



PHED 1164

Introduction to Physical Fitness and Wellness

Rubric: Personal Workout Plan

Core Objectives: CT | SLO: 4

Goal: The purpose of this assignment is for students to properly design a one week exercise program using the FITT principle, and exercise prescription concepts.

Instructions: The PWP assignment is a daily log of the goal-related exercise. Your fitness goal will be based on which health-related fitness component you are targeting. *For each day, the FITT principle must be used to log that exercise.* Do not journal what you did, provide the Frequency, Intensity, Time, and Type of exercise done for each session. Under "Type" you will also record which component the exercise is targeting: **1- Cardiorespiratory endurance, 2- Body composition, 3- Muscular Fitness, 4- Muscular Flexibility**

*Note: If you select 2, you are selecting musc. strength **and** endurance, because musc. fitness encompasses both. If you are targeting muscular strength, put 2 but specify musc. strength in parentheses*

You are being evaluated on the accuracy of your regimen. Deductions will occur if you say your "Type" was Cardio but you put the wrong amount of "Time" for a Cardio workout or a wrong Exercise that is more for flexibility and not cardio. If you say your exercise "Type" was Strength but the amount of weight used was not correct, or the amount of sets and reps you performed were more designed for endurance, then the "Type" should have said Anerobic or Resistance with a 3, not Strength. If you are doing Cardio but under intensity do not have a THR with bpm, it is incorrect. If you are doing strength but under intensity do not have % of 1RM. All these details and terms can be found in your Building a Fitness Regimen lecture.

Example:

Date	Exercise	Frequency	Intensity	Time	Type
Monday	-TRICEPS: Dumbbell triceps extension (10x3) -BICEPS: Preacher curl (10x3) -FOREARMS: Dumbbell reverse curl (10x3)	1x/week	-20 pounds -70 pounds -30 pounds	30 minutes	Anaerobic: 3
Tuesday	Interval training	2x/week	THR= 85% of HRR (160 bpm)	25 minutes	Cardio: 1
Wednesday	-QUADS: Machine leg extension (8x6) -HAMSTRINGS: Single leg KB deadlift (8x6) each side GLUTES: Barbell hip thrust (5x5)	1x/ week	-65% of 1RM -65% of 1RM -75% of 1RM	30 minutes	Strength: 3 (Musc. strength)
Thursday	-Foam roll -Stretching circuit	2x/week	Body weight	30 minutes	Active Recovery: 3/4
Friday	-CHEST: Cable crossover (10x3) -CORE: Cable wood chopper (10x3) -BACK: Lat pulldown (10x3)	1x/week	-30 pounds -50 pounds -80 pounds	30 minutes	Resistance: 3
Saturday	Interval training	2x/week	THR= 85% of HRR (160 bpm)	25 minutes	Cardio: 1
Sunday	Rest	1x/week	Rest	N/A	Recovery

Grading:

This assignment will be worth 25 points. The evaluation of how many points your work will earn will be as follows:

5pts- Grammatical accuracy (spelling, punctuation, well structured, complete sentences.)

10pts- Adherence to FITT principle

10pts- Completeness of the exercise log