

**POWER STANDARD 4: I Am Fit****FITNESS TRACKER**Name: Alesha Jackson

\_\_\_\_\_ Student acquires the knowledge of skills necessary to maintain a health-enhanced level of physical fitness.

The basic measurements consist of three phases: baseline, goal setting, and post-measurement. Phase 1 is the baseline measurements. Its purpose is to gather information about your beginning fitness levels. Each item is designed to measure one of the five components of fitness. By finding your starting point, you will develop an awareness of where you are on the fitness and health continuum. Do not view this as a competition but rather as a starting point to improve and maintain your personal fitness levels.

Fitness assessment	Fitness component	Baseline	Goal	1	2	3
Mile	Cardiorespiratory endurance	8:00 min	7:30	8:10	7:50	7:25
PACER 20 meters	Cardiorespiratory endurance	26 laps	60 laps	45 laps	50 laps	60 laps
Push-ups until failure	Muscular strength	4	7	5	12	15
Sit-ups in 1 min	Muscular endurance	39	55	40	50	62
Sit-and-reach	Flexibility	9 in.	12 in.	9.5 in.	9.5 in.	11 in.

Which components do you especially need to focus on to improve?

*I definitely need to improve my PACER score. It is below the minimum health-related fitness standard as is the sit-and-reach score. My push-up and sit-up scores are low but are close to meeting the standards. With a little bit of work and focus I think I will be able to improve all of these scores.*

What is your plan for improving these scores or maintaining them?

*I know I need to do weight training to improve my push-ups and sit-ups, focusing on upper-body lifts and core work. To improve my PACER score, I think I just need to keep my pace and have a better push-off. I think I get bored running back and forth and that's why my score is low. I am a strong runner and should be able to improve quickly with practice. I definitely need to work on stretching my hamstrings to improve my sit-and-reach score. Yoga poses that emphasize the hamstrings and other stretches should help.*