

Setting Personal Fitness Goals and Working to Achieve Goals

At the beginning of the semester, you will learn about and be tested on the following health-related components of fitness by means of the FitnessGram test indicated for each component:

Cardiorespiratory Endurance

- PACER fitness test

Muscular Strength and Endurance

- Abdominal strength and endurance (curl-up)
- Trunk extensor strength and flexibility (trunk lift)
- Upper-body strength and endurance (90-degree push-up, modified push-up, or flexed-arm hang)

Flexibility

- Back-saver sit-and-reach
- Shoulder stretch

Following the completion of the health-related fitness tests, you will enter your scores via computer in the gym or media center, then generate and print your own personal FitnessGram report and read it carefully.

Use the goal-setting form provided for you (see figure 11.9) to write SMART goals for each of the components tested; write short-term goals you can achieve in two or three weeks and at least two long term goals you think you can reach by the end of the semester. Remember that your immediate goal is to achieve a performance score for each component that falls within the HFZ. If your score on a component is already within this zone, you may want to concentrate on other components that are not in the HFZ. If your scores already fall within the HFZ, you can still set goals to improve your scores. Once you have finished setting and writing down your goals on the form, show them and your FitnessGram to me so I can make sure that your goals are realistic and attainable.

Once your goals are approved, you will begin to work toward meeting them by engaging in physical activity both during and outside of physical education class. Two days per week of class time will be devoted to flexibility and muscular strength and endurance activities. During the rest of the week, you will participate in activities designed to increase your skill performance in various activity units; use those skills in 2v2, 3v3, and 4v4 modified games; and participate in other aerobic small-group activities to improve your cardiorespiratory endurance. At the conclusion of each class, you will participate in cool-down and stretching activities. To reach your goals, you will need to participate in additional fitness development activities beyond your physical education class.

Every three weeks, you will have the opportunity in one class period to work with a partner to retest yourself on each fitness component to determine whether you are improving your FitnessGram test scores and making progress toward your goals. Using these self-test results, you may need to adjust your goals a bit or increase your training activities. At the end of the semester, you will be tested again and will receive a FitnessGram report to determine how well you have progressed toward reaching your goals. You will write a reflection summarizing your growth and progress toward reaching your goals and reaching the HFZ for components targeted for the semester.

You will record your progress for the semester by writing a reflection in your Physical Fitness Journey journal. Your goal is to have 60 minutes of activity at least 5 days per week. At the conclusion of the semester, you will summarize your experience by writing a reflection about why participating in regular physical activity is important, whether you were able to meet the goal of being active 60 minutes per day on most days of the week, obstacles that hindered your experience, and your thoughts about how you can be active after you graduate from high school.

To complete this project, you will need to submit the following items:

- Goal-setting form
- Activity participation log
- Initial SMART goals
- Copies of initial and final FitnessGram reports
- Copies of results from mid-course fitness self-tests
- Modified goals (if initial goals are completed)
- Reflections on progress toward reaching goals following self-tests
- My Physical Fitness Journey, including a weekly entry and a final summary of your fitness program (see figure 11.10 for the log)
- Other artifacts with written reflections about why they document meeting the fitness goals for this course

Remember that you are not being evaluated on your fitness test scores but on your participation in the process and on your submitted projects.