

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

| | | | |
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| <p>Title: Research Concept Task</p> <p>Description: 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.</p> <p>What to Look for: Understands the principles related to sports specific training</p> | <p>Title: Poster for Fitness Centre</p> <p>Description: 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.</p> <p>What to Look for: Understands the principles related to sports specific training</p> | <p>Title: 1 on 1 fitness Instruction</p> <p>Description: Students can work in pairs to instruct each other how to perform basic fitness exercises using proper technique.</p> <p>What to Look for: Demo's various fitness exercises using proper technique</p> | <p>Title: Group fitness Instruction</p> <p>Description: Students will be given the opportunity to deliver large group instruction on basic fitness exercises using proper technique</p> <p>What to Look for: Demo's various fitness exercises using proper technique</p> |
| Culminating Tasks | | | |

| | |
|--|--|
| <p>A) Title: Task Card for Client</p> <p>Description: 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.</p> <p>What to Look for: (knowing & valuing)</p> <ol style="list-style-type: none">1. Student will provide a detailed task card with exercises arranged in proper progression2. Can explain the importance of why progression should be followed. | <p>B) Title: Peer Instruction</p> <p>Description: Student will take turns delivering their program through peer instruction. Peer (client) will provide detail feedback through peer evaluation</p> <p>What to Look for: (doing)</p> <ol style="list-style-type: none">1. Student will perform / demonstrate tasks as indicated on task card. |
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