

Fitness Portfolio

- _____ Fitness evaluation (15 points)
 - _____ Abdominal strength (2 points)
 - _____ Pacer or other test of aerobic endurance (4 points)
 - _____ Flexed-arm hang, pull-ups, push-ups (2 points)
 - _____ Sit-and-reach (2 points)
 - _____ Body fat (2 points)
 - _____ Triceps
 - _____ Calf
 - _____ Resting heart rate (1 point)
 - _____ Height (1 point)
 - _____ Weight (1 point)
- _____ Fitness plan (25 points)
 - _____ Calculation of target heart rate (2 points)
 - _____ Calculation of body mass index (2 points)
 - _____ Needs analysis (5 points)
 - _____ Proposed workout plan (16 points)
 - _____ Warm-up and recording chart (3 points + 1 point for chart)
 - _____ Strength workout and recording chart (3 points + 1 point for chart)
 - _____ Flexibility program and recording chart (3 points + 1 point for chart)
 - _____ Aerobic program and recording chart (3 points + 1 point for chart)
- _____ Nutritional analysis (15 points)
 - _____ Food record sheet for 1 week (5 points)
 - _____ Analysis of food intake according to basic food groups (3 points)
 - _____ Average caloric consumption per day (2 points)
 - _____ Proposed nutritional action plan (5 points)
- _____ Results (45 points)
 - _____ Completed workout charts (10 points)
 - _____ Weekly journal entries for exercise and nutrition (10 points)
 - _____ Analysis of fitness improvements (10 points)
 - _____ Discussion of nutrition results (5 points)
 - _____ Analysis of fitness and nutritional products (10 points)
- _____ Student's choice of visiting a local fitness center and evaluating its services, offerings, and so on or doing one of the following:
 - _____ Food label analysis for five favorite foods (5 points)
 - _____ Food analysis for favorite fast-food meal (5 points)
 - _____ Analysis of a commercial diet plan of the student's choosing (5 points)
 - _____ Video analysis of weightlifting technique for two stations (5 points)
 - _____ Analysis of the value of a popular piece of fitness equipment advertised to the public (5 points)