

Assessment Project:

Personal Fitness Program Design and Implementation

1. Based on your personal scores for each of the health-related components of fitness on the initial FitnessGram test, you will identify appropriate SMART personal fitness goals to improve or maintain your scores by the end of the semester. Keep in mind that you should use the FitnessGram HFZ criteria to help you in setting your goals. Remember, too, that our class goal is for everyone to score in the HFZ on all or most fitness components by the end of the semester. You will share your goals with your instructor for feedback to ensure that they are realistic, measurable, and attainable during the course of the semester; with this in mind, you may be asked to make modifications in your fitness goals. In completing this part of the assessment, please use the personal fitness goals form provided to you (see figure 11.9 for a model).
2. After you have finalized your personal fitness goals, you will design your own personal fitness program (PFP). When designing your PFP, you will appropriately apply the following for each fitness component: the FITT principles and the training principles of progression, cross-training, specificity, and overload. You will design and submit your PFP. In your PFP, you must incorporate the following items:
 - Warm-up and cool-down routine that incorporates specific exercises to help you develop overall flexibility, as well as flexibility in specific areas
 - Specific workout activities to develop muscular strength and endurance
 - Specific activities to increase cardiorespiratory endurance
 - List of fun activities to increase your physical activity participation outside of class

You will participate in your PFP each day during class and outside of class as well. Your program should include flexibility, muscular strength and endurance, cardiovascular endurance, and body composition.

3. At regular intervals (3 to 4 weeks), you will reassess your performance on each health-related fitness component included in the FitnessGram using the Personal Fitness and Goal Setting form (figure 11.13). Based on your performance on the reassessment and the goals you initially set for yourself, you will determine whether you need to adjust your goals or program activities or to continue with your program as is. You will complete the PFP and submit it to your instructor for feedback.
4. Each day during the semester, you will keep a workout log on which you record information about your workout during class for each health-related fitness component and the points accumulated. You also will track your activity points for each week. At the end of the week, include a reflection of your week's activities, which you liked best and least, what you found motivating, and what you intend to change for the upcoming week. Figure 11.14 explains the point tracking program. At the end of each week, write a reflection of your progress toward reaching your fitness goals.
5. At the end of the semester, you will take the FitnessGram test again and compare your results with the goals that you set for yourself at the beginning of the semester (and may have adjusted during the semester) and analyze the results. You will then write a final reflection regarding your goals and your final performance scores, as well as the effectiveness of your program and your participation in the program. You will also set new goals and determine your next steps to continue improving on or maintaining your current levels of fitness. This part of your assessment should be completed as part of your Personal Fitness Plan (PFP).
6. Provide documentation of competence on the activity of your choice. Competence is determined by the rubric used for the sport or activity. If your sport or activity is completed in your physical education class, your teacher can verify competence. If the sport or activity is completed at an outside venue, provide evidence of meeting the criteria for competence listed on the rubric by submitting a video of yourself during performance; the clip should last no longer than five minutes and show your accomplishments in the sport or activity. You can use out-of-class practice time for this activity to accumulate daily activity points.

Follow the guidelines provided and use the appropriate forms for each part of this culminating assessment.