

Practice Scenario #1 and Graphic Organizer (with answer parameters)

Norm, a 17-year old high school senior, was considered an all-round kid. He did well in his studies, was elected to the student government, and was active in intramurals and recreation during all three seasons. His favorite activity is basketball. Norm believed in keeping fit, as he believed that his physical condition would affect the rest of his life. But Norm had been diagnosed with mononucleosis (mono), and after a week in bed he did not participate in any exercise for the next four weeks. Norm was sure that his inactivity had had a negative effect on his fitness. With his recovery complete, Norm is once again ready to participate in recreational sports and to pursue his long time objective to be able to bench press his body weight. Before allowing Norm to push himself, his doctor referred to his medical data, had him fill out a *Risk Factor History* questionnaire, and evaluated his status for the four health related components of fitness. The doctor gave Norm clearance to begin exercising. His results on a *Health/Fitness Profile* follow:

Health/Fitness Profile (Part 1. a & b)

Source	Results	Part 1(a) Risk Factors		Part 1(b) Fitness Interpretations
Task 1 (a). <u>Answer parameters:</u> <i>Essential information should include checkmarks correctly placed in the Risk Factor columns indicating if the factor is related to lifestyle and/or genetic origin.</i>	3-Level responses would show checkmarks correctly placed for all relevant factors in the Risk Factor columns. 4-Level responses would show checkmarks correctly placed for all relevant factors in the Risk Factor columns. ➔	Lifestyle	Genetic	Task 1 (b). <u>Answer parameters:</u> <i>Essential information should include accurate interpretations of the information based on corresponding fitness status found in the charts and tables of the Fitness Reference Booklet.</i> 3-Level responses would state correct interpretations of health, fitness, and risk status (normal, borderline, high, desirable, etc.) found in the Fitness Reference Booklet. 4-Level responses would state correct interpretations of health, fitness, and risk status (normal, borderline, high, desirable, etc.) from the Fitness Reference Booklet. Details necessary to interpret data (e.g., BMI, 1-rep max) could be shown as part of the Fitness Interpretations. Additional details or notes may be included in the Summary Box. ➔
Doctor's Report				
Gender	Male			
Age	17			
Height	5' 10" (70 in.)		x	Normal [BMI = 23.0] (Body Composition)
Weight	160 lbs	x	x	
HR _{rest}	65 bpm	x		Normal fitness level
BP _{rest}	110/65 mg Hg	x	x	Normal fitness level
Cholesterol	Total: 170 LDL: 120 HDL: 50	x x x	x x x	Desirable level Desirable level Desirable level
Fitness Test Results				
Pacer	61 lengths			Good fitness level (Cardiorespiratory fitness)
1-Rep Max Predicted	Bench press – 120 lbs x 9 reps			Marginal fitness level (Muscle strength) (Bench press 120 lbs x 9 reps = 154 lb predicted 1-Rep Max // 1-RM/Weight = 0.96)
Curl Ups	22 total			Marginal fitness level (Muscle endurance)
Sit & Reach	11 inches			High performance (Flexibility)
Skinfold Measure	11% body fat			Good fitness level (Body composition)
Risk Factor History				
Personal				Needs to be wary of implications
Family	Cancer – mother		x	Needs to be wary of implications
	Hypertension - mother		x	Needs to be wary of implications

Part #1 (c): Write a summary of the interpretations found in the person's *Health/Fitness Profile*.

Answer parameters:

Essential information is expected to show evidence of understanding health, fitness, and the components of health-related fitness through correct interpretation of the information included in the Scenario and the Health/Fitness Profile. This summary should present a logical review of the Scenario and the Health/Fitness Profile (Doctor's Report, Fitness Test Results, and Risk Factor History) and identify health and fitness strengths, weaknesses, and concerns of the individual portrayed in the scenario.

3-Level responses would provide correct *essential information* in a summary review of the health and fitness strengths, weaknesses, and concerns of the individual. For example, a response might include: "For Norm, his doctor's report shows no problems as he scored in the normal range for each item. His fitness test results all can be interpreted as good to marginal, and his risk factors indicate that he should be aware of his family history of cancer and hypertension."

4-Level responses would build on the correct *essential information* (3-Level expectation) by adding a higher level of detail or further information that may be relevant for analysis of health and fitness status and the development of a subsequent fitness plan. For example, a response might include: "For Norm, his two strength tests indicate marginal results. That fact, coupled with his goal to improve his upper body strength and eventually bench press his body weight should be kept in mind when developing the muscle strength and endurance component of his fitness plan."

Exercise/Activity Worksheets (Part 2)

Cardiorespiratory Fitness

Cardiorespiratory Short-Term Goal for the First Month:

Answer parameters:

Essential information would reflect understanding and application of information found in the Scenario and Health Fitness Profile for the development of short term fitness and physical activity goals for the first month. Cardiorespiratory goals would be based upon the fitness needs and personal goals of the individual, the FITT Formula, and the Basic Principles of Physical Activity. For scenarios indicating that cardiorespiratory fitness is a priority, the goal for the first month must reflect that importance. Progression toward the first month goal would be determined by recording improvement and/or retesting.

Note: For some scenarios, cardiorespiratory fitness is not a priority because test results are already established in the healthy fitness zone, and in those cases, at a minimum, the recommendation for a goal would reflect intent to maintain status in the healthy fitness zone.

3-Level responses would provide evidence of correct essential information and a recommendation for a cardiorespiratory fitness goal for the first month. For example, a response might include: “Information in the Scenario and Health/Fitness Profile suggests that even though Norm’s cardiorespiratory fitness is in the healthy zone, he states he wants to regain the overall fitness levels he had prior to getting mono. Based on this information, his goal for the first month is to improve his cardiorespiratory fitness by improving his score on the Pacer test. Progression toward his goal would be evidenced by periodic journal entries showing change in his performance and/or through retesting.”

4-Level responses would build on the correct essential information (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “Encouraging Norm to identify specific cardio activity preferences may help him adhere to his plan. Good cardio activities (walking, jogging, step aerobics, swimming, cardio-kick boxing, treadmill) and/or active sports and recreation (biking, soccer, skating, tennis) could increase cardiorespiratory fitness in ways that are fun and interesting to Norm. To determine if progression toward the first month goal has taken place, Norm should be able to exceed the 61 lengths run during his initial Pacer test.”

Type of Activity	Intensity	Time	Frequency
<p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would provide a recommendation specifying one or more exercises/activities that would promote cardio/respiratory fitness. The individual’s present fitness level is an important consideration. <u>Type</u> of activity needs to be linked to the exercise frequency, intensity, and time. Selection should consider personal preference.</p>	<p>Determine intensity of first day exercise heart rate (show work).</p> <p><u>Answer parameters:</u> Essential information would reflect the determination of an initial exercise target zone and the actual mathematical calculation of that zone for a specific individual. Mathematically determining the target zone for exercise would require using the HR_{rest}, HR_{max}, and a HR range for exercise intensity and would include a minimum and maximum target HR during exercise. The individual’s present fitness level is an important consideration. For healthy individuals, the usual minimum exercise target HR is 60% of HR_{max} and the target zone typically has a 10% range. Higher or lower beginning intensity of exercise HR is determined by the individual’s medical and physical conditions and is linked to exercise frequency, time, and type.</p>	<p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would include a recommendation for the length of time required to perform the selected type of activity. The individual’s present fitness level is an important consideration. For a healthy individual, time for exercise/activity is typically a period of 20-30 minutes of continuous exercise. <u>Time</u> needs to be linked to the exercise frequency, intensity, and type.</p>	<p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would include a recommendation for the frequency (days/week) for exercising. The individual’s present fitness level is an important consideration. For a healthy individual, a recommendation for moderate to vigorous activity (HR in the target zone) for 3-6 days per week at a minimum duration of at least 20-30 minutes is standard. <u>Frequency</u> needs to be linked to the exercise intensity, time, and type.</p>

<p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the <u>type</u> of exercises required to reach the exercise goal. For example a response might include: For example, a response might include: “For Norm, because it is one of his activity preferences, basketball is recommended.”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “For Norm, he revealed that basketball is a favorite activity, so he could be encouraged to look for informal (playground) or formal (Y leagues) opportunities to play. If he plays regularly and with enough intensity, basketball would be an appropriate recommendation.”</p>	<p>3-Level responses would include correct <i>essential information</i> providing evidence of knowledge regarding heart rates and showing how to determine an appropriate starting intensity. For example, a response might include: “For Norm, his fitness test results (HR_{rest} and Pacer test) indicate good cardiorespiratory fitness suggesting that, although Norm has not exercised in the past five weeks, an initial exercise target zone of 60%-70% is recommended.</p> <p><i>Computing the appropriate exercise HR target zone for Norm would involve the following:</i></p> <p>(1) $HR_{max} = 220 - \text{age} (17) = 203$ (2) Intensity range = 60%-70%</p> <p style="padding-left: 40px;">Norm’s target zone for exercise = intensity x HR_{max} = $0.6 \times 203 = 122$ bpm (minimum) and = $0.7 \times 203 = 142$ bpm (maximum)</p> <p><i>The recommendation for Norm would include a reminder that he should periodically check his HR during his workout, and he needs to keep his HR in the target zone (122-142 bpm) throughout.”</i></p> <p>4-Level responses would use the correct essential information (3-Level expectation) and then go beyond by adding a level of detail or specific information indicating an advanced knowledge of target heart rates for people in this situation. For example, a response might include: “For Norm, as his cardiorespiratory fitness level improves, he may wish to continue the progression by establishing a higher HR target zone (70%-80%) by changing the intensity of his workout.”</p>	<p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the appropriate <u>time</u> required to reach the exercise goal. For example, a response might include: “For Norm, participating for 30 minutes is recommended.”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “For Norm, the recommended work-out sessions (basketball) should last at least 30 minutes per session but, given the continuous starts and stops of play, playing longer might be to his advantage. Also, he might be reminded that time needs to be allotted for warm-up and cool-down routines.”</p>	<p>3-Level responses would provide correct <i>essential information</i> showing evidence of understanding fitness concepts and a recommendation for the appropriate <u>frequency</u> required to reach the exercise goal. For example, a response might include: “For Norm, a minimum of 3x/week is recommended.”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “For Norm, the recommended frequency of cardiorespiratory exercise to reach his goal would be at least 3x per week but he does not have to limit himself.”</p>
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Exercise/ Activity Worksheets (Part 2 cont.)

Muscle Strength and Endurance

Muscle Strength and Endurance Short-Term Goal for the First Month:

Answer parameters:

Essential information would reflect understanding and application of information found in the Scenario and Health Fitness Profile for the development of short term fitness and physical activity goals for the first month. Muscle strength and endurance goals would be based upon the fitness needs and personal goals of the individual, the FITT Formula, and the Basic Principles of Physical Activity. For scenarios indicating that muscle strength and endurance fitness is a priority, the goal for the first month must reflect that importance. Progression toward the first month goal would be determined by recording change and/or retesting.

Note: For some scenarios, muscle strength and endurance fitness is not a priority because test results are already established in the healthy fitness zone or the existence of conflicts with personal preference and/or time available. In such a case, calisthenics might be appropriate to be included in warm-up and cool-down routines of personal fitness/physical activity programs. At a minimum, the recommendation for a goal would reflect intent to maintain status in the healthy fitness zone. Muscle strength and endurance can be improved and maintained by routines designed for specific muscle groups (pull-ups – shoulders/ arms; curl-ups – abdominals).

3-Level responses would provide evidence of correct essential information when making a recommendation for muscle strength and endurance fitness goals for the first month. For example, a response might include: “Information in the Scenario and Health/Fitness Profile suggests that Norm’s muscle strength and endurance fitness test scores are in the marginal zone. He states that he has a specific personal goal of being able to bench press his body weight. Based on this information, his goal for the first month is to improve his muscle strength and endurance, specifically for the upper body. Progression toward his goal would be evidenced by periodic journal entries showing change in his performance and/or through retesting.”

4-Level responses would build on the correct essential information (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “In order to achieve his overall goal to bench press his body weight, he needs first to improve his overall muscle strength and endurance to establish a high level of muscle fitness. Then he can revise his program to specifically improve his upper body strength and thereby reach his goal of bench pressing 140 lbs.”

Type of Activity	Intensity	Time	Frequency
<p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would specify a type of activity designed to maintain or improve muscle strength and/or endurance depending upon the exercise goals. The type of activity could be: 1) resistance machines, 2) free weights or 3) calisthenics (for those without access to equipment). <u>Type</u> of activity needs to be linked to exercise frequency, intensity, and time. Selection should consider personal preference.</p>	<p>Determining intensity of first day workout.</p> <p><u>Answer parameters:</u> Essential information would reflect the intensity required to achieve the individual’s goals based upon the exercise type (resistance machines, free weights, and/or calisthenics) that is chosen. For resistance machines and free weights, the intensity chosen for the first day of a fitness program is based upon whether the goal is to increase strength or endurance or both. The exercises can emphasize the development of strength, endurance, or both simultaneously by the following rules:</p> <ul style="list-style-type: none"> • Few reps and sets at high resistance to promote muscle strength. • Many reps and sets at low resistance to promote muscle endurance. • An in-between number of reps and sets and weight or resistance to promotes both. <p>A fitness program incorporating calisthenics is effective to accomplish both an increase in strength and/or endurance. Calisthenics, depending upon the specific exercise, can be done to exhaustion or for a specific time and/or reps.</p>	<p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would include an appropriate length of time necessary to perform the number of specified exercises. The outcome emphasis (e.g., strength, endurance, or combination) will dictate variations of reps, resistance levels, and number of sets. The <u>time</u> needs to be linked to exercise frequency, intensity, and type.</p>	<p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would include a recommended number of days/week for exercising. The accepted standard for improving/sustaining muscle strength and endurance for a healthy individual is 2-3 days per week. The <u>frequency</u> needs to be linked to the exercise intensity, time, and type.</p>

<p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the appropriate <u>type</u> of exercises required to reach the exercise goal. For example a response might include: “<i>For Norm, a circuit on resistance machines that address total body strength and would prepare him to pursue his goal of bench pressing his body weight is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by going beyond by adding a higher level of detail or further information. For example, a response might include: “<i>For Norm, a circuit of 10 lifts on resistance machines would attend to his needs and goals. A circuit (bench press, knee extension, hamstring curl, biceps curl, heel raise, lat pull-down, triceps press, seated row, back extension, abdominal curl) is recommended.</i>”</p>	<p>3-Level responses would provide correct <i>essential information</i> by providing evidence of understanding by determining an appropriate starting intensity and weight resistance. For example, a response might include: “<i>For Norm, his first day workout on resistance machines would involve lifts at a weight producing exhaustion after 8-12 repetitions in each of his 3 sets. A 10-lift circuit using resistance machines is recommended.</i>”</p> <p>4-Level responses would use the correct <i>essential information</i> (3-Level expectation) and then go beyond by adding a level of detail or specific information indicating advanced knowledge. For example, a response might include: “<i>For Norm, as endurance improves, strength improves (and vice-versa). Over time, Norm could reach his goal of bench pressing his body weight, but he should first concentrate on improving his overall muscle strength and endurance.</i>”</p>	<p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the appropriate <u>time</u> required to reach the exercise goal. For example, a response might include: “<i>For Norm, a total body circuit program of approximately 45-60 minutes is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “<i>For Norm, the standard time allotment of approximately a 60- minutes is recommended. Norm should be reminded that exercise time also needs to be allotted for muscle warm-up and cool-down routines.</i>”</p>	<p>3-Level responses would provide correct <i>essential information</i> showing evidence of understanding fitness concepts and a recommendation for the appropriate <u>frequency</u> required to reach the exercise goal. For example, a response might include: “<i>For Norm, participation in muscle fitness activities 3x/week is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “<i>For Norm, participation in muscle fitness activities 3x/week on the days he does not play basketball is recommended.</i>”</p>
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(Chart continued from previous page)

Exercise/Activity Worksheet (Part 2 cont.)

Flexibility

Flexibility Short-Term Goal for the First Month:

Answer parameters:

Essential information would reflect understanding and application of information found in the Scenario and Health Fitness Profile for the development of short term fitness and physical activity goals for the first month. Flexibility goals would be based upon the fitness needs and personal goals of the individual, the FITT Formula, and the Basic Principles of Physical Activity. For scenarios indicating that flexibility fitness is a priority, the goal for the first month must reflect that importance. Progression toward the first month goal would be determined by recording improvement and/or retesting.

Note: For some scenarios, flexibility fitness is not a priority because test results are already established in the healthy fitness zone or the existence of conflicts with personal preference and/or time available. At a minimum, the recommendation for a goal would reflect intent to maintain status in the healthy fitness zone.

3-Level responses would provide evidence of correct essential information when making a recommendation for flexibility fitness goals for the first month. For example, a response might include: “Information in the Scenario and Health/Fitness Profile shows that Norm’s flexibility fitness test score indicates high performance. Norm’s goal for the first month is to maintain his current flexibility level. Progression(or maintenance) toward his goal would be evidenced by periodic journal entries showing change in his performance and/or through retesting.”

4-Level responses would build on the correct essential information (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “In order for Norm to realize his goal to maintain his high flexibility, he cannot assume that his basketball and weight training program will suffice. He should include specific flexibility exercises in his daily exercise routine. Maintenance would be evidenced by Norm being able to continue to record a Sit & Reach score of at least 11 inches.”

Type of Activity	Intensity	Time	Frequency
<p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would specify one or more exercise/activity programs that would promote full body flexibility. For example, a stand alone exercise program such as Yoga, and Pilates are appropriate. Another alternative is to incorporate a flexibility routine into warm-up and/or cool-down exercises. Selection should consider personal preference. <u>Type</u> of activity needs to be linked to the exercise goal and to frequency, intensity, and time.</p>	<p>Determine intensity of first day workout.</p> <p><u>Answer parameters:</u> Essential information would consider the following accepted standard for healthy individuals: stretch muscle or muscle group beyond the normal length to maintain or improve flexibility. Intensity needs to be linked to the exercise type, time, and frequency.</p>	<p>Recommendations:</p> <p><u>Answer parameters:</u> Essential information would include a recommendation for the appropriate number and length of time to perform the specified (type) flexibility exercises. The accepted duration (time) for each exercise is to repeat 3-4 sets of 10-15 seconds stretching with 10 seconds rest between each set. Beginners should start 1 set and build to 3-4 sets. <u>Time</u> needs to be linked to the exercise goal and to intensity, frequency, and type.</p>	<p>Recommendations:</p> <p><u>Answer parameters:</u> Essential information would include a recommended number of days/week for flexibility exercises. The accepted standard for a healthy individual is at least 3x per week. For those who have a specific need to improve flexibility, daily flexibility activity is important. <u>Frequency</u> needs to be linked to the exercise goal and intensity, time, and type.</p>

<p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the <u>type</u> of exercises required to reach the exercise goal. For example a response might include: <i>For Norm, stretching his body’s major muscle groups beyond their normal lengths during his warm-up and cool-down routines would be necessary to maintain his established flexibility level is recommended.</i></p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: <i>“For Norm, flexibility is not a high priority, but he should remember to balance strength with flexibility. To enhance flexibility, an exercise routine (sit and reach, spine twist, sitting stretcher, zipper, arm pretzel, hip stretcher, chest stretch, arm stretcher, calf stretcher) is recommended.”</i></p>	<p>3-Level responses would provide correct <i>essential information</i> showing evidence of understanding by making a recommendation that even though Norm’s flexibility at the time of testing was good, to improve or maintain current flexibility fitness, Norm needs to know his body and stretch each muscle group beyond its normal length but without damaging it. For example, a response might include: <i>“For Norm, warm-up and cool-down routines that provide stretching of all major muscle groups beyond their normal length would be recommended.”</i></p> <p>4-Level responses would use the correct <i>essential information</i> (3-Level expectation) and then go beyond by adding a level of detail and advanced knowledge. For example, a response might include: <i>“For Norm, in order to provide an overload, he might want to consider exercising with a partner or using his own body weight. Even though flexibility is not a stated priority, it needs to be addressed through warm-up and cool-down exercises during every fitness workout in order to maintain current fitness levels and to prevent injury.”</i></p>	<p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the appropriate <u>time</u> required to reach the exercise goal. For example, a response might include: <i>“For Norm, during his warm-up and cool-down routines, stretching for 3 sets of exercises with each stretch lasting 10-15 seconds with a 10 second rest period between stretches is recommended.”</i></p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: <i>“For Norm, in order to improve performance and minimize injury, flexibility exercises incorporated into his cardiorespiratory and/or muscle strength and endurance warm-up and cool-down routines is recommended.”</i></p>	<p>3-Level responses would provide correct <i>essential information</i> showing evidence of understanding fitness concepts and a recommendation for the appropriate <u>frequency</u> required to reach the exercise goal. For example, a response might include: <i>“For Norm, a 3-6x/week flexibility routine is recommended.”</i></p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: <i>“For Norm, flexibility exercises can be done 3x-6x/week as part of his warm-up and cool-down routines.”</i></p>
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Body Composition – no answer required

Teacher’s Note:

Body Composition is recognized as one of the four Health-Related Components of Fitness and data related to it is included in the all three subsections of the *Health/Fitness Profile (Doctor’s Report, Fitness Test Results, and Risk Factor History)*. Students are expected to be able to identify poor fitness as it relates to body composition through their interpretation of the data provided in the *Fitness Test Results* section of the *Health/Fitness Profile*. Since nutrition, as related to body composition is often taught through other subject areas, body composition is not addressed specifically as part of fitness planning for this assessment.

Designing a Personal Fitness Program (Part 3)

Part #3: The Fitness Program – Designing a Personal Fitness/Physical Activity Program for Week #1

Directions: As an initial plan for a life-long fitness program, complete a *Personal Fitness/Physical Activity Program* (week #1) using the information identified in the Exercise/Activity Worksheets. Each *type* of activity needs to be identified along with the *frequency* (days) and *time* (minutes or hours).

Answer parameters:

Essential information would show evidence of understanding and application by identifying the daily activities recommended in a schedule for the first week of a Personal Fitness Program. In addition to type(s) of activity, the frequency (days per week) and time (minutes or hours) are to be included. Primary activities in a fitness program usually take the most time and are self-explanatory by name. Warm-up and cool-down activities however can vary with intent. Depending on the primary activity, warm-up and cool-down, might exclusively involve a flexibility routine. In other cases, it might also include a heart and/or muscle warm-up (jog a lap, arm-circles) along with a full body flexibility routine. In still other cases, some people might also add muscle strength and endurance exercises (curl-ups, push-ups, pull-ups, and calisthenics) to the warm-up and/or cool-down to maintain their muscle fitness.

Regardless, answers should reflect the identification of each activity using minimal wording as per the example answer elements found in the chart below. Note that cardiorespiratory, muscle strength and endurance, and flexibility activities have already been described in detail in Task #2. In the case of warm-ups and cool-downs, very short “bullets” will suffice to convey their focus.

3-Level responses provide correct essential information.

4-Level responses provide correct essential information plus more detail (e.g. bullets under warm-up and cool-down).

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time
Off Day	Off Day	<u>Warm-up</u> · Flexibility · Muscles	10 min	<u>Warm-up</u> · Flexibility · Aerobic	10 min	<u>Warm-up</u> · Flexibility · Muscles	10 min	<u>Warm-up</u> · Flexibility · Aerobic	10 min	<u>Warm-up</u> · Flexibility · Muscles	10 min	<u>Warm-up</u> · Flexibility · Aerobic	10 min
		Weight training program	45 min	Basketball (3v3)	30 min	Weight training program	45 min	Basketball (3v3)	30 min	Weight training program	45 min	Basketball (5v5)	60 min
		<u>Cool-down</u> · Flexibility	5 min										