

"Finding Fitness"

Preliminary Instructions: Using course pages, web resources, and the textbook, consider the concepts, information, and principles that will help you to evaluate, develop and "find" your fitness! Read each of the following sections carefully, and give thought as to how you would respond to the questions and situations.

The Eventual Product: There will be **5 components** (as described below) to complete for this Project. Using the templates provided, supply clear & thorough responses that demonstrate an understanding and application of fitness concepts and principles – as they pertain to YOUR life! [CLICK HERE](#) for the "Finding Fitness" TEMPLATE that will have the layout/format for inserting your "Finding Fitness" information and plans.

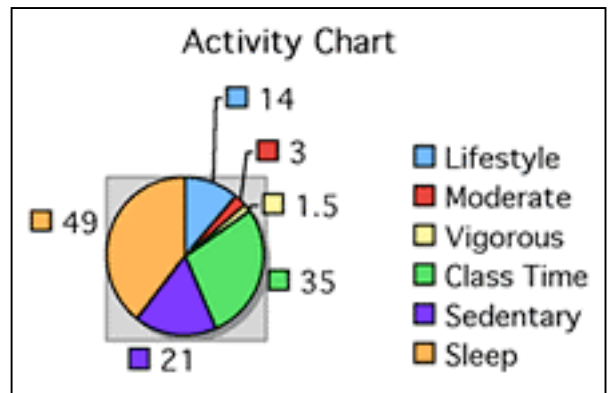
I. The HR Evaluation:

- A.** What is your RHR (*Resting Heart Rate*), or your pulse when you are still lying down upon awakening, first thing in the morning?
- B.** Using the customized THR formula provided in the course lesson pages, what would be your Target Heart Rate when your intensity level was at 70%? (*Show the formula with your data plugged in.*)
- C.** Have you ever checked your HR immediately after exercise? *If not, check it!* What was your HR after exercising? Did you reach your THR? Did this result surprise you in any way? What 3 benefits can be attained?

II. The Activity Log: (Use "Activity Log" provided)

A. Record the number of hours per week:

1. spent at "daily lifestyle activity" levels?
2. engaged in "moderate exercise" (*elevated HR level; but still able to carry on a conversation*)?
3. devoted to "vigorous physical activity" (*HR was maintained in the THR, but not able to carry on a conversation due to heavier breathing*)?
4. night-time sleep
5. spent as class time in school (*approx. 35 hrs*)
6. involved in out-of-school sedentary activities (*computer activities/games, TV watching, listening to music, on the phone, reading, studying/homework*)



B. Construct a Pie Chart: (Use "charttemplate.doc" provided)

* To simplify and streamline the task of making a pie chart, a "template" for this project has been already created, and is available for your use. The "Totals" that have been converted into hours (*per week*) from the Activity Log -Part 2 will be used as the data to create YOUR own "Pie Chart."

C. Summarize:

1. What was the total amount of time that was spent in a manner that could actually physiologically contribute to your overall physical fitness? *Which categories would this include?*
2. How does your accomplishment (*from #1*) correlate to the guidelines that have been recommended?
3. What other "messages" did you interpret from the pie chart that you created?

III. The Analysis:

- A. Based upon your Activity Log, or your own typical exercise, describe how you met (*or didn't meet*) each of the F.I.T. Principles of Training:
- B. Which of the 5 Components of Fitness do you *include (and describe how)* in your weekly schedule?

IV. The Plan:

- A. Using the 5 Components of Fitness, and the F.I.T. as guidelines, what would you devise as an ideal personal plan for improving or maintaining your own level of physical fitness? Be specific with the activities and schedule!

V. The Future:

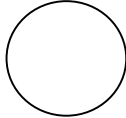
- A. How do you visualize physical activity, exercise, and fitness to "fit" into your future?

"Finding Fitness"

Name: _____

Supply clear & thorough responses demonstrating an understanding & application of fitness concepts and principles – as they pertain to YOUR life!


I. The HR Evaluation:

A. Take your **RHR** (*Resting Heart Rate*) when you first wake up in the morning, or have been quietly in a resting position of sitting/lying down for a few minutes. **What is this RESTING pulse rate?** → 

B. Using the customized **THR formula** provided in the course lesson pages, what would be your **Target Heart Rate** for an intensity level at 70%? (*Show formula with your data plugged in.*)

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C. 1. Have you ever checked your **HR immediately after exercise**? *If not, check it!* What was this **HR**?

2. Did you reach your **THR**? (*Circle one*) **YES - NO** 

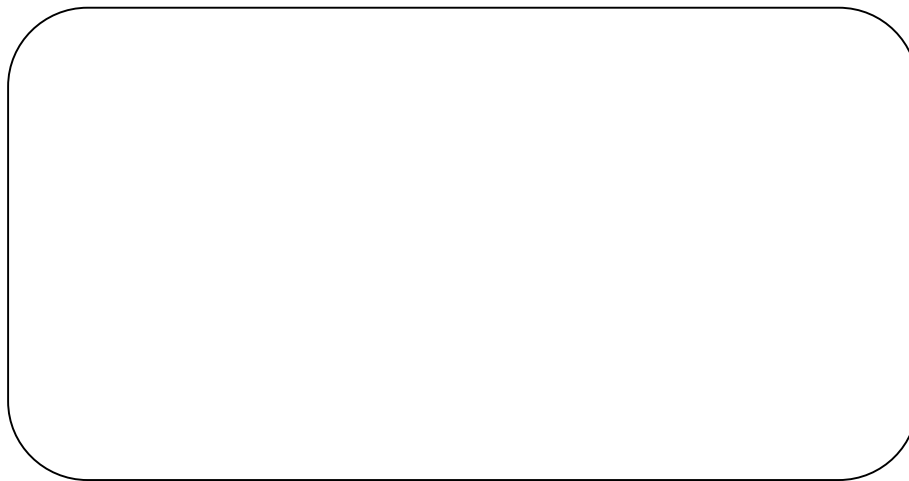
3. Identify **at least 3 benefits** that could be gained by consistently reaching this THR while exercising/training?

- a.
- b.
- c.

II. The Activity Log & Pie Chart: (*Use the documents provided: Activity Log Parts 1 & 2, Pie Chart Template*)

A. Complete the **Activity Log Parts 1 & 2** that have been provided.

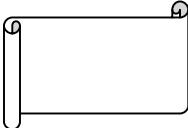
B. Create your **Pie Chart** using the chart template. Then print, cut-out by hand, and **GLUE THE CHART HERE:** 



C. Summarize:

1. To review, which **categories** of the chart **physiologically contribute** to overall physical fitness? *Why/How?*

2. Which **ONE** of the three **F.I.T. Principles** do these categories target? _____

3. Based on your pie chart, what was the total amount of **time** spent in these categories/levels?
Do you feel that you are "getting enough" real exercise on a weekly basis? 

4. What other "**messages**" could you interpret from the pie chart that you created?

III. The Analysis:

A. Just as a review, what are the three **F.I.T. Principles of Training** (*the terms & the guidelines*)?

F = _____ ; vigorous guideline: _____

moderate guideline: _____

I = _____ ; guideline: _____

T = _____ ; vigorous guideline: _____

moderate guideline: _____

B. Based upon your Activity Log (*or your typical habits*), **describe** how you specifically met (*or didn't meet*) each of the **F.I.T. Principles of Training**:

C. Which of the **5 Components of Fitness** do you include (*and describe how*) in your weekly schedule?

IV. The Plan:

If you were to devise a **personal plan** for improving or maintaining your own level of physical fitness that met the **5 Components of Fitness** & the **F.I.T. principles**, what would it be? *Be specific with the activities & schedule!*

V. The Future:

How might your **level** of activity and **types** of exercise **change** in your years after high school (*college/work world*)?

What have you observed/learned (*that is positive or negative*) about exercise/fitness from adults in your life? (*Explain*)