

Lifelong Fitness Project

For this project you will be doing a self-assessment, a written report, and you will have the option of a presentation to your PE class for extra credit.

Your report should be written in essay style using correct grammar and punctuation. All writing must be your own words, or you must clearly cite your sources.

The report must cover the following:

- An introduction where you discuss your beliefs about physical fitness and health.
- A self assessment of your personal physical fitness and activity level (On a 1-10 scale with 10 being the best). Discuss the following:
 - Hours per week of physical activity
 - Perceived cardio-respiratory fitness on mile runs etc.
 - Where you would like to be on the 1-10 scale and some realistic ways to get there.
 - A self-reflection on your BMI and how you can improve this if needed. Go to <http://apps.nccd.cdc.gov/dnpabmi/> for a BMI calculator.
- A short report on the physical fitness level of Americans according to recent research. And your views on the causes of the obesity “epidemic” in America.
- A discussion of an activity you presently enjoy, that you could see being a personal, lifelong activity to help keep you physically fit and active. Examples might be: Biking, Walking, Hiking, Running, Skateboarding, Snowboarding, Skiing, Motocross, Martial Arts, Dance, etc.
 - With this activity you will research what muscles are used, and how you can help condition these muscles. You will also discuss the level of cardio-fitness required versus muscle strength, and why you enjoy this sport or activity. You may use some of the following questions and respond in this portion of the report:
 - Are there any professional athletes in your sport or activity? Is there an adult or role model who enjoys the same activity? How do they train? Do they have personal trainers?
 - What training strength or cardio activities might help you improve in this sport or activity, or help you prevent injuries?
 - How can routine exercise specifically improve your performance in this activity or sport?

This report should be typed with your name, teacher’s name, and period of PE clearly on the front. You will be graded based on the following rubric:

	Your Points Estimate	Points Given	Points Poss.
Name, Teacher's Name, Period Typed on the front or Title Page			5 pts
Introduction with personal views on fitness			15 pts
Self-assessment paragraphs, 1-10 scale rating, BMI reflection			25 pts
Fitness in America paragraphs			20 pts
Personal activity or sport paragraphs			35 pts
Extra Credit			
Total Grade			100 pts