

# Fitness Leadership–Assessment

**Outcome: Demonstrate various fitness exercises in a progressive order ( FL11)**

	NAME	Understands Principles	Technique Demonstrated	Task Cards for Programs	Prepared* (non weighted)
1	John	1 <i>Insert comment here</i>			
2	Sue	3			
3	Larry	2			
4	Mary	3			
5					
6					
7					
8					
9					
10					

1 (N)	2 (E)	3 (P)
Not yet evident	Emerging (met with Assistance)	Proficient (Met independently)

## Planning Chart

Grade: 11

Subject: Fitness Leadership

### Unit: Module 5: Components of a Fitness Class

Outcomes

**Demonstrate various fitness exercises in a progressive order ( FL11)**

Instruction

**Can take place in fitness centre using machines or in gym using free weights, exercise tubing, stability balls etc.**

**Assignments for Practice and Development**

<p><b>Title: Research Concept Task</b></p> <p>Description:  <b>Students will do basic research on specific fitness concepts that interests them and using their fitness journal entry explain the importance of these principles on their current program development.</b></p> <p>What to Look for:  <b>Understands the principles related to sports specific training</b></p>	<p><b>Title: Poster for Fitness Centre</b></p> <p>Description:  <b>Students are given the opportunity to prepare a poster (8.5 x 11) that will hang near fitness machine (ie treadmill) that will motivate clients to use the machine safely and progressively.</b></p> <p>What to Look for:  <b>Understands the principles related to sports specific training</b></p>	<p><b>Title: 1 on 1 fitness Instruction</b></p> <p>Description:  <b>Students can work in pairs to instruct each other how to perform basic fitness exercises using proper technique.</b></p> <p>What to Look for:  <b>Demo's various fitness exercises using proper technique</b></p>	<p><b>Title: Group fitness Instruction</b></p> <p>Description:  <b>Students will be given the opportunity to deliver large group instruction on basic fitness exercises using proper technique</b></p> <p>What to Look for:  <b>Demo's various fitness exercises using proper technique</b></p>
<b>Culminating Tasks</b>			

<p>A) Title: <b>Task Card for Client</b></p> <p>Description: <b>Student will be given the choice to prepare a task card specific to an area of their interest (sport, PA etc) that may be given to a client at a fitness centre they are working for.</b></p> <p>What to Look for: (knowing &amp; valuing)</p> <ol style="list-style-type: none"><li><b>1. Student will provide a detailed task card with exercises arranged in proper progression</b></li><li><b>2. Can explain the importance of why progression should be followed.</b></li></ol>	<p>B) Title: <b>Peer Instruction</b></p> <p>Description: <b>Student will take turns delivering their program through peer instruction. Peer (client) will provide detail feedback through peer evaluation</b></p> <p>What to Look for: (doing)</p> <ol style="list-style-type: none"><li><b>1. Student will perform / demonstrate tasks as indicated on task card.</b></li></ol>
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