| 137      |  |  |  |
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| \Names:  |  |  |  |
| Traines. |  |  |  |

## Fitness Component Exercise Routine

Directions: Your group is to create an exercise routine that can be completed without any equipment, anywhere. Your exercise routine will include all of the fitness components to create a well balanced routine. Follow the rubric below to achieve all points for the project. Complete this project in Google Slides and turn in to Google Classroom.

| Category       | Excellent  | Adequate                       | Poor                          | Total |
|----------------|--|--------------------------------|-------------------------------|-------|
| Exercises &    | 8 different exercises, 2 per                         | 8 different exercises, 2 per   | 8 different exercises are     |       |
| matching       | fitness component (minus                             | fitness component (minus       | created but not from all      |       |
| fitness        | body composition), are                               | body composition), are         | components and not            | /10   |
| component      | created and properly                                 | created and mostly properly    | properly matched (4 points)   |       |
|                | matched (10 points)                                  | matched (7 points)             |                               |       |
| Pictures       | At least 2 pictures are                              | At least 2 pictures are        | 1 picture is included for a   |       |
| (Best          | included for a visual on                             | included for a visual on how   | visual on how to complete     |       |
| pictures will  | how to complete each of                              | to complete each of the 8      | each of the 8 exercises.      |       |
| be from you    | the 8 exercises. Pictures                            | exercises. Pictures vaguely    | Pictures only show 1 phase    |       |
| doing the      | clearly demonstrate the                              | demonstrate the phases of      | of the exercise.              |       |
| exercise)      | phases of the exercise (30                           | the exercise                   | (12 points)                   | (20   |
|                | points)  | (21 points)                    |                               | /20   |
| Written        | A very detailed and clear                            | A detailed description of      | A description of how to       |       |
| Description    | description of how to                                | how to complete each           | complete each exercise is     |       |
| (how to        | complete each exercise is                            | exercise is written. After     | written. After reading the    |       |
| complete the   | written. After reading the                           | reading the description, there | description, there is much    |       |
| exercise)      | description, there is no                             | is slight uncertainty on how   | uncertainty on how to         |       |
| Chereise)      | uncertainty on how to                                | to complete the exercise (35   | complete the exercise (20     |       |
|                | complete the exercise (50                            | points)                        | points)                       | /50   |
|                | points)  | F                              | F                             |       |
| Frequency      | For each exercise, a                                 | For each exercise, a number    | For each exercise, a number   |       |
| (time or reps) | number of reps or a time                             | of reps or a time frame is     | of reps or a time frame is    |       |
|                | frame is listed for how to                           | listed for how to complete     | listed for how to complete    |       |
|                | complete the exercise.                               | the exercise. The frequency    | the exercise. The frequency   |       |
|                | The frequency is                                     | is semi-appropriate for the    | is very inappropriate for the |       |
|                | appropriate for the given                            | given exercise (7 points)      | given exercise (4 points)     | /10   |
|                | exercise (10 points)                                 |                                |                               |       |
| Checking       | A very detailed                                      | A detailed explanation of      | A brief explanation of how    |       |
| heart rate     | explanation of how to                                | how to check your heart rate   | to check your heart rate      |       |
|                | check your heart rate                                | during or after exercise is    | during or after exercise is   | 4.0   |
|                | during or after exercise                             | included but missing a         | including but is missing a    | /10   |
|                | with 1 picture is included                           | picture (7 points)             | picture (4 points)            |       |
| Casal          | (10 points)  |                                |                               |       |
| Google         | Each slide should include all criteria listed above: |                                |                               |       |
| Slides         | 1. Exercise Name &                                   |                                |                               |       |
|                | fitness component                                    |                                |                               |       |
|                | 2. Pictures  |                                |                               |       |
|                | 3. Exercise description                              |                                |                               |       |
|                | 4. Reps or time to                                   |                                |                               |       |
|                | complete   |                                |                               |       |
|                | (9 slides total: 8 with                              |                                |                               |       |
|                | exercises, 1 with HR)                                |                                |                               |       |
| Total          |  |                                |                               | /100  |
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