Names :

Rotation:

**Sport Specific Fitness Program Powerpoint**

Selected Sport \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Points Earned** | **Points Possible** | **Description** |
|  | **5 points** | **Slide 1:** should include your names and a design, which reflects your selected sport. |
|  | **20 points:**  10 pts. Health-related  10 pts. Skill-related | **Slides 2 - 3**. **Health and Skill related Fitness**  Explain which health and skill related components of fitness are relevant to you selected sport. Give examples to support your answers. For example: “Power is a relevant-skill related fitness component in basketball. Power is directly related to jumping when rebounding.”  ***Be sure to justify your responses*** |
|  | **40 points:**  20 pts. for the plan.  20 pts. for the justification | **Slides 4-5:** a detailed fitness workout plan.  Details for the fitness plan:   * Create a one-month (four weeks and may include one day of rest each week) fitness plan for a high school age athlete that would like to train for your selected sport. * Assume the athlete can train no more than 2 – 3 hours per day. * Goal: The fitness plan should help the athlete achieve better overall fitness and specifically address fitness components related to the selected sport. |
|  | 10 pts | **Student guided practice:**  Lead the class through **one** set of a selected exercise in your fitness plan. For example: an agility drill, or a strength training exercise.  Select an exercise that many students can perform at the same time. |
|  | (25 points) | **Academic Engagement:**  When other groups are presenting you should be respectfully listening and asking relevant questions.  Perform the exercises with effort |