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|  | YEAR 10 PHYSICAL & HEALTH EDUCATION | |  |  |
|  |  | **FITNESS ASSIGNMENT** |  |
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| **KEY CONCEPT** | **RELATED CONCEPTS** | **GLOBAL CONTEXT** |
| **Change** | **Choice**  Perspective  Systems | Scientific and Technical Innovation |

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| **STATEMENT OF INQUIRY** |
| Application and evaluation of scientific principles assists in the creation of effective targeted fitness programs. |

Q1. Based on your fitness testing results choose a test that you would like to improve and develop a “SMART” goal.

I have recently broke both the tibia and fibula in my right leg, because of this my goal is that by the end of this assignment I want to strengthen both the muscles and bones in my right leg. I will be measuring this by comparing the number of single leg raises I can complete before the training and after the training. I will achieve this goal by using a stationary bike to stimulate the same muscles that are used for walking, running and if I only use the balls of my feet to push the peddles I will be stimulating the same muscles as used in a single leg raise. This regime will help me to recover from a very traumatic injury that has caused a lot of muscle wastage in my leg. This goal is achievable within the given time span (5 weeks) as the average time for muscle growth to occur is 2 weeks - 4 weeks, which gives me enough time to build up muscle in my leg. (Blake, 2015)

Q2. Explain the specific component/s of fitness that are applicable for success in your fitness test and strategies (methods of training) that you will apply to enhance your performance and achieve your “SMART” goal.

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| Health Related Components of fitness | Performance Related Components of fitness | Methods of Training |
| Cardio-respiratory endurance | Agility | Continuous |
| Muscular Endurance | Balance | Fartlek |
| Muscular Strength | Co-ordination | Interval |
| Flexibility | Reaction Time | Circuit |
| Body Composition | Speed | Resistance/Weight |
|  | Power | Plyometrics |

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| KEYWORDS | ***Explain:*** *Give a detailed account including reasons or causes.*  ***Apply:*** *Use knowledge and understanding in response to a given situation or real circumstances.* |

Type your answer here

Q3. **Design**, **explain** and **justify** a plan to improve in your specific fitness test result.

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| KEYWORDS | ***Design:*** *Produce a plan, simulation or model.*  ***Explain:*** *Give a detailed account including reasons or causes.*  ***Justify:*** *Give valid reasons or evidence to support an answer or conclusion.* |

Type your answer here

Q4. You will train with a classmate who has a goal based on the same component of fitness. Over the next couple of weeks you will need to work together completing training sessions that you have created to improve your component of fitness. Choose one (1) interpersonal skill that you would like to improve and explain with examples how you will demonstrate three (3) strategies that enhance them during the Fitness unit.

A List of Interpersonal Skills Includes:

* Listening Skills
* Negotiation
* Problem Solving
* Decision Making
* Verbal Communication
* Assertiveness
* Non-Verbal Communication

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| KEYWORDS | ***Explain:*** *Give a detailed account including reasons or causes.*  ***Demonstrate:*** *Prove or make clear by reasoning or evidence, illustrating with examples or practical application.* |

Type your answer here

Q5. Analyse and evaluate the effectiveness of your fitness program and the three (3) strategies used to enhance your interpersonal skill. Consider your training sessions and the results achieved in your response.

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| KEYWORDS | ***Analyse:*** *Break down in order to bring out the essential elements or structure. To identify parts and relationships, and to interpret information to reach conclusions.*  ***Evaluate:*** *Assess the implications and limitations; make judgments about the ideas, works, solutions or methods in relation to selected criteria.* |

Type your answer here