

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**SMART FITNESS GOALS: MUSCULAR ENDURANCE**Name: Ismael Haddad

Complete the following table to evaluate your current level of fitness for muscular endurance to determine whether your fitness plan will focus on maintaining or improving your fitness score.

1. Write the name of the fitness test used in class.
2. Enter your baseline muscular endurance fitness score.
3. Enter your current muscular endurance fitness score.
4. Determine whether you are at or below the standard provided by the teacher.
5. Determine whether your goal should focus on maintenance or improvement when developing your fitness plan based on the standards.
6. Analyze the assessment data and write a new fitness goal. The goal must be appropriate for the next designated testing date.

Fitness test	Baseline score	Current score	Standard	Maintain or improve your score based on the fitness standard	New fitness goal
Full sit-ups in 1 minute	32	36	Circle: Meets standard Below standard	Circle: Maintain Improve	40

Give two reasons that support how your new fitness goal is realistic and attainable.

1. In class we do exercises to improve our core, so I hope this will improve my sit-up score.
2. I practice sit-ups at home.

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).