

# Personal Fitness Plan Assignment

## Personal Fitness Plan Assessment (75 points possible)

1. Cover Sheet (5 pts total) – Be sure to include the following items:

- Title: Personal Fitness Plan(1 pt.)
- Name (1 pt.)
- Class / Period (1 pt.)
- Date (1 pt.)
- Looks like a title page (1 pt.)

2. Table of Contents (5 pts) – Provide an outline of how your PFP is organized.

3. Personal Fitness Plan (35 pts total)

For this section you will write in detail about various aspects of your personal fitness. Make sure you include the following components in your PFP:

- Definition of physical fitness- what you think it is and the actual books definition (5 pts)
- Define the 5 Health Related Areas of Fitness (4.2 in the book) and provide an example of each. (5 pts)
- Self-Evaluation of your current fitness using the five above components. You can use the fitness testing and activities we have done in class along with other activities you are involved in. (5 pts)
- State **two or more**, specific and measurable goals for improving fitness. (10pts)
- Describe the exercises or activities that will facilitate you reaching your goals for improving fitness. (5 pts)
- Finally, explain how and why it is important to warm-up and cool-down when exercising and make sure you include what you plan to do for your warm-ups and cool downs. (5 pts)

4. Personal Fitness Calendar (20 pts)

Create a calendar to describe two months worth of activity that you will use to improve your personal fitness. Make sure **all areas five fitness** are addressed on the calendar. Include frequency, intensity, time and type (for example, space your cardiovascular workouts out during the week and don't have several "extremely hard" days in a row.) Try to make this plan realistic, and challenging. **Make sure you activities clearly line up with your goals.**

- Two months of activities that will help you meet your goals and address the five areas of fitness (10 pts)
- Proper use of training principle s—progression and overload (5 pts)
- Make sure the calendar clearly show frequency, intensity, time or type of activity (5 pts)

5. Conclusion (10 pts)

- Summarize the steps you will take to meet your specific goals. Include any possible road blocks that might be potential obstacles and what strategies can be sued to overcome these obstacles. (5 pts)
- What are your future plans for fitness and how do you intend to stay physically fit throughout your lifetime? (5 pts)

Examples of previous PFPs are available to look at before and after school and prior to the bell ringing at the start class.

**All late papers will result in the loss of 10 points per day.**