

# SB-10 Fitness Port-Folio

## Training Program

- from Coach
- Already Developed

## Connect Training Program

- to F.I.T.T. Principles
- other training principles eg. (Specificity, Cardio, Strength, Flexibility)

## Set Goals from Training Program

- S.M.A.R.T. goals
  - long term
  - short term
- How to appraise goals

## Connect Training Program

- General Parts of a workout (Warm-up, Cool-down ....)

## Calendar / Journal

- everyday will include the following reflections

## Actual Work Out

- Set / Reps / times / lengths / technique /etc. ...

## Daily Reflections

- how you felt, frustrations and / or joy, satisfaction

## Fitness Appraisals for goals

- SMART goals

## Goals Adjustments

## Overall reflection

- Student Directed Presentation
- Calendar / Journal
  - (1 month)
- Other Complimentary Assignments from above (eg. Thompson Publishing)