

Project Based Learning
High School

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Name of project: My Personal Fitness Trainer

Educational purpose

- Help students become better problem solvers and teach them to make informed choices about their lifestyle.
- Students will learn and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition.
- Students will understand how adopting healthy lifestyle practices will lead to lifelong wellness.

Skill Practice Desired

- Fitness testing and analysis
- Presentation skills: verbal, visual powerpoint
- Communication skills: working with others
- Computer skills: making & editing videos, powerpoint,

Resources Needed:

High Tech: computer, internet, video camera

Low Tech: computer, internet, Microsoft powerpoint

Element	Ideas for this project
1. Create the need to know (anticipatory set),	Have a personal trainer be a guest speaker to the class. Show the importance of health and fitness and how this knowledge can help others
2. Possible driving questions a. Captures heart of project b. Sense of challenge c. Linked to purpose d. Linked to desired skills e. Answers for students what is the point of all this	<ul style="list-style-type: none"> • How can we help our friends achieve their goals through PA/PF? • What are the best exercises for improving CV, strength, flexibility, and body comp? • How can I get my friend to stick to their goals? • How will helping my friend to achieve their fitness goals help me to do the same?
3. Student voice & choice a. What can students choose b. What is required	<p>Requirements:</p> <ul style="list-style-type: none"> • Students test their partner on the most used PF tests for each component of HRF (FITNESSGRAM) • After analyzing results of the tests, they design a fitness plan (for each HRF component) for their partner and the achievement of their short term and long term goals • Students track their partner’s progress throughout

	<p>project</p> <p>Student Choice:</p> <ul style="list-style-type: none"> • Can choose types of fitness tests to use. • Can choose from a variety of exercises for their workout plan
<p>4. 21st Century skills</p> <p>a. Needed</p> <p>b. Explicitly taught</p>	<p>Knowledge Required:</p> <ul style="list-style-type: none"> • National recommendations for PA (60 minutes of MVPA each day is suggested) • Components of HRF (CV, strength, endurance, flexibility, body comp) • Implementation and analysis of fitness tests • Exercise options for each HRF area • Safety implications for exercise testing and prescription <p>21st Century Skills:</p> <ul style="list-style-type: none"> • Critical thinking • Problem solving • Communicating and working w/others
<p>5. Inquiry & Innovation</p> <p>a. Possibilities for own research</p> <p>b. Ways to create culture of hypothesizing</p>	<ul style="list-style-type: none"> • Career implications: training needed for personal training licensure • Extend beyond the scope of the assignment; change the context to include friends or family members
<p>6. Feedback & Revision</p> <p>a. Formalized feedback process</p> <p>b. Rubrics needed-</p> <p>c. Self /peer assessment opportunities (coach how to use rubrics)</p> <p>d. Teacher checks</p> <p>e. Feedback from others</p>	<ul style="list-style-type: none"> • Performance rubric will standardize grading procedures • Peer feedback given throughout the project. • Self-reflection will be done throughout the scope of the project and at its end • Teacher will have periodic progress checks as the project proceeds. • Feedback will also be given by personal fitness trainers
<p>7. Publicly presented product</p>	<p>Students will present their fitness plans in their choice of venue and mode of delivery:</p> <ul style="list-style-type: none"> • A powerpoint presentation to the rest of the class at the end of the project • A video diary of their project for “physical education night” or open house

Project Based Learning for High School Students

My Personal Fitness Trainer Block Plan

<u>Timeline</u>	<u>Activities</u>
Week 1	Determine where we are <ul style="list-style-type: none"> • Identify base knowledge concerning the five components of Health Related Fitness (HRF) • FITT principle (frequency, intensity, time and type) • Heart rate implications and modes of testing the HRF components.
Week 2	Where are we going? <ul style="list-style-type: none"> • Establish partner's goals • Research how to achieve those goals • Implement the prescription of exercise • Initiate daily exercise logs and begin posting weekly reflections to our discussion board with the added goal of responding to three other groups weekly on the discussion board.
Week 3	Continue the prescription and logs <ul style="list-style-type: none"> • Interactive lessons of the HRF components instigated once a week in groups of four • Add the healthy lifestyle choices students are making both at home and school to the discussion board
Week 4	Continue the previous assignments <ul style="list-style-type: none"> • Enhancement – choose one activity that your family and/or partner can participate in each week to improve their health and video the results.
Week 5	Stay the course
Week 6	Spot check...any modifications needed? <ul style="list-style-type: none"> • In addition, interview someone in the field of health or physical education and post their responses to student questions.
Week 7	Renewed enthusiasm <ul style="list-style-type: none"> • Tweak the prescription to spark heightened performance • Discuss interviews on the discussion board
Week 8	Let's look where we've been <ul style="list-style-type: none"> • Post- test HRF components and draw initial evaluations.
Week 9	Now what? <ul style="list-style-type: none"> • Presentations, peer review and individual reflections concerning the project and any discoveries or limitations that may have presented during the project.

**My Personal Fitness Trainer
Peer Assessment**

Group: _____

Date: _____

On a scale from 1-5, rate your group on the following items.

1= Strongly disagree 2= Disagree 3= Neutral 4= Agree 5= Strongly agree
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We worked well together and felt responsible for each other's success.	1	2	3	4	5
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We put adequate time into the project to produce the best product.	1	2	3	4	5
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I felt comfortable that my voice was heard during this project.	1	2	3	4	5
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Disagreements were handled in an appropriate manner.	1	2	3	4	5
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Working with my partner on this project was a positive experience.	1	2	3	4	5
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Comments

➤ Name one thing your group did exceptionally well.

➤ Name one thing that your group could improve on for next time.

Student Names _____

Total Score _____100

**My Personal Fitness Trainer
Project Rubric**

Component	Progressing	Proficient	Advanced
Fitness Goals <ul style="list-style-type: none"> • Short term • Long term 10% Score _____	-Goals have not been completed for each of the HRF components. -There is a lack of progression between short term and long term goals. 0.....2.....4	Goals are written for each HRF component, but lack clarity. 5.....6.....7	-There is a clear progression from long-term to short-term goals. - Goals are SMART (specific, measureable, achievable, realistic and timely) and are written for each HRF component. 8.....9.....10
Fitness Testing 20% Score _____	-All tests not completed. -Tests do not correlate to HRF component measured. 0.....6.....11	-All tests complete, pre- and post. -Tests correlate to HRF component being measured. 12.....14.....17	-Students provide detailed and in-depth description of each test and how it should be implemented and conducted. 18.....19.....20
Exercise Plan 30% Score _____	-The plan does not cover each HRF component. -Many exercises are not suitable for the HRF component covered. 0.....11.....22	-Plan covers each HRF component. -Some exercises are not correlated to goals and do not follow accepted guidelines and HRF principles. 23.....25.....27	-Plan is organized and covers each HRF component. - Exercises clearly correlate to stated goals and follow FITT guidelines. 28.....29.....30
Exercise Logs 10% Score _____	-Haphazard entries. -Some information is incomplete. 0.....2.....4	-3 weekly log entries. -Most information is complete. 5.....6.....7	-Purposeful and daily logged entries. -Home exercise logged. 8.....9.....10
Reflection Posts 10% Score _____	-3 or less weekly posts. -No responses to other groups 0.....2.....4	-4-5 weekly posts. -2 responses a week to other groups. 5.....6.....7	-All weekly posts maintained. -3 responses a week to other groups. 8.....9.....10
Presentation 20% Score _____	-Much of the project failed to display an integrated knowledge of HRF and the FITT principle as it pertains to a successful fitness plan. -The presentation showed a lack of effort and professionalism. 0.....6.....11	-Most of the knowledge of HRF and the FITT principle were depicted accurately. -The presentation provided a recap of the project in an adequate fashion. 12.....14.....17	-Demonstrated clear knowledge of HRF and how the FITT principle is involved in a successful plan. -The presentation gave a memorable depiction of the students' journey through the project as a personal fitness trainer for their partner. 18.....19.....20

Comments: