

## Physical Education ¾ Health Services Final Project

The purpose of this project is to begin your awareness for resources within the community to continue on a path of lifelong fitness. You will be expected to communicate with individuals within the community about fitness clubs in the area. The following criteria are required for full credit.

You are to choose 3 different health clubs within our area that allow for individuals to live a healthy and active lifestyle.

1. **Franchise facility** is one that is owned by an individual but is considered to be a chain company. Examples of a franchise health club are as follows: Snap Fitness, YMCA, GOLDS GYM, Globo Gym, Bally's.
2. **Hospital based facilities** are those that are owned and operated by a hospital in the area. Examples of these facilities are Lake Forest Health Club and Centre Club of Gurnee.
3. **Independently owned and/or specialty facilities** are those that are owned by individuals without a company behind them or focused on certain cliental. Examples of these facilities are Potential Training Wellness Center, Curves, 24/7, Yoga studio, Boxing club, Dance studio, Libertyville Sports Complex, Speed Camps.

For each of the following facilities you are to include the following within your folder, each bullet should be labeled and easily found within your final project:

- Services offered
  - ✓ Health-Fitness Components available?
  - ✓ Additional classes offered
  - ✓ Shower facilities, towels, shampoo/conditioner
  - ✓ Massage
  - ✓ Personal Training & Health Assessments
- Cliental of facility
  - ✓ Rehabilitation service, average fitness individual or elite athletes
  - ✓ Interview with member (complete attached form)
- Membership Options & Cost
  - ✓ Range for individual to family expenses
  - ✓ Additional costs for classes offered
  - ✓ Length of memberships
  - ✓ Trial membership options

The final portion of the project is to rate the health clubs that you researched.

On a ☆ - ☆ ☆ ☆ ☆ ☆ rating scale, score the health clubs chosen according your individuals needs.

- **Internet research** (In class computer lab sessions prior to Spring Break, no later than Thursday March 20<sup>th</sup>)
  - ✓ Choose your 3 health clubs and attain internet information relevant to the facility.
  - ✓ You must print out the information to document your research.

- This will be worth 5% of your semester grade
- **Facility visitation** (Tuesday April 22<sup>nd</sup> all materials from Facility visitation due)
  - ✓ Additional information provided by health club (ex: pamphlets, flyers, applications)
  - ✓ Client Interview
  - ✓ Journal entry on experience at the health club, reflect on your impression of the facility.
    - This will be worth 5% of your semester grade
- **Final Project Presentation** (All materials turned in May 20<sup>th</sup> ; Oral presentations will occur during scheduled exam sessions)
  - ✓ Create a typed binder of information containing the contents above. Organize the binder according to bullets provided with tabs.
  - ✓ Include research materials within binder.
  - ✓ Prepare a 2 minute oral presentation summarizing your findings and personal preference within your 3 health clubs.
    - Completion of final project will be worth 20% of your semester grade