Fitness Project

Physical Education



Introduction

You need to design a fitness and weight training program for yourself. You need to learn all you can about the major muscle groups, the stretches for each muscle group, and the exercises that will benefit each muscle group. Design a weight training and cardio program for yourself using the 10 major muscle groups described. This assignment may be done with a partner. A group can turn in one assignment for both members. Partners will receive the same grade on the project. You will have two computer lab days to complete the assignment so be sure to use your time effectively.

Task

Your task for this project is to design a weight training program that includes the 10 major muscle groups listed plus a cardio workout. Include the following:

 1. A picture or diagram that shows where each muscle group is located.

 2. A picture or diagram of a stretch that will benefit each muscle group.

 3. List ***and describe*** at least 3 exercises that will benefit each muscle

 group

 4. Include a cardio workout that has three possible choices. List the workout (time, speed, etc.) and the machine(s).

 5. List the basic safety rules for weight training

 6. Make a weight training log so that one could track his or her daily

 progress.

After designing the program, make a manual that includes all of the information listed above. Make your presentation easy to understand, creative, and user-friendly.

***Here are the 10 major muscle groups you are to research:***

Biceps Obliques

Deltoid Pectorals

Gastrocnemius Quadriceps

Gluteus Maximus Rectus Abdominus

Hamstrings

Latissimus Dorsi

\* You may research up to 5 additional muscle groups for additional credit.

Process

1. Design a weight training program that includes the 10 major muscle groups listed above, ***plus*** a cardio workout.

2. Using information from any of the sources below, plus your own research, design the program in a format that would be easy to understand and use.

**Sources:**

ExRx on the Net

<http://www.exrx.net/Exercise.html>

EXRX on the Net Exercise and Muscle Directory

<http://www.exrx.net/Lists/Directory.html>

CVHS Fitness and Weight Training

<http://www.cvsd.k12.pa.us/QuickPlace/pe/PageLibrary85256AFA006CF57D.nsf/h_Toc/43d4c93805b894a885256afa006d6b0e/?OpenDocument>

A Beginner’s Guide to Gym Equipment and Workout Accessories

<http://www.leehayward.com/gym_equipment/index.htm>

3. After getting the necessary information and developing a weight training program, make a manual that would include:

 a. A colorful cover

 b. Basic safety rules for weight training

 c. A chart or list of each muscle group that includes:

 1) A picture or diagram that shows each muscle group is located

 2) A picture or diagram of a stretch that would benefit each muscle group

 3) Three 3 exercises **AND DESCRIPTIONS** for each muscle group

 4) A cardio workout with three (3) possible choices with the recommended time, speed, etc. for each machine.

 5) A weight training log for tracking daily progress.

 d. Any other information or motivational pictures or sayings you want to

 add are always encouraged.

***EVALUATION INFORMATION BELOW***

Evaluation

You will be graded using the following rubric for your weight training manual and weight training log:

|  |  |
| --- | --- |
| ***Weight Training! Rubric* Fit! Rubric** | Rubric created with TaskStream (www.taskstream.com) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| spacer | **4**  | **3**  | **2**  | **1**  | **Your Score**  |
| Creativity | Exceptional originality of presented material   | Some apparent originality displayed through creative use of materials  | Material presented with little originality or creative thought  | Project includes little variety in presentation techniques  |    |
| Content | Project is well-organized and meets all requirements  | Project is well- organized and meets most requirements  | Project meets half of the requirements; well-organized  | Unorganized and meets less than half the requirements  |    |
| Grammar | Nearly error-free which reflects clear understanding and thorough proofreading  | Few grammatical and/or stylistic errors   | Some errors in grammar and/or format that does not interfere with clarity  | Multiple grammatical and stylistic errors  |    |
| Presentation | Evidence that pride and care was taken and the message of the product is clearly defined  | Clear, uncluttered, and attractive  | Project appears rushed or somewhat careless, but the content is legible  | Careless, hurried, and illegible presentation   |    |