

Shawnee High School Physical Education 2 Final Exam

Individual 1 Hour Fitness Routine

For your final exam this semester, you will report to class, at your exam period time, prepared with two copies of a typed one-hour workout. You will turn one copy in to me and keep the second copy as a guide to use while you perform the workout. The workout you have designed should be related to your personal fitness goals and should be a culmination of the work we have been doing this semester in the fitness center. The final exam counts as 10% of your entire semester grade. There will be 200 points possible, 100 for the workout plan you turn in and another 100 based on your individual efforts during your workout. This exam will help demonstrate whether you can identify personal fitness needs, design a workout to improve your level of fitness and perform a workout at a level that will improve your personal fitness.

Workout Plan Requirements

Format Requirements (note the order):

- Staple the Rubric to the top page of your workout.
- Outline type format - you should be able to fit your plan on one page, two would be acceptable.
- Name and hour.
- Two personal fitness goals, including the reasons why you chose those goals. Use complete sentences here.
- List the exercises you are going to perform; in the order you are going to perform them. Be sure to indicate if you are going to do these exercises as a circuit or if you are going to do all sets before moving on to a new exercise.
- Be sure to specifically name each individual exercise while including where appropriate: weights, sets, reps, target heart rate and/or times.
- Use headings to distinguish the areas of fitness you are working in, (strength, cardiovascular, abdominal and flexibility).
- You need to have at least 10 minutes of activities for each area of fitness. Consider some transition time in your plan.
- At the end of your plan, add up the time for all the individual exercises and indicate the total. It should come out to at least one-hour, a little over would be OK.
- The exercises you choose and the amount of time you spend in each area of fitness should reflect your goals.

Reminders

- Computer/printer malfunctions are not a valid excuse to not have this assignment completed on time, do not wait till just before the exam time to print this out.
- Bring two copies to class, one to hand in and one to refer to while you are working.

Sample Workout Format

Name_____

PersonalGoals

1. XXX
XX.
2. YYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYY YYYYYYYYYY YYYYYYY
YYYYYYYYYYYYYYYYYYYYYYYYYYYYY.

Cardiovascular

Treadmill	140-160 Target Heart Rate	25 min.
-----------	---------------------------	---------

Abdominals

Exercise A	2 sets/25 reps	2 min.
Exercise B	2 sets/15 reps	2min.
Exercise C	2 sets/25 reps	2 min.
Exercise D	2 sets/20 reps	2 min.
Exercise E	2 sets/30 reps	2 min.

StrengthTraining

These lifts will be done as a circuit. Each rotation of the circuit takes 8 minutes. .

Exercise A	2sets/8-12 reps	weight?	
Exercise B	2sets/8-12 reps	weight?	
Exercise C	2sets/8-12 reps	weight?	
Exercise D	2sets/8-12 reps	weight?	
Exercise E	2sets/8-12 reps	weight?	
Exercise F	2sets/8-12 reps	weight?	16 min.

Flexibility

Stretch/Muscle	2sets per leg/25 seconds	2 min.
Stretch/Muscle	2sets per leg/25 seconds	2 min.
Stretch/Muscle	2sets/25 seconds	1 min.
Stetch/Muscle	2sets/25 seconds	1 min.
Stretch/Muscle	2 sets per arm/25 seconds	2 min.
Stretch/Muscle	2 sets per arm/25 seconds	2min.

Total Time	61 min.
------------	---------

Name _____

Final Exam Rubric

WorkoutPlanRubric

This rubric is stapled to the top of the plan	_____ /5
Workout plan is formatted in an easy to follow manner	_____ /15
Appropriate goals and reasons are written out	_____ /20
Exercises are related to personal goals	_____ /20
Exercises chosen show some thought and creativity	_____ /20
Detailed, times and individual exercises are listed	_____ /20
Total	_____ /100

WorkoutPerformanceRubric

Percentage of time spent on task during the one hour	_____ /25
Ability to follow the plan	_____ /25
Appropriateness of the exercises	_____ /25
Appropriate levels of effort in performing the exercises, ie: <ul style="list-style-type: none">• Heart rate during cardiovascular work• Challenging weights/reps in strength training	_____ /25
Total	_____ /100
Exam Total	_____ /200