

## Health & Fitness Program Design Assignment Guidelines

### Objective:

To generate an exercise program for yourself, or someone else, designed with a specific health or fitness goal in mind.

### Assignment:

Create a one-month exercise or wellness program for yourself or someone you know.

### Requirements:

- Specify clearly what the fitness or health *SMART goal is*.
  - The program must *logically support achieving the outlined goal*.
  - Must include a *detailed profile* for the person the program is for.
- Must be for *4 weeks' worth of programming* (can repeat a week 4 times if appropriate for the program). Include a program schedule.
- Demonstrate the application of the *FITT principle*.
- Include *baseline and follow-up outcome measures*.
- Must include at least one day's worth of *strength training* detailed (minimum 4 exercises).
  - This includes exercise names, rep range targets, number of sets for each exercise, indicate if to be completed in supersets/circuit/intervals, and include a suggested weight target or % of rep max to lift for each exercise.
- Must include at least one day's worth of *stretching* detailed (minimum 3 stretches).
  - Includes stretch name, muscle group targeted, and duration of the stretch.
- Must include at least one day's worth of *cardiovascular exercise* detailed (minimum 1).
  - Includes type, duration, and intensity.
- **Word.docx** submitted **via Turn-It-In (turnitin.com)** by midnight by the due date found in the course schedule.
  - **Filename must include your full name, course section, and assignment title** (ie: Program Design Assignment)
- BONUS: Submit a video clip of you demonstrating/instructing/completing the exercises in your workout from your program (can be a link to YouTube or Google Drive found in your submitted paper). I will not accept links sent via email, nor links that do not work.

### Grading:

This assignment is worth 35% of your final grade.

- SMART goal /10
- FITT principle applied and clearly supports the fitness/health goal /10
- Min. 1/each: strength, flexibility, & cardio workouts detailed /10
- Level of comprehensiveness/completion of program as per guideline's requirements. /5

BONUS: Video of guided exercises/workout from program (up to 5% towards this assignment only, ie. you can only get 100%)

**Sample of the schedule format and basic outline of workouts:**

Note: Your assignment should include more than this sample section does.

2019 SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2 A	3	4 B	5 Cardio	6 C	7
8 A	9	10 B	11	12 C	13	14 Cardio
15	16 A	17	18 B	19 Cardio	20 C	21
22 A	23	24 B	25	26 C	27	28 Cardio
29	30 A					

www.free-printable-calendar.com

A baseline test for body fat percentage (skinfold test) Sept 1, retest follow-up Sept. 30.

Workout A:

Squats	12-15x/4x	@75% 1RM
Push-ups	10-12x/3x	
Dumbbell Rows	10-12x/3x	@80% 1RM
Sit-ups	20x/4x	
.... etc.		

Workout B:

Runner's stretch	Hamstring	45 seconds/each side
..... etc.		

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Cardio

45 minutes of cycling at Zone 3 heart rate max

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