

FITNESS CIRCUIT

Draft Planning Organizer and checklist

Your team been assigned the _____ fitness circuit activity.

Phase 1 (brainstorming) Phase 2 (organization) Phase 3 (putting it together, testing and implementation)

Done

1. Nutrition and healthy body

- determine how many calories will be consumed and needed to complete the activity
- determine what foods are best to store/build enough energy to complete the activity with success
- proper body hydration and amount of fluids and description of fluid type
- vitamins required (e.g., vitamin C) and reasons
- a poster advertising the reasons why this activity is a good activity to perform incorporating well researched information (qualitative and quantitative information)
- brief description (one sentence) stating what the exercise does to and for your body
- completion of the nutrition guide below (fig 1.1)
- Adam The Apple "says"....
- target heart rate for your activity (scale)
- cardio-vascular information
- helpful hints on how to perform the activity safely and effectively (to get the best result)
- a commercial that will be presented via the internet or an announcement focusing on healthy lifestyle.

2. Activity

- warm-up needed to perform the activity without injury and how many of these activities are needed to be performed before the start of the actual
- dynamic and static activities
- what "type" of activity will be performed

___ Lower Body ___ Plyo ___ Upper Body
___ Core ___ Warm-Up (not optional)

- cool down needed
 - flexibility test
- NOTE: the stretches and flexibility test(s) must be coordinated with activities in your circuit, tested beforehand on your test-subject and clearly described/outlined.
- warm-up time must be clearly given

Proportions of Plaque: 12" X 14"

3. Number Sense, Measurement etc.

- location of activity will be _____
- diameter assigned to activity: _____
- distance from nearby activity: _____
- circumference and area: _____
- radius: _____
- gather a sample of students to test activity upon and generate demographic data
- create a survey dealing with personal fitness, health and well-being to develop a clearer demographic and analysis of the CEPS student body
- present data through differentiated means (e.g., different types of graphs - not just the bar graph!!), spreadsheets, on-line surveys)
- display measures of central tendency appropriate for the data yo've collected and describe what it tells you about the activity and the test subject(s)
- work with measurements provided in order to ensure a good and safe activity level
- use probability models to make accurate predictions and to use for possible modifications to the activity
- proportional relationships, number relationships (e.g., how can percent be used to help us with our activity)?
- what other math strand will we have to pull from?

Adam the Apple's Fitness Guide

1. Clothing (what to wear/not to wear)
 2. Stretching and Preparation
 3. Consumption
- Target Heart Rate: tailored to activity



You will be expected to...

- carry out your experiments in a timely fashion
- design your final plaque design as it will appear in final form
- present your plaque, activity to the class as a formal presentation, research notes etc.
- organize your work appropriately including all rough work, calculations, sketches etc,
- utilize your time wisely in class and outside of class
- conduct good research, seeking a wide range of resources including print material

Due: _____ November 5th.

