**Create-a-Fitness Routine**

Your group will be designing a fitness routine

and teaching it to the class. You will be acting as though

you are the instructors of a fitness class that you would find at a

gym or fitness studio. It is your responsibility as class instructors to be confident in your routine and knowledgeable about the benefits of performing your type of workout.

If you have an idea for what you would like to research you may ask the teacher for permission to choose that type of training workout. Otherwise, the teacher will assign you a type of workout to research.

You will be given time in class to research your type of workout and practice teaching it but it is expected that you will spend time preparing outside of class as well.

**FITNESS CLASS REQUIREMENTS:**

* The routine must be between 15 – 20 minutes in length.
* At least 2-3 people should teach during your fitness class.
* You must briefly explain the benefits of your type of workout routine and how and when it originated (if possible). This shouldn’t take more than 1-2 minutes.
* Try to utilize health and fitness terms, principles, and methods learned in class whenever possible. (Ex: using names of muscles, referencing fitness components, heart rate, etc.)
* You should never just stand there and watch your class workout! Everyone in your group must always either be demonstrating the exercise, helping other students with their form, or at least encouraging them to keep it up.
* Your group should appear organized and prepared. Try to make the routine flow together.
* Do your best as class instructors to be confident and enthusiastic while teaching.

**Rubric**

|  |  |
| --- | --- |
| **4** | Met required time, at least two people taught, everyone in group was active the entire class, explained clear and concise benefits of routine, utilized terminology learned in class, routine appeared organized and well prepared, presenters were confident and enthusiastic, routine flowed together, |
| **3** | Missing 1 requirement |
| **2** | Missing 2-3 requirements |
| **1** | Group appeared to be unorganized and underprepared, lack of information or incorrect information was given to class about workout routine, members of group were standing around during routine, didn’t met required time, other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |