

## FITNESS GOALS

### Performance Standard 20C.G

Write goals that include analysis of current fitness target levels for each component accordingly:

- *Knowledge*: Know how to interpret fitness data and how to set realistic goals.
- *Performance*: Write realistic goals for cardiovascular fitness, flexibility, muscular strength and muscular endurance based on personal fitness data.

### Procedures

1. *In order to set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan (20C)*, students should experience sufficient learning opportunities to develop the following:

- Set personal goals from health-related fitness scores.

Note: Explain the principles of training (frequency, intensity, type and time), criteria for goal setting (realistic, attainable, based on personal data and specific to a component), and provide opportunities to practice interpretation of Fitnessgram score. .

2. Ask each student to write specific, realistic and attainable goals based on individual fitness data.
3. Ask students to submit personal goals to be evaluated according to the rubric.
4. Evaluate each student's performance using the "Fitness Goals" Rubric as follows:
  - *Knowledge*: The knowledge dimension was demonstrated in the performance.
  - *Performance*: Wrote realistic, attainable goals based on personal fitness data.

### Examples of Student Work

- [Meets](#)
- [Exceeds](#)

### Time Requirements

- One class period

### Resources

- Fitnessgram test manual and software (recommended)
- Data from other fitness tests may be used
- Fitness Goals Rubric

NAME \_\_\_\_\_ DATE \_\_\_\_\_

**FITNESS GOALS**

- Exceeds = 15 - 16 total points
- Meets = 12 - 14 total points
- Approaches = 8 - 11 total points
- Begins = 0 - 7 total points

	<b>Goals</b>	<b>Realistic and Attainable</b>	<b>Based on Data</b>	<b>Specific</b>
<b>4</b>	<ul style="list-style-type: none"> <li>• Goals are written to improve cardiovascular fitness, flexibility and strength</li> </ul>	<ul style="list-style-type: none"> <li>• All goals are realistic and attainable</li> </ul>	<ul style="list-style-type: none"> <li>• All goals are based upon personal data</li> </ul>	<ul style="list-style-type: none"> <li>• All goals are specific</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>• Goals are written to improve 2 components</li> </ul>	<ul style="list-style-type: none"> <li>• Most goals are realistic and attainable</li> </ul>	<ul style="list-style-type: none"> <li>• Most goals are based upon personal data</li> </ul>	<ul style="list-style-type: none"> <li>• Most goals are specific</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>• Goals are written to improve 1 component</li> </ul>	<ul style="list-style-type: none"> <li>• Goals are general and some goals are not attainable</li> </ul>	<ul style="list-style-type: none"> <li>• Some goals are based upon personal data</li> </ul>	<ul style="list-style-type: none"> <li>• Some goals are not specific</li> </ul>
<b>1</b>	<ul style="list-style-type: none"> <li>• Goals do not mention any specific components</li> </ul>	<ul style="list-style-type: none"> <li>• Goals are not realistic and attainable</li> </ul>	<ul style="list-style-type: none"> <li>• Goals are not based upon personal data</li> </ul>	<ul style="list-style-type: none"> <li>• Goals are not specific</li> </ul>
<b>Score</b>				



"Exceeds"

Scores: Spring of 2001

MILE 12:59 did not  
SIT/REACH 4 1/2" meet  
PULL UPS 0 " "

Health Fitness Test  
Standard

Fall of 2001:

MILE 11:00  
SIT/REACH +6 1/2  
PULL UPS 2

mile-summer-ride my bike in town everyday over a mile like 1 1/2 or more. Every other morning take a jog or run around town & get faster & farther each day. Reach to my target heart rate - check it after I run to see if it got there 167.

sit & Reach - stretch every other day for 30 min. Jump on my trampoline every other day 30 min. Swim at my pool 2 hrs. every day or every other day. For my leg flexibility.

Pull-ups - climbing up a rope on a tree at my Aunt's, 5 push-ups per day. Volleyball & Basketball Camp work outs & carrying groceries & baby-sitting will help my upper body strength.