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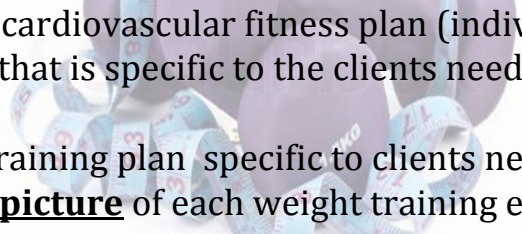
GRADE 12 FITNESS FSE

NAME: _____

DUE DATE: Thursday January 19th, 2017

TASK: students will examine a clients' fitness needs and goals and develop a comprehensive fitness plan that is specific to their client

MUST HAVE'S

- 
- aerobic/cardiovascular fitness plan (individual activity or fitness classes) that is specific to the clients needs, interests, experience, fitness level
 - weight training plan specific to clients needs, fitness level
 - **labeled picture** of each weight training exercise
 - print out of the facilities fitness classes
 - complete questions from power point on principles of fitness

**YESTERDAY
YOU SAID
TOMORROW.**

Grade 12 FSE EVALUATION

AEROBIC/CARDIOVASCULAR PROGRAM

Learning Goal	Expectation	Marks/Out of
AL 2 Physical Fitness	✓ Appropriate # of days/week for fitness level	/18mks
MC2 Mov't Skill	✓ Addresses clients fitness goals/health concerns	/10mks
AL2 Physical Fitness	✓ Appropriate duration of each exercise session for clients' fitness level	/18mks
HL1 Healthy Living	✓ Appropriate increments in duration of exercise for clients' fitness level	/10mks
MC2 Mov't Strategies	✓ Includes cardio/aerobic exercises that are of interest to the client, accessible to the client and address any health issues (bad back etc.)	/10mks

WEIGHT TRAINING PROGRAM

Learning Goal	Expectation	Marks/Out of
MC 2 Mov't Strategies	✓ Identifies proper name of wt training exercises	/8mks
MC 2 Mov't Strategies	✓ Identifies correct muscle group targeted for wt training exercise	/8mks
AL2 Physical Fitness	✓ Appropriate % of 1 Rep Max for client	/5mks
AL2 Physical Fitness	✓ Appropriate # of Reps for client	/5mks
AL2 Physical Fitness	✓ Includes all major muscle groups	/5mks
AL3 Safety	✓ Exercises are appropriate level of difficulty for client	/8mks
MC1 Mov't Skill	✓ Variety of exercises for client (fitness class, cable, TRX, dumbbell, machine etc.)	/10mks
MC1 Mov't Skill	✓ Labeled picture of each weight training exercise	/16mks
HL1 Healthy Living	✓ Program includes a print out of fitness classes available at fitness club/gym that client is a member of.	/10mks

CASE STUDY #1 Julie

- 40 years old
- married
- mother of 2 school aged children
- sedentary career: secretary
- 20 lbs over weight
- fitness/health goals: lose body fat, improve muscle tone & strength
- inexperienced/beginner exerciser
- enjoys walking, dancing,
- at risk for diabetes, high blood pressure, osteoporosis and arthritis
- she belongs to **Beachwalk Fitness Club** in Essex and is interested in some of their fitness classes

CASE STUDY #2 Jack

- 60 years old
- recently retired from Chryslers
- has not been physically active in 15 years other than his work
- has recently joined **Good Life Fitness** at the Devonshire Mall
- interests include running, biking, weight training, possibly cross-fit
- fitness goals: decrease body fat, improve strength, become more healthy
- at risk for cardiovascular disease & cancer due to his smoking habit (1 pack/day)

CASE STUDY #3 Nicole

- 50 years old
- has a history of hypertension
- has been smoke free for 6 months
- fitness goals: has recently lost 15lbs through walking and would like to lose another 10lbs, would like to become more toned, has recently signed up to complete a 5km run
- enjoys running, walking, swimming, no experience with weights but would like to learn
- has a gym/swim membership at the **Vollmer complex** in LaSalle

CASE STUDY #4 Joe

- 35 year old father of 1 year old twins
- works at an office job 40-50 hours/week
- suffers from mild depression
- since becoming a father he has gained 10-15lbs and hasn't been committed to his workout program
- would like to become more active and return to weight training and aerobic exercise in order to lose weight and help manage his depression
- recently joined **Windsor YMCA at Central Park Athletics**
- played basketball in high school & college
- enjoys basketball, biking, running, weight training and possibly cross-fit or boot camp classes

CASE STUDY #5 ANNA

- 20 year old student
- works part-time 15 hours/week
- has always led a sedentary lifestyle
- suffers from anxiety and has bad knees
- 20 lbs overweight
- would like to become more fit/toned, lose 20lbs
- doesn't enjoy running, enjoys swimming, walking & dance, would like to try some beginner fitness classes
- has recently joined **Absolute Fitness** for women in the west end Windsor location

CASE STUDY #6 EMMA

- 27 years old
- new mother of 8 month old
- was very active before she became pregnant
- no health issues
- would like to lose 15 lbs and become stronger and more fit
- husband works long hours
- played squash before having her baby
- enjoys running, cycling, cross-fit, boot-camp, does not enjoy dance
- has some knowledge of weight training
- has recently become a member of **Windsor Squash & Fitness center**

CASE STUDY #7 MATT

- 20 years old
- Attends St. Clair College
- Works part-time (15-20 hours/week)
- Was a multi-sport athlete in high school (football, basketball & track)
- Has a student gym membership at **St. Clair College**
- Took fitness/wt training classes in high school
- Has not followed a consistent fitness plan in 1 year
- Fitness/health goals: regain cardiovascular fitness & strength that has been lost over the past year
- Leads a relatively healthy lifestyle/no health risks



CARDIOVASCULAR FITNESS PLAN

WEEK 1

Exercise/Activity	Days/Week	Duration/Time

WEEK 2

Exercise/Activity	Days/Week	Duration/Time

WEEK 3

Exercise/Activity	Days/Week	Duration/Time

WEEK 4

Exercise/Activity	Days/Week	Duration/Time

WEEK 5

Exercise/Activity	Days/Week	Duration/Time

WEEK 6

Exercise/Activity	Days/Week	Duration/Time

