

Application of Fitness Knowledge

- Aerobic Activity -

4. Students independently record data correctly on a Personal Exercise Data Card. The card consists of at least one day's workout prior to the assessment and includes: 1) a correct calculation of an acceptable target zone for heart rate during exercise, 2) an appropriate personal target heart rate goal for the day's activity, 3) resting heart rate, 4) warm-up heart rates 5) exercise heart rates, 6) post-exercise heart rate, 7) recovery heart rates, 8) a comparison of post-exercise heart rates to the target heart rate goal, and 9) the identification of the appropriate modification(s) that would be necessary to meet the exercise target heart rate goal during the next exercise workout. Students' written work shows correct application of the Principles of Exercise and the FITT Formula.
3. Students complete the exercise data card but show minor errors in calculations, recording, applying the Principles of Exercise and/or the FITT Formula for this activity. Students may hesitate or seek confirmation from others when completing the assignment.
2. Students show major errors in completing the exercise data card and/or when applying appropriate Principles of Exercise and/or the FITT Formula indicating they need assistance to exercise safely and productively.
1. Students do not complete the exercise data card and/or show little understanding of applying the Principles of Exercise and/or the FITT Formula for this activity.

Application of Skill

- Aerobic Activity -

4. Students appropriately select, prepare, and use heart rate monitoring equipment. Students demonstrate the correct intensity of exercise to establish and maintain a heart rate in the target zone for 20 minutes and respond correctly to the feedback of "working" heart rate data to make few, if any, adjustments in exercise intensity necessary to maintain heart rate in the target zone.
3. Students appropriately select, prepare, and use heart rate monitoring equipment. Students demonstrate the correct intensity of exercise to establish a heart rate in the target zone but cannot consistently maintain a heart rate in the target zone for 20 minutes as they attempt to respond to heart rate data by making adjustments.
2. Students may need assistance to select, prepare, and use heart rate monitoring equipment and/or make major errors leading to ineffective and inconsistent performance as they attempt to establish and maintain a heart rate in the target zone for 20 minutes.
1. Students may need instruction to effectively select, prepare, and use heart rate monitoring equipment. Students attempt the activity but are unable to complete the task.

Personal/Social Responsibility and Safety

- Aerobic Activity -

4. Students demonstrate high intensity, self-direction, and attention to detail both in the routine and in completing the Personal Exercise Data Card. Students participate energetically and safely demonstrating self-control and respect for the positive and safe experience of others. Students challenge themselves and others to high levels of performance.
3. Students participate energetically and safely demonstrate self-control and respect for others.
2. Students participate safely, demonstrating self-control and respect for others, but are inconsistent in energy.
1. Students lack self-control at times and/or need reminders and encouragement from others to participate in a safe, energetic, and/or respectful manner.