Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period/Day:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_

**N.A.S.H. Physical Education**

**PERSONAL FITNESS PLAN**

This project culminates 11-12 years of physical education. It is an opportunity for you to direct your own personal fitness efforts. It is time to start moving from guided practice to independent practice. The overall goal is for you to self-evaluate, create and implement a personal fitness plan throughout the nine-week period. The following outline is provided to guide your efforts. Simply meeting the requirement does not earn all points. Meeting the requirement in an exceptional way earns full credit. SAVE this paper. It must be handed in with your final project. Loss of this sheet will result in -5 points from your grade.

**LEARNING OBJECTIVES: THE STUDENT WILL BE ABLE T0:**  
1. Self-assess and reflect on ones’ personal fitness through interpretation of the Fitnessgram.   
2. Establish and apply a personal fitness goal.  
3. Create a personal fitness plan.  
4. Implement a personal fitness plan.  
5. Monitor and adjust a personal fitness plan.  
6. Use self-monitoring equipment such as fitness apps, heart rate monitors, pedometers, journals and fitness logs to track progress and monitor ones' personal goals.

7. Establish a motivational plan prior to engaging in the fitness workout plan.  
8. Self-assess needs for fitness.  
9. Cooperate and collaborate in partners and with the class as a whole in an effort to complete the tasks at hand and facilitate others to fulfill their workout.   
10. Evaluate ones’ plan and make necessary changes in order to achieve ones’ fitness goal.

CLASS #1:

* Components of Fitness
* Training Principles
* Fitness Concepts
* Safety and Proper Techniques

CLASSES #2-3:

* Fitnessgram Assessments
* Goal Setting
* Motivational and Monitoring Techniques
* Exercise Adherence

CLASSES #4-20

* Create a Personal Fitness Plan
* Implement a Personal Fitness Plan
* Participate in a Variety of Instruction and Workouts

ASSESSMENT:

* Daily Participation in Physical Education Class
* Exercise Logs: Create weekly exercise charts to log your individual workouts. Write a brief description and summary of your workout. Include date, intensity, time and type.
* Personal Reflection Essay

PERSONAL REFLECTION ESSAY:

Type an essay that answers the following questions. Arrange in paragraph form, one paragraph to answer each question and use a font size from 10 to 12.

1. Why did you select the activities you did? Will you continue any activities on your own? Why/why not?
2. How has participation affected you socially, physically, and mentally?
3. Discuss if your goals were achieved. What kind of rewards did you give yourself when goals were met?
4. Explain how you applied the training principles to your weekly workouts. Discuss the use of a.) FITT Principle, b.) Overload Principle and c.) Principle of Specificity.
5. Describe the behavior modifications needed to maintain your level of fitness or improve those aspects that are presently below desired goal.
6. What modifications could be made for illness, injury, and aging?

**Acknowledgement of Integrity**: By signing below, I verify that I honestly participated in the activities as described in my Personal Fitness Plan and journals/logs. I affirm that all work presented in this project is my own. My verifications are genuine, not forged or fictitious. My signature on this paper, along with my parent’s/guardian’s signature, is an acknowledgement of my personal integrity. This is to be completed at the END of the project.

Late assignments will result in a deduction of 25% for each day it is late.

Student’s name printed Parent’s name printed Date

*Student’s Signature Parent’s Signature Date*

Student Email Address

Parent Email Address