Standard 7

Key Vocabulary

- Benefits to being fit
- Components of Physical Fitness (Flexibility, Muscular Strength, Muscular Endurance, Aerobic)
- The FITT Principles (Frequency, Intensity, Type, Time)
- Barriers to being active
- Principles of strength development (specificity, overload, progression)
- Moderate vs. Vigorous Activity
- Target Heart Rate
- Short-term and long-term goals
- Components of a personal fitness plan

Equipment Needs

- Paper and Pencil (pen)
- Computer to write fitness plan on and save
- Internet resources for workouts

Set-up

- This lesson would take place in a location with desks and chairs (or tables and chairs)

Safety

- Make sure students do not make their plans too ambitious
- They should be achievable plans
- They should also be able to safely complete these goals with the equipment available to them

Description

1. Students will analyze current fitness levels resulting from Fitnessgram printout.
2. Students will analyze ways to improve levels to achieve healthy fitness zones
3. Students will develop proficiency in monitoring participation.
4. Students will write personal goals to achieve in reaching and maintaining health-enhancing fitness levels.
5. Students will develop a fitness plan for the next 30 days. This plan will include steps to a final goal on the last day. This goal could be about weight, workouts or a race.
6. The fitness plan will be written individually by each student and turned in to the teacher. The student will then log their exercise in the plan for the next 30 days to compare how well they followed their plan.
7. The student will write a final summation after 30 days to explain how closely they followed their plan and why the result was what it was.

More Challenging

- Make the goal a specific race they have never completed, such as a 5K, Marathon, 100 mile Bicycle ride, etc. that they will then actually attempt to complete.

Less Challenging

- Have the fitness plan written for a shorter time, such as 2 weeks.
- Modify to accommodate personal and social limitations.

Assessment

- Barriers to Being Active Quiz
- Written - Students will turn in a written fitness plan for a minimum of 30 days. This written plan will include
 - Goals to achieve for each fitness component (for the end of the 30 days)
 - Daily workout log (including plans for each day - some rest days are appropriate)
 - Daily nutrition log
- Physical - Students will track how well they follow their plan by filling out their logs and comparing to their goal
- Teacher created summative exam covering all aspects of fitness knowledge

Cool Down/Review/Closure

- Teacher will review the health benefits of the fitness plan. The students will then be instructed to follow their plan for the 30 days and turn it in with the fitness log completed and a summary paper (described above)