

## **Individual Exercise Program (IEP)**

### **Total Points = 80**

**Purpose:** The purpose of this IEP is to help you learn to create and monitor an exercise program that is specific to your health/fitness needs!!

### **Pre-Evaluation = 15 points**

During our first month together I will establish a baseline, in reference to your health-related physical fitness. From these fitness scores you will actively participate in the construction of an exercise program specifically tailored to addressing 3 of your physical fitness goals. These specific goals and an outline in which you wish to achieve them will be due on **Tuesday October 1, 2009**.

**\*\*\*NOTE:** All students must include all baseline measurements into their Pre-IEP. \*\*\*

### **Chapter 6**

I encourage everyone to reference **Chapter 6 – The ACSM Fitness Program** and use the chapter as a template in which you can track and monitor your progress. Given that our class only meets once a week you will need to put some more time (really days and times) outside of class into the obtainment of your goals. Please note that you may need to make modifications to the existing exercise logs in order to meet your specific needs. When in doubt, see me for help!!

### **Post-Evaluation = 65 points**

During our last few classes together I will re-examine your health-related physical fitness. From these fitness scores you will generate a progress report detailing your achievements (whether positive or negative) as well as, turn in your weekly physical activity logs.

**Your final IEP will be due at the beginning of class on Tuesday December 8, 2009!**

## **Grade scoring for the IEP = TOTAL → 80 points**

### **Pre-IEP Initial assessment of physical fitness = 15 points**

Explanation on why, YOU choose these 3 goals? Why are these important? What is the health-fitness benefit? \*\*\*Be sure to include all baseline measures of fitness!!

### **Post-Evaluation IEP = 65 points**

**I. Actual Exercise logs = 21 points** (either from book or personalized)

**II. Comparison of Pre vs. Post fitness measures = 21 points**

Be creative, used MS Excel to help you.

Don't forget to describe you findings. How have you done?

**III. Personal Assessment of progress towards the obtainment of goals = 21 points**

So now that you're done, what do you think? Did this help you?

Explain. What have you learned?

If you were to grade yourself on your IEP, what would it be? Be sure to justify your response.

Assess your adherence to YOUR – IEP.

What are some of the factors that helped you obtain your fitness goals?

What are some of the barriers that kept you from meeting your fitness goals?

**IV. Original Pre-IEP goals = 2 points**

That's right! You need to staple the previously submitted IEP goals to your Post-IEP.