

# **PPL101 – Culminating activity: part 1**

(DUE WEDNESDAY DECEMBER 21, 2011)

## **Step 1: INTRODUCTION**

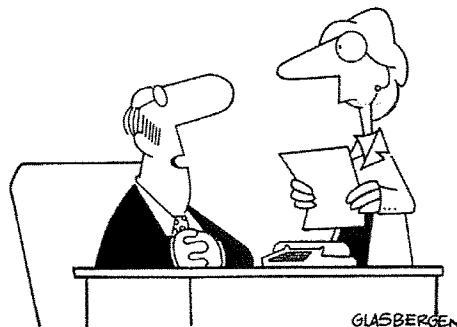
In paragraph format, define physical fitness as it applies to 1. Yourself, 2. The general public, 3. An elite athlete. In addition, outline the components of the FITT principle.

## **Step 2: YOUR PERSONAL FITNESS GOALS**

- Reflect on your fitness assessment completed at the beginning of the semester, which area of your personal fitness do you need to improve on?
- Outline your personal fitness goals you will work to achieve by the end of the semester using the SMARTER Principle for Goal Setting (2 health related and 1 skill)
- Establish which BASELINE (your initial measurement - to evaluate your improvement over time) measurements you will use to monitor your progress throughout the semester.

Teacher feedback:

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**“The key to success is constant and never ending self-improvement. Like my new sideburns?”**



## PPL 101 Culminating Project: Part 2

**Step 1 – Designing Your Personal Fitness Plan**  
***Due Wednesday December 21, 2011***

Plan a 2 week workout schedule, which you will use to achieve your personal fitness goals.

Use a 2 week calendar format to plan your workouts and remember these workouts must follow the F.I.T.T. principles. Also, you must clearly state:

- WHAT you will do (what exercises, or fitness activities)
- WHERE you will do it (school fitness room, your basement, etc.)
- WHEN you will do it (during class allocated time in the fitness room, after school, before school)
- WITH WHOM you will do your workout (with a partner, on your own, with family, etc.)

Be specific and use progression. (*recall that progression is the increasing intensity/duration in a workout program in response to your body's ability to adapt as it gets stronger*)

**Step 2 – Completing Your Personal Fitness Plan**  
***Due Friday January 20, 2012***

ACTUALLY FOLLOW AND PERFORM YOUR PLANNED WORKOUTS.

While you are completing your fitness program, you must also do the following:

- Complete a weekly diary/log detailing your daily workouts
- List specific exercises performed, sets, reps, weights used, video used, distance, time, heart rate
- Any personal comments on your progress or how you felt during the program
- An explanation as to why you may have deviated from your original plan (due to homework, family commitments, etc.)

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I, (parent/guardian name) \_\_\_\_\_, am aware that my son/daughter/ward is designing and following a personal fitness plan and they will be completing this program over the next 4-6 weeks.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

# PPL10 – Culminating Project: Part 3

## Step 1: Reflect on Your Personal Fitness Plan

All culminating activity components are due **January 20, 2012!**

*Include a 1 page typed summary of the experiences and challenges you may have faced during your 2 week work out plan. In your reflection, please discuss the following:*

- Your personal progress in achieving your fitness goals
- Were you committed to your plan?
- Did you change any of your plans? Please explain why or why not?
- Describe any personal challenges you may have faced during this time and how did you tackle them?
- Is the workout you designed something that your would do again? Did you enjoy your time over the 4 weeks?
- If you were to design a new plan, what would you do differently?

## Step 2: Parental Input

*Parents:*

*Please make a brief comment, in the space provided, regarding your son/daughters overall level of commitment and progress you witnessed during their Personal Fitness Plan.*

I (Parent Signature) \_\_\_\_\_ verify that (Student Name) \_\_\_\_\_ was committed to achieving his/her personal fitness goals listed below and has accurately documented his/her progress.

1.

2.

3.

\_\_\_\_\_ (Date)