

## Culminating Task: Exercise Circuit

You will design an exercise circuit and guide based on your personal fitness goals that would appeal to a wider audience. The guide consists of Parts A-D and is to be submitted as one complete booklet in hard copy (in a duotang or project folder) along with this marking scheme.

### Requirements and Marking: [ 70]

#### A. Introduction:

##### **Why design this circuit? What is its purpose? Who will it benefit?** [ 10]

- Explain your goals and targets and how this circuit meets those needs. This should be based on your own fitness targets we evaluated in class
- What is involved? Anaerobic/aerobic, types of exercises, training methods used (plyometric, interval, resistance), major muscle groups worked out, long term health and performance benefits (strength, speed, weight loss, specific skill improvement, reflexes)
- What resources are required? Time it will take, equipment needed and other factors that are necessary to know before starting the workout
- Organize this section into a few paragraphs. Total length should be about ¾ of a page.

#### B. Circuit:

##### **If I see this workout, will it make me stop and want to find out more?** [ 20]

- Video, poster, other method of presenting and sharing (approved by teacher)
- Catchy name, clear presentation, targets obvious, see [darebee.com/workouts](http://darebee.com/workouts) for some great examples
- Contains at least 6-10 stations/exercises
- Covers all aspects of FITT principle
- Should have at least 3 levels of difficulty to address overload and progression principles
- Should be specific for you but applicable to others with similar goals

#### C. Workout Tips: [ 10]

##### **Now you've got my attention. Should I jump right in? How healthy should I be to do this circuit?**

##### **How often should I do it? What stretches should I do before and after?**

- FITT principle considerations clearly outlined
- Fitness level considerations. Aerobic base required? To develop aerobic base? Body type?
- Warm-up/cool down/stretching considerations
- Nutrition considerations? (if applicable)
- Any other considerations
- Should be organized clearly with headings. Total length should be about 1 page.

#### D. Appendix

##### **Behind the Scenes:** [ 20]

- Anatomy:** Breakdown of muscles active for each exercise in the circuit including muscle origins and insertions (organized in a table)
- Physiology:** Effect on cardiorespiratory system, energy pathways used (anaerobic alactic, anaerobic lactic, aerobic), and nervous system (types of reflexes). Effects are fully explained with correct terminology

#### E. Presentation [ 10]

##### **Is the guide organized, easy to follow, and visually appealing?**

- Guide easy to follow and effective at communicating ideas
- Submitted in the correct format
- Guide neat and typed
- Guide visually appealing
- Proper grammar and spelling

**Project Planning:**

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**1. Fitness goals/targets:**

This should be based on the health analysis and fitness testing from the past week. Think about where you could use some improvement. Remember, goals should be clear and quantifiable where possible.

**2. How can you achieve those goals?**

List some ways you can work towards the goals. What types of exercise or types of training would work best?

**3. List some specific exercises:**

Refer to the examples on [darbee.com](http://darbee.com) or the textbook (exercises by muscle groups on pg 64-65)

**4. Start working on your guide!**

See page 192 for resistance training guidelines, Page 210 for recommendations for fitness training and 222 for sample training programs

**Due Date:**