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Fitness for Life

1. **Fitness Monitoring (10.00%)**

Learning Targets

1.1 I can participate in an entire fitness assessment and am able to identify what the healthy fitness zones and interpret my strengths and weaknesses.

Learning Target	Descriptor	Definition
4	Proficient	I can participate in an entire fitness assessment and am able to identify what the healthy fitness zones and interpret my strengths and weaknesses.
3	Developing	I can participate in an initial fitness assess and am able to identify healthy fitness zones and interpret my strengths and weakness.
2	Basic	I can participate in fitness assessments and can start identifying my fitness zones.
1	Minimal	I can participate in some fitness assessments.
0	No Evidence	No evidence shown.

1.2 I can consistently monitor my aerobic and muscular fitness levels by using a wide variety of technology and logging sheets to log physical activity levels. [heart rate monitor, fit bit, computer, fitness apps, pedometer, logging sheets]

Learning Target	Descriptor	Definition
4	Proficient	I can consistently monitor my aerobic and muscular fitness levels by using a wide variety of technology and logging sheets to log physical activity levels. [heart rate monitor, fit bit, computer, fitness apps, pedometer, logging sheets]
3	Developing	I can monitor my aerobic and muscular fitness using technology to log my physical activity levels.
2	Basic	I can monitor my aerobic fitness using technology to log physical activity levels.
1	Minimal	I can log my physical activity level.
0	No Evidence	No evidence shown.

1.3   I can participate in a final fitness assessment and am able to improve in all of my personal fitness levels. [Pacer, push-ups, sit-ups, wall sits, plank hold, vertical]

Learning Target	Descriptor	Definition
4	Proficient	I can participate in a final fitness assessment and am able to improve in all of my personal fitness levels. [Pacer, push-ups, sit-ups, wall sits, plank hold, vertical]
3	Developing	I completed all 5 fitness assessments and improved 2 of my fitness levels.
2	Basic	I completed 4 of the fitness assessments.
1	Minimal	I completed 3 fitness assessments.

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Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

1.4   I can describe in detail the Borg Rating of Perceived Exertion and self asses my physical activity level during cardiovascular activities.

Learning Target	Descriptor	Definition
4	Proficient	I can describe in detail the Borg Rating of Perceived Exertion and self asses my physical activity level during cardiovascular activities.
3	Developing	I can describe the Borg Rating of Perceived Exertion and self asses my physical activity level during cardiovascular activities.
2	Basic	I can begin to describe the Borg Rating of Perceived Exertion and self-assess my physical activity level.
1	Minimal	I can assess my physical activity level.
0	No Evidence	No evidence shown.

2. Outdoor Pursuits (5.00%)

Learning Targets

2.1   I can safely participate, monitor, and adjust my fitness levels during outdoor pursuits so I achieve high levels of MVPA (moderate to vigorous physical activity) during each class.

Learning Target	Descriptor	Definition
4	Proficient	I can safely participate, monitor, and adjust my fitness levels during outdoor pursuits so I achieve high levels of MVPA (moderate to vigorous physical activity) during each class.
3	Developing	I can safely participate in outdoor pursuits and able to monitor my fitness levels.
2	Basic	I can safely participate in outdoors pursuits.
1	Minimal	I can participate in outdoor pursuits.
0	No Evidence	No evidence shown.

2.2   I can analyze my physical activity data and achieve my target heart rate zone for 20 or more several times by participating in outdoor pursuits. [target heart rate zone]

Learning Target	Descriptor	Definition
4	Proficient	I can analyze my physical activity data and achieve my target heart rate zone for 20 or more several times by participating in outdoor pursuits. [target heart rate zone]
3	Developing	I can analyze my physical activity data and achieve my target heart rate for 20 minutes.
2	Basic	I can begin to analyze my physical activity levels and achieve 20 minutes of vigorous exercise.

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Learning Target	Descriptor	Definition
1	Minimal	I can achieve 20 minutes of vigorous exercise.
0	No Evidence	No evidence shown.

2.3   I can perform essential equipment safety checks; display proper protective gear at all times, and abides by class rules, protocols, and state laws in order to safely participate in outdoor pursuits.

Learning Target	Descriptor	Definition
4	Proficient	I can perform essential equipment safety checks; display proper protective gear at all times, and abides by class rules, protocols, and state laws in order to safely participate in outdoor pursuits.
3	Developing	I can perform safety check, display proper protective gear to safely participate in outdoor pursuits.
2	Basic	I can safely participate in outdoor pursuits and display proper protective gear.
1	Minimal	I can participate in outdoor pursuits.
0	No Evidence	No evidence shown.

3.   **Creation of Group Class Workout   (18.00%)**

Learning Targets

3.1   I can instruct and create a personal while meaningful aerobic activity to teach to my peers in class, consistently participate in my peers aerobic activities, and then reflect why the aerobic activity I selected is beneficial to one's health.

Learning Target	Descriptor	Definition
4	Proficient	I can instruct and create a personal while meaningful aerobic activity to teach to my peers in class, consistently participate in my peers aerobic activities, and then reflect why the aerobic activity I selected is beneficial to one's health.
3	Developing	I can create a personal while meaningful aerobic activity to teach to my peers in class, participating in my peers aerobic activities, and then reflect why the aerobic activity I selected is beneficial to one's health.
2	Basic	I can participate in the aerobic activities, create an aerobic activity, and reflect why it is beneficial to one's health.
1	Minimal	I can participate in the aerobic activities and reflect why it is beneficial to one's health.
0	No Evidence	No evidence shown.

4.   **Cardio Fitness Workouts   (14.50%)**

Learning Targets

4.1   I can consistently participate safely, monitor, and increase my heart rate while doing step aerobic exercise.

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Learning Target	Descriptor	Definition
4	Proficient	I can consistently participate safely, monitor, and increase my heart rate while doing step aerobic exercise.
3	Developing	I can safely participate, monitor, and increase my heart rate while doing step aerobic exercise.
2	Basic	I can safely participate and monitor my heart rate in step aerobics.
1	Minimal	I can participate in step aerobics.
0	No Evidence	No evidence shown.

4.2   I can consistently participate safely, monitor, and increase my heart rate while doing aerobic exercise lead by instructional DVD's or Instructor lead.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently participate safely, monitor, and increase my heart rate while doing aerobic exercise lead by instructional DVD's or Instructor lead.
3	Developing	I can safely participate, monitor, and increase my heart rate while doing aerobic exercise lead by instructional DVD's or instructor lead.
2	Basic	I can safely participate and monitor my heart rate in aerobic exercise lead by instructional DVD's or instructor lead.
1	Minimal	I can participate in aerobic exercise lead by instructional DVD's or instructor lead.
0	No Evidence	No evidence shown.

4.3   I can consistently participate safely, monitor, and increase my heart rate while doing fitness circuits and using equipment in the wellness center.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently participate safely, monitor, and increase my heart rate while doing fitness circuits and using equipment in the wellness center.
3	Developing	I can participate safely, monitor, and increase my heart rate while doing fitness circuits and using equipment in the wellness center.
2	Basic	I can safely participate and monitor my heart rate while doing fitness circuits and using equipment in the wellness center.
1	Minimal	I can participate in fitness circuit and use equipment in the wellness center.
0	No Evidence	No evidence shown.

4.4   I can consistently participate safely, monitor, and increase my heart rate while doing zumba/aerobic fitness dance.

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Learning Target	Descriptor	Definition
4	Proficient	I can consistently participate safely, monitor, and increase my heart rate while doing zumba/aerobic fitness dance.
3	Developing	I can participate safely, monitor, and increase my heart rate while doing zumba/aerobic fitness dance.
2	Basic	I can participate and sometimes increase my heart rate while doing zumba/aerobic fitness dance.
1	Minimal	I can participate in zumba/aerobic fitness dance.
0	No Evidence	No evidence shown.

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5. Cardio Strength and Muscular Endurance Workouts (13.00%)

Learning Targets

5.1 I can consistently perform the resistance strength training exercises, explain the muscle groups associated with the exercise, and explain the health benefits.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently perform the resistance strength training exercises, explain the muscle groups associated with the exercise, and explain the health benefits.
3	Developing	I can perform the resistance strength training exercises and explain the muscle groups associated with the exercise.
2	Basic	I can participate in resistance strength training and identify muscles used.
1	Minimal	I can participate in resistance strength training.
0	No Evidence	No evidence shown.

5.2 I can consistently participate in Strong By Zumba/cardio strength/body weight exercises in a workout, explain muscle groups associated with each exercise, and explain health benefits.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently participate in Strong By Zumba/cardio strength/body weight exercises in a workout, explain muscle groups associated with each exercise, and explain health benefits.
3	Developing	I can participate in Strong By Zumba/cardio strength/body weight exercises in a workout, explain muscle groups associated with each exercise.
2	Basic	I can participate in Strong By Zumba/cardio strength/body weight exercises in a workout, identify muscle groups associated with each exercise.
1	Minimal	I can participate in Strong By Zumba/cardio strength/body weight exercises in a workout.
0	No Evidence	No evidence shown.

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6. **Flexibility, Core, and Balance Workouts (14.50%)**

Learning Targets

6.1 **I can consistently perform a variety of yoga poses within a yoga routine, explain the focus of each yoga pose (strength, balance, etc), and explain the many physical, mental, and social health benefits of yoga.**

Learning Target	Descriptor	Definition
4	Proficient	I can consistently perform a variety of yoga poses within a yoga routine, explain the focus of each yoga pose (strength, balance, etc), and explain the many physical, mental, and social health benefits of yoga.
3	Developing	I can perform a variety of yoga poses, verbally identify the focus of each yoga pose (strength, balance, etc), and identify some health benefits of yoga.
2	Basic	I can participate in yoga and identify focus of yoga poses.
1	Minimal	I can participate in Yoga.
0	No Evidence	No evidence shown.

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7. **Team/Partner Cardio Games/Activities (12.50%)**

Learning Targets

7.1 I can create a team aerobic activity to my classmates by teaching to my peers in class, consistently participate in my peer's team aerobic activities, and then reflect why the team aerobic activity I created is beneficial to one's health.

Learning Target	Descriptor	Definition
4	Proficient	I can create a team aerobic activity to my classmates by teaching to my peers in class, consistently participate in my peer's team aerobic activities, and then reflect why the team aerobic activity I created is beneficial to one's health.
3	Developing	I can create a team aerobic activity to my classmates by teaching to my peers in class, participating in my peers aerobic activities, and then reflect why the team aerobic activity I created is beneficial to one's health.
2	Basic	I can participate in the aerobic activities, create an aerobic activity, and reflect why it is beneficial to one's health.
1	Minimal	I can participate in the aerobic activities and reflect why it is beneficial to one's health.
0	No Evidence	No evidence shown.

7.2 I can consistently participate in cardiovascular activities to increase my heart rate.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently participate in cardiovascular activities to increase my heart rate.
3	Developing	I can participate in cardiovascular activities to increase my heart rate.
2	Basic	I can regularly participate in cardiovascular activities.
1	Minimal	I can participate in cardiovascular activities.
0	No Evidence	No evidence shown.

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8. Creating a Healthy Eating Plan (12.50%)

Learning Targets

8.1 **I can develop a personal eating plan for improving one's nutrition and analyze the benefits of eating healthy and physical activity.**

Learning Target	Descriptor	Definition
4	Proficient	I can develop a personal eating plan for improving one's nutrition and analyze the benefits of eating healthy and physical activity.
3	Developing	I can construct a personal eating plan for improving one's nutrition and assess the benefits of eating healthy and physical activity.
2	Basic	I can compare one's nutrition and distinguish the benefits of eating healthy and physical activity.
1	Minimal	I can identify health benefits of eating healthy and physical activity.
0	No Evidence	No evidence shown.

Submitted on 2/17/2019 by Paula Gates