

First Name: _____ Last Name: _____ Date: _____

REC1040-LO5 - Sports Performance - Goal Setting

General Fitness Goal #1:			
<i>Check off all related Health and Performance Components</i>			
Health Components: <input type="checkbox"/> Cardiovascular Health <input type="checkbox"/> Muscular Strength <input type="checkbox"/> Muscular Endurance <input type="checkbox"/> Flexibility		Performance Components: <input type="checkbox"/> Power <input type="checkbox"/> Agility <input type="checkbox"/> Speed <input type="checkbox"/> Coordination <input type="checkbox"/> Balance	
<i>Determine two (2) activities that will help you achieve your goal. Describe both activities in terms of F.I.T.T. (Frequency, Intensity, Type, Time)</i>			
Activity #1a: <i>Type of Exercise</i>		Activity #1b: <i>Type of Exercise</i>	
<i>Frequency</i>	<i>Intensity Setting or Weight</i>	<i>Frequency</i>	<i>Intensity Setting or Weight</i>
<i>Time or Reps or Successes</i>		<i>Time or Reps or Successes</i>	
<i>Initial Fitness Record:</i>			
Activity #1a:		Activity #1b:	
<i>Specify a goal specific to each activity. Describe each activity goal in terms of S.M.A.R.T. (Specific, Measureable, Achievable, Realistic, Time-Based)</i>			
Activity #1a Goal:		Activity #1b Goal:	
<i>Achieved by:</i>		<i>Achieved by:</i>	

To be measured on the first Tuesday of every month.

Date:	Activity #1a:	<i>Measured Value (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)</i>	Activity #1b:	<i>Measured Value (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)</i>
Oct				
Nov				
Dec				
Jan				
Feb				
Mar				
Apr				
May				

	3	2	1	0
Create a fitness goal.	<i>Student created a fitness goal by (1) specifying the health and/or performance components of their goal, (2) described their chosen activities to meet this goal in terms of the F.I.T.T. principle, and (3) set their goal using the S.M.A.R.T. principle strategy.</i>	<i>Student met 2 of the 3 requirements.</i>	<i>Student met 1 of the 3 requirements.</i>	<i>Student did not meet any of the requirements.</i>

	3	2	1	0
Create a fitness record.	<i>Student created a fitness record of multiple activities for their goal, and kept record at regular time intervals.</i>	<i>Student created a fitness record of multiple activities for their goal, but kept record at irregular time intervals.</i>	<i>Student created a fitness record for only a single activity for their goal.</i>	<i>Student did not create a regular fitness record.</i>

	Marks	0	0.5	1	1.5	2	2.5	3	3.5	4
Final Assessment	Decrease Time	0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
	Increase Weight	0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
	Increase Reps	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
	Increase Successes (Sports Activity)	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

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REC1040-LO5 - Sports Performance - Goal Setting

General Fitness Goal #2:			
<i>Check off all related Health and Performance Components</i>			
Health Components: <input type="checkbox"/> Cardiovascular Health <input type="checkbox"/> Muscular Strength <input type="checkbox"/> Muscular Endurance <input type="checkbox"/> Flexibility		Performance Components: <input type="checkbox"/> Power <input type="checkbox"/> Agility <input type="checkbox"/> Speed <input type="checkbox"/> Coordination <input type="checkbox"/> Balance	
<i>Determine two (2) activities that will help you achieve your goal. Describe both activities in terms of F.I.T.T. (Frequency, Intensity, Type, Time)</i>			
Activity #2a: <i>Type of Exercise</i>		Activity #2b: <i>Type of Exercise</i>	
<i>Frequency</i>	<i>Intensity Setting or Weight</i>	<i>Frequency</i>	<i>Intensity Setting or Weight</i>
<i>Time or Reps or Successes</i>		<i>Time or Reps or Successes</i>	
<i>Initial Fitness Record:</i>			
Activity #2a:		Activity #2b:	
<i>Specify a goal specific to each activity. Describe each activity goal in terms of S.M.A.R.T. (Specific, Measureable, Achievable, Realistic, Time-Based)</i>			
Activity #2a Goal:		Activity #2b Goal:	
<i>Achieved by:</i>		<i>Achieved by:</i>	

To be measured on the first Tuesday of every month.

Date:	Activity #2a:	<i>Measured Value (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)</i>	Activity #2b:	<i>Measured Value (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)</i>
Oct				
Nov				
Dec				
Jan				
Feb				
Mar				
Apr				
May				

	3	2	1	0
Create a fitness goal.	<i>Student created a fitness goal by (1) specifying the health and/or performance components of their goal, (2) described their chosen activities to meet this goal in terms of the F.I.T.T. principle, and (3) set their goal using the S.M.A.R.T. principle strategy.</i>	<i>Student met 2 of the 3 requirements.</i>	<i>Student met 1 of the 3 requirements.</i>	<i>Student did not meet any of the requirements.</i>

	3	2	1	0
Create a fitness record.	<i>Student created a fitness record of multiple activities for their goal, and kept record at regular time intervals.</i>	<i>Student created a fitness record of multiple activities for their goal, but kept record at irregular time intervals.</i>	<i>Student created a fitness record for only a single activity for their goal.</i>	<i>Student did not create a regular fitness record.</i>

	Marks	0	0.5	1	1.5	2	2.5	3	3.5	4
Final Assessment	Decrease Time	0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
	Increase Weight	0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
	Increase Reps	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
	Increase Successes (Sports Activity)	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

First Name: _____ Last Name: _____ Date: _____

REC1040-LO5 - Sports Performance - Goal Setting

General Fitness Goal #3:			
<i>Check off all related Health and Performance Components</i>			
Health Components: <input type="checkbox"/> Cardiovascular Health <input type="checkbox"/> Muscular Strength <input type="checkbox"/> Muscular Endurance <input type="checkbox"/> Flexibility		Performance Components: <input type="checkbox"/> Power <input type="checkbox"/> Agility <input type="checkbox"/> Speed <input type="checkbox"/> Coordination <input type="checkbox"/> Balance	
<i>Determine two (2) activities that will help you achieve your goal. Describe both activities in terms of F.I.T.T. (Frequency, Intensity, Type, Time)</i>			
Activity #3a: <i>Type of Exercise</i>		Activity #3b: <i>Type of Exercise</i>	
<i>Frequency</i>	<i>Intensity Setting or Weight</i>	<i>Frequency</i>	<i>Intensity Setting or Weight</i>
<i>Time or Reps or Successes</i>		<i>Time or Reps or Successes</i>	
<i>Initial Fitness Record:</i>			
Activity #3a:		Activity #3b:	
<i>Specify a goal specific to each activity. Describe each activity goal in terms of S.M.A.R.T. (Specific, Measureable, Achievable, Realistic, Time-Based)</i>			
Activity #3a Goal:		Activity #3b Goal:	
<i>Achieved by:</i>		<i>Achieved by:</i>	

To be measured on the first Tuesday of every month.

Date:	Activity #3a:	<i>Measured Value (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)</i>	Activity #3b:	<i>Measured Value (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)</i>
Oct				
Nov				
Dec				
Jan				
Feb				
Mar				
Apr				
May				

	3	2	1	0
Create a fitness goal.	<i>Student created a fitness goal by (1) specifying the health and/or performance components of their goal, (2) described their chosen activities to meet this goal in terms of the F.I.T.T. principle, and (3) set their goal using the S.M.A.R.T. principle strategy.</i>	<i>Student met 2 of the 3 requirements.</i>	<i>Student met 1 of the 3 requirements.</i>	<i>Student did not meet any of the requirements.</i>

	3	2	1	0
Create a fitness record.	<i>Student created a fitness record of multiple activities for their goal, and kept record at regular time intervals.</i>	<i>Student created a fitness record of multiple activities for their goal, but kept record at irregular time intervals.</i>	<i>Student created a fitness record for only a single activity for their goal.</i>	<i>Student did not create a regular fitness record.</i>

	Marks	0	0.5	1	1.5	2	2.5	3	3.5	4
Final Assessment	Decrease Time	0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
	Increase Weight	0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
	Increase Reps	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
	Increase Successes (Sports Activity)	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

First Name: _____ Last Name: _____ Date: _____

REC1040-LO5 - Sports Performance - Goal Setting

General Fitness Goal #4:			
<i>Check off all related Health and Performance Components</i>			
Health Components: <input type="checkbox"/> Cardiovascular Health <input type="checkbox"/> Muscular Strength <input type="checkbox"/> Muscular Endurance <input type="checkbox"/> Flexibility		Performance Components: <input type="checkbox"/> Power <input type="checkbox"/> Agility <input type="checkbox"/> Speed <input type="checkbox"/> Coordination <input type="checkbox"/> Balance	
<i>Determine two (2) activities that will help you achieve your goal. Describe both activities in terms of F.I.T.T. (Frequency, Intensity, Type, Time)</i>			
Activity #4a: <i>Type of Exercise</i>		Activity #4b: <i>Type of Exercise</i>	
<i>Frequency</i>	<i>Intensity Setting or Weight</i>	<i>Frequency</i>	<i>Intensity Setting or Weight</i>
<i>Time or Reps or Successes</i>		<i>Time or Reps or Successes</i>	
<i>Initial Fitness Record:</i>			
Activity #3a:		Activity #3b:	
<i>Specify a goal specific to each activity. Describe each activity goal in terms of S.M.A.R.T. (Specific, Measureable, Achievable, Realistic, Time-Based)</i>			
Activity #3a Goal:		Activity #3b Goal:	
<i>Achieved by:</i>		<i>Achieved by:</i>	

To be measured on the first Tuesday of every month.

Date:	Activity #4a:	<i>Measured Value (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)</i>	Activity #4b:	<i>Measured Value (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)</i>
Oct				
Nov				
Dec				
Jan				
Feb				
Mar				
Apr				
May				

	3	2	1	0
Create a fitness goal.	<i>Student created a fitness goal by (1) specifying the health and/or performance components of their goal, (2) described their chosen activities to meet this goal in terms of the F.I.T.T. principle, and (3) set their goal using the S.M.A.R.T. principle strategy.</i>	<i>Student met 2 of the 3 requirements.</i>	<i>Student met 1 of the 3 requirements.</i>	<i>Student did not meet any of the requirements.</i>

	3	2	1	0
Create a fitness record.	<i>Student created a fitness record of multiple activities for their goal, and kept record at regular time intervals.</i>	<i>Student created a fitness record of multiple activities for their goal, but kept record at irregular time intervals.</i>	<i>Student created a fitness record for only a single activity for their goal.</i>	<i>Student did not create a regular fitness record.</i>

	Marks	0	0.5	1	1.5	2	2.5	3	3.5	4
Final Assessment	Decrease Time	0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
	Increase Weight	0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
	Increase Reps	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
	Increase Successes (Sports Activity)	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

Sports Performance – Initial Goal REC1040-L05 – Sports Performance – Exemplars

Example #1: John wants to build his chest muscles. He decides that he wants to do a bench-press (weight exercise) and push-ups (a natural body exercise).

<i>Determine two (2) activities that will help you achieve your goal. Describe both activities in terms of F.I.T.T. (Frequency, Intensity, Type, Time)</i>			
Activity #1a: <i>Type of Exercise</i> Bench-press (Weight Exercise)		Activity #1b: <i>Type of Exercise</i> Pushups (Natural Body Exercise)	
<i>Frequency</i> Tues/Thurs	<i>Intensity Setting or Weight</i> Maximum Weight	<i>Frequency</i> Mon/Wed/Fri (at home)	<i>Intensity Setting or Weight</i> Natural Body Weight
<i>Time or Reps</i> 5 Reps		<i>Time or Reps</i> Maximum Reps	

When John is doing his bench-press, he will ***always*** be doing 5 reps, and will record the maximum weight he can do this with.

When John is doing his pushups, he'll record the maximum number of reps.

Date:	Activity #1a:	<i>Measured Value</i> (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)	Activity #1b:	<i>Measured Value</i> (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)
Oct 3 rd	Bench Press	90 lbs	Pushups	14 reps
Nov 7 th	Bench Press	100 lbs	Pushups	18 reps
Dec 5 th	Bench Press	105 lbs	Pushups	21 reps

For more examples of F.I.T.T., see ***REC1040-L02&03 – Assessment – Initial Fitness Record***.

Sports Performance – Initial Goal REC1040-L05 – Sports Performance – Exemplars

Example #2: Jess wants to improve her basketball performance. She decides she wants to improve her running (cardio) and her three-pointers (sports activity).

<i>Determine two (2) activities that will help you achieve your goal. Describe both activities in terms of F.I.T.T. (Frequency, Intensity, Type, Time)</i>			
Activity #1a: <i>Type of Exercise</i> Running (Cardio)		Activity #1b: <i>Type of Exercise</i> Three-Pointers (Sports Activity)	
<i>Frequency</i> Tues/Thurs	<i>Intensity Setting or Weight</i> Incline of 0.0% 1.0 miles	<i>Frequency</i> Tues/Thurs	<i>Intensity Setting or Weight</i> 20 Attempts
<i>Time or Reps</i> Minimum Time		<i>Time or Reps</i> Maximum Successes	

When Jess is doing her running, she will **always** be running for 1 mile, and will record the time it takes her to do so.

When Jess is making her three-pointer basketball shots, she will **always** make 20 attempts, and will record the number of successful baskets.

Date:	Activity #1a:	<i>Measured Value</i> (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)	Activity #1b:	<i>Measured Value</i> (Time for Cardio Goals) (Reps for Natural Body Exercises) (Weight for Increase Weight) (Successes for Sports Activity)
Oct 3 rd	Running	10:12	Three-Pointer	8 baskets
Nov 7 th	Running	9:36	Three-Pointer	12 baskets
Dec 5 th	Running	9:05	Three-Pointer	13 baskets

For more examples of F.I.T.T., see **REC1040-L02&03 – Assessment – Initial Fitness Record**.