

Note: This assessment is designed to be part of a comprehensive instructional unit in fitness at the commencement level. Students perform only exercises that are part of their teacher-approved personal fitness plan.

Task: Students will perform an aerobic workout activity for 20 minutes in addition to 5-minute warm-up and cool-down periods. Heart rate will be recorded from data generated by a heart rate monitor, pulse rate device, or palpation. The data will be presented as a downloaded or hand-drawn graph depicting heart rate at specified intervals during warm-up, the assessment activity, and cool-down. The activity for this assessment will be chosen from one of three categories: 1) an aerobic fitness activity (e.g., run/walk/jog/jump rope), 2) a fitness machine activity (e.g., treadmill, stationary bike, or a rowing, elliptical, stepping, ski machine), or 3) an active sport (e.g., basketball, tennis, ballroom dance). Students will be assessed on their ability to maintain a specified target heart rate during the 20-minute assessment activity. Using the data collected prior to and during the assessment activity, students will complete a Personal Exercise Data Card showing the correct application of the Principles of Exercise and the FITT Formula. It will include the correct calculation of their target zone heart rate and recordings of resting, exercising, post-exercise, and cool-down heart rates. Students will participate safely demonstrating appropriate personal and social behavior.

Application of Fitness Knowledge

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 Skills

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

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.

Personal Exercise Data Card – Aerobic Performance Activities
Application of the Principles of Exercise and the FITT Formula for Cardiorespiratory Fitness

Student Name: _____ Class: _____ Date: _____

Directions: The Personal Exercise Data Card represents an excerpt from an Exercise Fitness Log that a student might complete for an aerobic activity. Students will complete the Personal Exercise Data Card filling in the required information. They will then submit a graph based on their performance data and write a short answer applying the Principles of Exercise (overload, progression, and specificity) and the FITT Formula (frequency, intensity, time, and type), and how modifications would be applied to their next workout.
 Note: Students will need to answer question #1 and fill out the dark squares on the data card prior to the assessment.

1. Calculate an acceptable target zone for your heart rate during exercise (show your work).

Personal Exercise Data Card

	2. Record personal target exercise heart rate goal for the activity.	3. Record “resting” heart rate.	4. Record “warm-up” heart rate at 1-minute intervals until you are in the target HR zone.	5. Record “exercise” heart rate at 2-minute intervals.	6. Record “post- exercise” heart rate immediately after exercising.	7. Record “cool-down” heart rate at 1-minute intervals for 5 minutes	8. Did exercise heart rate match your goal?
Previous Workout							YES NO (circle answer)
Assessment Workout		Submit a graph for items 3-7					YES NO (circle answer)

9. Submit a graph for items 3 - 7 found in the above chart.
10. Basing the interpretation of your data on the application of the Principles of Exercise and the FITT Formula, how, if at all, would you modify your next workout to reach and maintain your specific target heart rate goal?