

## Fitness Goal and Program

After reading the content from the Physical Activity section hopefully you feel more confident understanding of how to set specific fitness goals and design a program to accomplish those goals. For this assignment you will be asked to come up with a specific goal (SMART goal). Also, you will be asked to design a workout program based on that goal using the FITT Principle.

Even though changing your diet will be the most important step for improving various fitness goals such as weight loss, this project will only focus on utilizing exercise to meet your SMART goal. Therefore, you do not need to discuss changes to your diet in the FITT principle section of this assignment. You should have addressed dietary issues in the previous nutrition assignment.

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### **Grading Criteria**

#### **SMART Goal**

- **25 Points**
  1. A specific statement is made for each letter of SMART
  2. Incomplete fragmented sentences will not count and you will lose points
  3. The fitness goal must be very specific
    - a. "I would like be more fit" does not count as a specific goal
  4. Mention how you will specifically measure your outcomes
  5. Is the goal achievable and realistic in the time frame you mentioned and based on your current fitness habits
  6. Did you include a specific time frame to accomplish this goal
- **20 Points** – Missing/incomplete - any one of the components listed above
- **15 Points** – Missing/incomplete - any two of the components listed above
- **5 Points** – Missing/incomplete - any three of the components listed above
- **0 Points** – Did not include a SMART goal or very little effort was put forth to complete this section of the assignment

#### **FITT Principle**

- **25 Points**
  1. A specific statement is made for each letter of the FITT principle
  2. Incomplete fragmented sentences will not count and you will lose points
  3. You specifically listed the number of times per week you will execute the workout program
  4. Include a description of the intensity of your workout – if you are doing cardiovascular exercise describe the intensity or speed and if you are performing resistance training state if the workout program will be easy, moderate or heavy
  5. List how many minutes or repetitions each exercise will be
  6. Specifically list the type of cardiovascular exercise or name of strength exercises

7. Finally, all aspects of your exercise program (FITT) must match your goal.

- **20 Points** – Missing/incomplete - any one of the components listed above
- **15 Points** – Missing/incomplete - any two of the components listed above
- **5 Points** – Missing/incomplete - any three of the components listed above
- **0 Points** – Did not include a training program using the FITT principle or very little effort was put forth to complete this section of the assignment