**APPH 1040 Assignment**

**Physical Activity**

**Guidelines for Project**

**25 points**

**Instructions**

1. Based on your personal fitness goals for improving your health, create a physical activity program for yourself using the FITT principle, addressing both cardiovascular and muscular fitness components.
2. This plan must be accompanied by a SMART goal for each component, that you can implement before the end of the calendar year.
3. Your program must contain a 4-week plan, including progression.
4. List and briefly explain why you chose the type of exercises that you selected.
5. The plan should be completed using table format. The exercises should be listed in the table. The explanation should be complete in 2-3 paragraphs and attached with the plan.

**Grading Rubric**

**SMART Goals- 4**

**FITT (Aerobic) – 8 points**

**FITT (Strength) – 8 points**

**Exercise explanation – 5 points**

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| **Criterion** | **Meets Expectations** | **Needs Improvement** | **Inadequate** |
| **SMART Goal (Aerobic)-2 points** | 2 points (Addresses each component of SMART in relation to improving cardiovascular health) | 1 point (Does not address or is missing some components of SMART and/or does not focus on improving cardiovascular health) | 0 points (Did not submit/complete a SMART goal) |
| **SMART Goal (Muscular Fitness)-2 points** | 2 points (Addresses each component of SMART in relation to improving muscular fitness) | 1 point (Does not address or is missing some components of SMART and/or does not focus on improving muscular fitness) | 0 points (Did not submit/complete a SMART goal) |
| **F.I.T.T. (Aerobic)-8 points** | 8 points (Addresses each component of the F.I.T.T. Lists exercises that are appropriate to the student’s goals, lists the correct duration, frequency and intensity for the student’s goals) | 7-1 points (Fails to address each component of F.I.T.T. and/or may not have appropriate exercises for student’s goals, and/or inaccurate duration, frequency, and intensity for the student’s goals) | 0 points (Did not submit/ complete a F.I.T.T. cardio plan) |
| **F.I.T.T. (Muscular Fitness)- 8 points** | 8 points (Addresses each component of the F.I.T.T. Lists exercises that are appropriate to the student’s goals, lists the correct duration, frequency and intensity for the student’s goals) | 7-1 points (Fails to address each component of F.I.T.T. and/or may not have appropriate exercises for student’s goals, and/or inaccurate duration, frequency, and intensity for the student’s goals) | 0 points (Did not submit/ complete a F.I.T.T. muscular fitness plan) |
| **Exercise Explanation- 5 points** | 5 points (Explains why each exercise was chosen for the program and how the student can regress and progress as needed) | 4-1 points (Does not give an explanation for all the exercises that are listed in the program or may lack in listing appropriate progressions) | 0 points (Does not complete/submit an exercise explanation with the physical activity in the project) |