PERSONAL FITNESS ASSESSMENTS

SPORTS AND ACTIVITIES EVALUATIONS

NAME_____GRADE_____TEACHER_____

At the conclusion of each unit, write the name of the unit and rate the health and skill related fitness components that this unit would maintain or improve for you on a scale of 1-5. (1=low/5=high) Then evaluate the FITT Principles. **ALL ACTIVITIES COMPLETED IN PE THIS YEAR MUST BE INCLUDED**

SPORT/ ACTIVITY/ UNIT	**HEALTH RELATED COMPONENTS**					**SKILL RELATED COMPONENTS**						**FITT PRINCIPLES**			
	Body Composition	**Cardio respiratory**	**Flexibility**	**Muscular Endurance**	**Muscular Strength**	**Agility**	**Balance**	**Coordination**	**Power**	**Reaction Time**	**Speed**	**FREQUENCY** – DAYS PER WEEK	**INTENSITY** – LOW/ MODERATE VIGOROUS	TIME – NUMBER OF MINUTES PER DAY	**TYPE** – C - M - F

DEFINITIONS-COMPONENTS OF FITNESS

Health Related Components

Body Composition- The amount of body fat compared to your bone and muscle. It does not refer to your weight in pounds or your figure. (example-a person whose muscles are defined and tone.)

Cardio-respiratory or Aerobic Endurance - How well the heart and lungs work together to supply oxygen to the body during exercise and how quickly they return to normal after exercise. Also called aerobic fitness. (example-running the mile or having the energy to play a running sport throughout the entire game)

Flexibility-. The ability to move a joint through its full range of motion without being impeded by excess tissue like fat or muscle; the elasticity of the muscle. This is how limber or supple you are. (example- bending over and touching your toes, touching your fingers together behind your back)

Muscular Endurance- The ability to hold a particular position for a sustained period of time or repeat a movement many times without tiring . This could be the capability required to hold a weight above your head for five minutes or the effort required to lift that weight 20 consecutive times. (example- rowing or cycling)

Muscular Strength- The ability to exert maximum force, such as lifting the heaviest weight you can budge, one time. It is possible to have muscular strength in one area, say your arms, while lacking strength in another area such as your legs. The extent to which muscles can exert force by contracting against resistance (examples- holding or restraining an object or person or doing a pull-up or push-up).

Skill Related Components

Agility- the ability to perform a series of explosive power movements in rapid succession in opposing directions (example- ZigZag running or cutting movements like football or basketball plays)

Balance- the ability to control the body's position, either stationary (example- a handstand) or while moving (example- a gymnastics stunt)

Coordination- The ability to make different parts of your body move together in a controlled way using all the other components. Body coordination(examples-dance steps and dodging). Eye hand or eye foot coordination (examples-juggling, soccer ball skills)

Power- The ability to perform one maximum explosive effort in as short a time as possible. The two components of power are strength and speed. (example- jumping or a sprint start)

Reaction Time- How long the body takes to respond to a stimulus (like a ball or an opponent). (example- any game played with a ball or object)

Speed- The ability to cover a distance in the shortest time possible. (example-100 yard dash or getting to the ball first in a game)

The components of fitness work together with each other.

FITT Principles –

Frequency - How often you exercise.(times per week)

Intensity – How hard you work during exercise. (light, moderate, vigorous)

Time – How long you exercise. (hours, minutes)

Type: The type of activity you're doing.
***For Cardio Exercise**: Any activity that gets your heart rate up counts as cardio - Running, walking, cycling, dancing, sports, etc.
***For Strength Training**: This pretty much includes any exercise where you're using some type of resistance (bands, dumbbells, machines, etc.) to work your muscles. Bodyweight exercises (push-ups, sit-ups,etc.)can also be considered a form of strength training, as well.