As a junior or senior in LWSD you may submit a fitness plan to demonstrate your understanding of the knowledge portion of the fitness standards and your ability to complete a proficient fitness plan. You must complete all the components of the fitness plan and receive a score of 3 or higher on each component to receive a proficient score. When you receive a level 3 or higher, proficiency score on each component you will have 1.5 fitness credits waived.

**General Information:**

* **Prior to submission of a Fitness Plan, you must submit the Appendix E form to your Counseling Office for approval.**
* **Download and save this document to your computer/one drive. You will type your answers directly into this document. Completed plans will be uploaded to** [**turnitin.com**](https://turnitin.com/gateway/index.html)**.**
* Due date: **December 5, 2018, by 11:59pm**
* Submit the entire Fitness Plan to turnitin.com
  + **Class ID: 19535547**
  + **Password: FP120518**
* Submit your Fitness Plan on time, late submissions will not be scored
* Complete each component of the Fitness Plan
* Use the PE Fitness Study Guide and Fitness Plan Rubric to help you complete your plan
* Reread your plan before submission
* Once you receive your score report, if you do not pass you may revise and resubmit your plan during the next submission window

**Overview of the Fitness Plan:**

* The Fitness Plan covers three main themes of health and fitness:
  + Part 1: Concepts of Health and Fitness
  + Part 2: Fitness Plan
  + Part 3: Reflection
* Part 1 includes short answer questions that do not have a rubric
* Part 2 will be scored using the provided rubric
* Part 3 includes short answer questions, which must relate to your plan (created in part 2), that do not have a rubric

**Fitness Plan Instructions:**

* Submit Appendix E form to your School Counseling Office
* Read through all the questions and activities carefully
* **TYPE DIRECTLY INTO THIS DOCUMENT TO ANSWER ALL FITNESS PLAN QUESTIONS**
* Answer each question thoroughly using concrete information from the study guide
* Complete your Fitness Plan individually, do not work with your peers
* Save this document with your answers and upload to turnitin.com
* **First and last name, school and grade must be included on the front page**
* If you use sources outside of the study guide, cite your sources using MLA format
* Plagiarism is an academic honesty violation and will result in an automatic non-passing score. Students who are academically dishonest must take the Fitness Assessment, or enroll in a fitness course.
* You do not have to physically complete the exercises within your fitness plan

**Revision Instructions:**

* At the top of the document, note the parts of the Fitness Plan that you previously passed.
* Review the feedback given on your previous plan and *only submit the part(s) that have been revised*.

Health Fitness Component: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use this rubric to score Part 2: Fitness Plan, questions 2 and 3.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Categories** | | **Above Standard** | **At Standard** | **Approaching Standard** | **Below Standard** |
| **Plan** | **S.M.A.R.T Goals**  Identify a health-related component and write a S.M.A.R.T goal for each. | Clearly identifies all 5 areas of a S.M.A.R.T Goal.  (3 points) | Clearly identifies 4 of the 5 areas of a S.M.A.R.T Goal.  (2 points) | Clearly identifies 3 of the 5 areas of a S.M.A.R.T Goal.  (1 point) | Clearly identifies 1-2 of the 5 areas of a S.M.A.R.T Goal.  (0 points) |
| **Program Design** | **Warm-Ups**  Create a dynamic warm-up. | Clearly identifies all 3 areas of a warm-up:   * Type of exercise * Duration * Intensity   (3 points) | Clearly identifies 2 of the 3 areas of a warm-up:   * Type of exercise * Duration * Intensity   (2 points) | Clearly identifies 1 of the 3 areas of a warm-up:   * Type of exercise * Duration * Intensity   (1 point) | Shows little or no understanding of a proper-warm-up.  (0 points) |
| **FITT Principle**  Analyzes the FITT Principle as related to established goals. | Clearly analyzes all 4 areas of the FITT Principle.  (3 points) | Clearly analyzes 3 of the 4 areas of the FITT Principle.  (2 points) | Clearly analyzes 2 of the 4 areas of the FITT Principle.  (1 point) | Clearly analyzes 1 of the 4 areas of the FITT Principle.  (0 points) |
| **Training Principles**  Overload, Specificity, Progression, Rest/Recovery. | Clearly details information. Training principles are all evident.  (3 points) | Records information. 3-4 principles are apparent.  (2 points) | Records information. 2 training principles are apparent.  (1 point) | Exercises are not recorded properly and 0-1 training principles are apparent.  (0 points) |
| **Cool-Down**  Create a cool-down. | Clearly identifies all 3 areas of a cool-down:   * Type of exercise * Duration * Intensity   (3 points) | Clearly identifies 2 of the 3 areas of a cool-down:   * Type of exercise * Duration * Intensity   (2 points) | Clearly identifies 1 of the 3 areas of a cool-down:   * Type of exercise * Duration * Intensity   (1 point) | Shows little or no understanding of a proper cool-down.  (0 points) |

\*Adapted from OSPI and the LWSD Fitness Plan Study Guide.

Total Points \_\_\_\_\_\_\_\_/

Combined Points \_\_\_\_\_\_\_/75

**Name:** Click or tap here to enter text. **Date:** Click or tap here to enter text.

**Grade:** Click or tap here to enter text. **School:** Click or tap here to enter text.

**Student ID:** Click or tap here to enter text.

**Have you submitted your Appendix E form to your School Counselor? Appendix E must be approved before completing this plan.** Yes  No

**Have you submitted a Fitness Plan before?** Yes  No

* **If yes, check any parts previously passed:** Part 1  Part 2  Part 3

**Part 1: Concepts of Health and Fitness**

Prior to completing your Fitness Plan, answer the following questions. You may use this information to guide your Fitness Plan in part 2. **Type your answers directly into this document where it says, “click to add text.”**

1. List five benefits of exercise (other than the five components of health and fitness, or the six skill related components), then *describe* how leading a non-sedentary vs. sedentary lifestyle impacts the quality of **your** life. (6 points)

Click or tap here to enter text.

1. Identify three other lifestyle habits that may impact one’s overall health and wellness. Then, explain how each of those lifestyle habits currently impact **your** overall health and wellness and how you might improve them. (6 points)

Click or tap here to enter text.

1. Describe three **distinct** ways adults can monitor and evaluate their physical fitness levels. Then, explain why adults should monitor and evaluate their physical fitness levels. (3 points)

Click or tap here to enter text.

1. How does health and fitness consumerism impact the body image of teens throughout the US? Site and describe a recent example from the media. Is this problematic? Why or why not? (2 points)

Click or tap here to enter text.

1. Evaluate at least two effects of your current lifestyle choices and draw a conclusion as to what your health would be like as an aging adult. Justify your response. (2 points)

Click or tap here to enter text.

**Part 2: Fitness Plan**

Using your knowledge of Health and Fitness Concepts, create a fitness plan for yourself using the five health-related components. Make sure to address five components total.

1. Create a Long Term and a Short Term S.M.A.R.T. goal for each of the five health related components of fitness, in relation to your current fitness levels.

* Short Term goal should be related to long term goal. (15 points)

**TYPE DIRECTLY INTO THE TEMPLATE BELOW:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Health or Skill Related Component** | **Long Term S.M.A.R.T Goal** | **Short Term S.M.A.R.T Goal** | **Points** |
| **Muscular Strength** | Click or tap here to enter text. | Click or tap here to enter text. | 3 |
| **Muscular Endurance** | Click or tap here to enter text. | Click or tap here to enter text. | 3 |
| **Flexibility** | Click or tap here to enter text. | Click or tap here to enter text. | 3 |
| **Body Composition** | Click or tap here to enter text. | Click or tap here to enter text. | 3 |
| **Cardiorespiratory Endurance** | Click or tap here to enter text. | Click or tap here to enter text. | 3 |

1. Create a detailed fitness plan for your **short-term** goal for each health-related component. In addition to your S.M.A.R.T goals your plan must address:

* The components of Health Related Fitness,
* The FITT Principle and Training Principles
* Explain how you will track your fitness plan

\*Note: Using the Short-Term goals from above, create a specific fitness plan to reach each of your short-term goals. Creating five small fitness plans will help demonstrate your knowledge of each component of health-related fitness, in addition to your knowledge of fitness planning and fitness concepts. (60 points)

**Plan Layout:** Using the template below, type your answers directly into the boxes. Refer to the Study Guide and rubric for definitions of the required elements.

**TYPE DIRECTLY INTO THE TEMPLATE BELOW:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Component** | **Short Term SMART Goal**  **(3 points)**  Copy Short Term Goal Here | **Warm-Up (3 points)**  ***Include:***   * *Type of exercise* * *Duration* * *Intensity* | **FITT Principle (3 points)**  ***Include:***   * *Frequency* * *Intensity* * *Time* * *Type* | **Training Principle (3 points)**  ***Include:***   * *How will you track progress?* * *How will you use specificity in your plan?* * *How will you ensure overload?* * *How will you use progression?* * *How will you use rest and recovery?* | **Cool Down (3 points)**  ***Include:***   * *Type of exercise* * *Duration* * *Intensity* |
| **Muscular Strength** | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| **Muscular Endurance** | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| **Flexibility** | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| **Body Composition** | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| **Cardiorespiratory Endurance** | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |

\***The Fitness Plan rubric specifically states what needs to be in your plan. Use the rubric as a guide. The rubric can be found on page 2 of this document.**

**Part 3: Fitness Plan Reflection**

Using your knowledge of the concepts of health, fitness, and fitness planning, answer the questions below. You may use your answers from part 1 and part 2 to help answer the questions below. Make sure to read each question carefully. \* Type your answers directly into this document where it says, “click to add text.”.

1. Given the knowledge that you have incorporated **into the fitness plans you created in part two**, what five pieces of advice would you provide someone who may be attempting a fitness plan (note: this is *not* advice on completing this fitness plan document)? Explain each piece of advice and justify why this would be important. (5 points)

Click or tap here to enter text.

1. Identify a career in a health or fitness field (Professional Athlete does not count). What two pieces of advice would that person offer you if they reviewed ***your fitness plans created in part two***. What changes would they make to your plan? (4 points)

Click or tap here to enter text.

1. Explain at least two challenges that you might face throughout your fitness plan. Then, explain how you could overcome those challenges. (4 points)

Click or tap here to enter text.

1. Create a scenario in which an injury occurs during one of the fitness plans you created in part two. Explain what you should do immediately after your injury. Then, explain **two changes** you could make to your fitness plan to accommodate for your injury yet still make progress towards your goal. (3 points)

Click or tap here to enter text.

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PLAGIARISM STATEMENT

I certify that this assignment/report is my own work, based on my personal study and I have not copied in part or whole, or otherwise plagiarized the work of other students and/or persons.

Name: Click or tap here to enter text.

Date: Click or tap here to enter text.