

Naperville Central High School  
Freshmen Fitness Plan

You are about to participate in a very important activity that will teach you how to develop an individualized physical fitness program. Having the ability to develop an individualized program could have significant impact on your health as you become an adult and throughout your life. The Physical Education Department sincerely hopes you will take advantage of this opportunity. It is a life long skill that will be invaluable to you.

**Task: You are to develop an 8-week fitness plan for Minnie Minor or Johnny Jumper.**

When you write the fitness program, you must include all five health related components: Cardiovascular Endurance, Body Composition, Muscular Endurance, Muscular Strength, and Flexibility. All of these components are important in developing and maintaining your health.

**Content: Your plan for Minnie Minor or Johnny Jumper will be evaluated on the following content:**

**Goals-**

Write a goal for each of the fitness areas listed above for Minnie Minor **or** Johnny Jumper. Your goals should be measurable and realistic.

**Cardiovascular Fitness-**

List the activities that you would do for Minnie Minor **or** Johnny Jumper to improve their cardiovascular fitness. The fitness plan must include the **F (frequency), I (intensity), T (time), and T (type of activity)** for cardiovascular fitness. Also, the plan must show **Progression using the F.I.T.T. principles.**

**Muscular Endurance and Strength-**

List the activities that you would do for Minnie Minor **or** Johnny Jumper to improve muscular endurance and strength (**listing a minimum of 8 different muscles**). The first four weeks should focus on muscular endurance and the second four weeks should focus on muscular strength. The fitness plan must include the **F (frequency), I (intensity), T (time), and T (type of activity)** for muscular fitness. Also, the plan must show **Progression using the F.I.T.T. principles.**

**Flexibility-**

List the activities that you would do for Minnie Minor **or** Johnny Jumper to improve their flexibility for a variety of muscle groups. The fitness plan must show **Progression using the F.I.T.T. principles.**

**Body Composition-**

Analyze the lifestyle of Minnie Minor **or** Johnny Jumper. Explain what changes need to be made to nutrition; exercise; rest; and hydration to achieve an improvement in their body composition. The fitness plan must include **F (frequency), I (intensity), T (time), and T (type of physical activity), food choices, hydration, and rest** for body composition.