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| Create the Ideal Physical Fitness Program or Facility |
| You just received a grant from NIKE to create a revolutionary facility or program. Your target group is teens who live a sedentary lifestyle; your goal is to improve their fitness.  The teens you are targeting are not motivated to be active and do not know the benefits of physical fitness. Your task is to design a facility or program that will meet their needs, overcome possible barriers, and educate them about the importance of developing habits for living a physically active life.  You can describe your facility or program by creating one of the following-   * Detailed informational brochure * A website * Poster * Videotaped advertisement/commercial * Floor plan * Other (must be pre-approved in advance)   Continued, other side.  To demonstrate proficiency in advocating for life long physical fitness you must be able to explain how these concepts are necessary and interrelated:  Explains Benefits of Physical Activity and Physical Fitness (*see graphic organizer*):   * Academic *(not just “tutoring available” – refer to article for benefits)* * Mental/Emotional (*refer to graphic organizers from class)* * Social * Physical  1. *Personal Components of Fitness (Endurance, Strength, Flexibility, Body Composition)* 2. *Blood Pressure* 3. *Heart Rate* 4. *Weight Management*  * Phases of a work-out are included (warm-up, stretch, etc.) * SMART Goal-setting or F.I.T.T. plan must be included * Motivation program for youth who do not really like fitness/exercise   If there is any element of this assignment not fully explained in your project, write it out on paper and attach to your project to explain *“necessary and interrelated.”* |