

PE Central College Lesson Ideas

Title: Personal Fitness Plan Assignment Lesson Idea

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Description:

This is the very first thing that I do in my Fitness Methods course. I start by telling them some of my short and long term goals for the semester in regards to fitness and then have them spend 5 minutes with a partner to brainstorm or talk about what goals they might have for the semester. Then I give them this assignment and have them return their goals and structured plan to me a week later. This assignment is important for several reasons: it gets them thinking about fitness on a personal level and they begin to realize that everyone in the class has different goals/needs- which then translates to what they will face in the K-12 classroom. They also learn (or re-learn) about goal setting and how important that is for k-12 students.

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<http://www.pecentral.org/lessonideas/collegelessons.html>

PED 240 (Fall 10) Personal Fitness Plan Assignment- 50 points

Three steps:

1. Develop your personal fitness plan (See below)- **Due Sept 9 (20 Points)**
 - a. Setting goals (short and long) 10 points
 - b. Structure your plan 10 points20 Points
2. Engage in activities throughout the semester that will help you to meet your goals. Keep a daily/weekly log or journal to verify your activity levels. Turn in at the end.
3. Complete a summary report : **Due Nov 23 (30 points)**
 - a. Must be typed and neat 3 points
 - b. Addressed your initial plan and goals 3 points
 - c. Discussed in detail **WHAT** you did 6 points
 - d. Discussed in detail **HOW** you met your goals 6 points
 - e. Discussed how you could use this project/information to help you teach K-12 students about fitness 6 points
 - f. Turned in complete activity log/journal 6 points30 points

Attach this form to your initial fitness plan and again when you turn in the final summary and activity logs. Thanks.

Goal Setting Tips:

I want you to think about two different types of goals for your personal fitness plan. These include both Health-related and skill-related fitness as well as general physical activity and nutrition. First think about some short term goals that you have -these should be accomplishable within the next 6-8 weeks. Then I want you to think about possible long term goals that you would like to achieve- end of the semester and beyond.

Things to think about: What do you currently do? What do you want to do? How will you accomplish these goals? Are they realistic? What will your plan look like?