Personal Fitness

Mrs. Anderson

Overview

My Fitness Pal

Each student will create an on-line profile at Myfitnesspal.com.

Here you will be expected to track your food in-take and your daily exercise. This must be done every day in-order to reach maximum points.

The goal being, as you chart these factor you and I will see an improvement in both nutrition and activity levels.

11 major muscle groups portfolio

Here you will be asked to identify these muscle groups and answer a verity of question on strength and conditioning. The final project will be presented to me in a power point presentation.

Cardiovascular Fitness Portfolio

Students will explain the process by which the heart, lungs and muscles work together to create movement within the body. The final project will be presented to me in a power point presentation.

Physical Activity

Each student will be graded on their level of effort and participation when asked to perform physical tasks that are within their ability.