

P.E. 12 Training Assignment

In this assignment you will be developing and using a series of fitness tests and standards to determine your present level of fitness. Based on your results, you will then create an individualized training program that will work to improve an area of fitness that you are weak in.

Part One: Fitness Testing /24.5

- a) Identify the Components of Fitness. /2.5
- b) Select a Fitness test that you will use to assess your fitness level in each component of fitness. /2.5
- c) For each test you will need to include a description of the test and the standards. (What constitutes excellent, very good, good, fair and needs improvement) /2.5
- d) Use the fitness tests to measure your performance on each of the components of fitness. Create a chart that shows each of the component of fitness, the fitness test and the standards for the test, your performance at the start of the assignment and at the end of the unit) /15
- e) Based on the chart, identify an area of weakness that you are going to target for improvement. /2

Part Two: Research and Identify Training Principles /10

- a) Identify Training principles that you are going to incorporate into your training program to make it more effective. /5
- b) Explain how each training principle will be used during your program. /5

Part Three: Create a Workout Program /43

- a) List all the activities you will be doing for warm up and how much time you will be spending on them for each training session. (5 min) /5
- b) Create a list of possible exercises that will target your identified area of weakness. (This should be a comprehensive list so that you will have a variety of exercises to draw from during each training session.)/8
- c) Create a workout routine that will address your weakness(es) to be performed in the weight room. You must have at least 1 exercise that utilizes the following equipment:
 - * dumbbells
 - * weight machine
 - * mat
 - * band

* med ball

* equalizer bars

Your routine must be organized in proper order with Exercises using more muscles listed first and the least muscles last. Your routine must be 50-55 minutes in length.

/20

- d) List the activities you will use for a cool down and how much time you will spend on them. (approx. 5 min)

/2

- e) From these lists of activities create at least two different training sessions that target your weaknesses and include a warm-up, 6-10 exercises and a cool-down.

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Part Four: Planning your weekly and monthly program

/15

- a) Create a 2 month calendar that shows when you will be training and when you will have days off. /6
- b) From the comprehensive list of exercises, record the activities that you will be performing during each training sessions. /6
- c) From the Training Principles you have identified, record when any changes will occur during your program and why. /3

Part Five: Create a Fitness Log/Record Sheet

/12

- a) Design a fitness checklist or log which allows you to keep track of your exercises, your daily performance, your progress, your energy levels, changes you need to make, nutrition etc. /10
- b) Indicate what you will do to monitor your progress to see if you are achieving your goals. /2

Part Six: Journal Entry

/10

- a) Reflect on your program at the completion of the unit. How did it go, what were your results, did you see improvement, why or why not. Where could you continue this program? Would you make changes? Did you enjoy it etc. (1 page)

Part Seven: Presentation /Neatness/Organization

/6