

Fit for Life Final Exercise Video Project

Spring 2009

Another year has gone by and it is time to tell what you have learned in Fit for Life. This semester's exam will be an exercise video. In it you will show what you have learned about exercise.

Who: Groups of 2-3

Due date: Seniors Due: May 18th – Sophomores & Juniors Due: May 26, 2009

How long: 15 minutes total including: 1 – 2 minute introduction, 3 minute warm-up, 6 – 7 minutes workout, 2 – 3 minute cool down, and 1 minute fitness fact.

Format: Turned in on a DVD or VHS tape

Creativity: Should be unique and have a theme.

Outline: Seniors outline Due: May 12, 2009 – Soph. & Jrs. Due: May 18, 2009

Quality: Must be clear, volume able to be heard, no blank space, good light, etc..

Exercises: Must have at least 5 different exercises. Muscle names should be used. Talk about why the exercise is good.

Warm up & Cool down: There should be a 3 minute warm up and a 2 – 3 minute cool down. This could be a time for giving information about eating, fitness fact, other good exercises one could do, etc...

Transitions: Moving from one exercise or one part of the program to the next. Should be smooth and without a break.

Modifications: Two or three levels of the workout should be shown.

Music: Should fit the exercise. Must be school appropriate.

Facts: Any fitness facts should have a reliable source. That source must be turned in with the outline.

Introduction: Be specific about what you want to accomplish, how hard to work, any equipment that is needed, etc...

Conclusion: Wrap up the session. What was accomplished, what is the next step, where could we get more information, etc...?