

Get Fit!

A Web Quest for 10th grade

Health

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Introduction

You are a Fitness Expert who sets up exercise and diet programs for clients. Today is the first day your business has opened and two new people just walked in the door. Each person needs your help. What kind of diet and exercise program can you develop that will help each client lead a healthier lifestyle?

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Task

Your task for this project is to develop a fitness program (exercise and diet) for one of the 2 clients below. Design **ONE program** to get your client in shape and help them meet their fitness goals.

Your client choices:

Debbie – Debbie is a 15 year old girl who is about 15 pounds overweight and is tired of feeling unattractive, tired, and out of shape. Debbie eats a lot of junk food and doesn't exercise at all. When she comes home from school she usually eats cookies, chips, and ice cream, then sits on the couch to watch the soap operas.

Debbie works at a fast food restaurant where she gets free French fries and soda. Debbie wants to lose weight, eat healthier, and get in shape.

Billy – Billy is 17 years old and is very athletic. He is very skinny and wants to get bigger. No matter how much Billy eats, he just doesn't seem to gain weight. Billy runs cross country, winter track, and spring track. In his spare time he likes to work out and sometimes play basketball. In the summer, Billy works as a landscaper and does a lot of hard labor. Billy wants to gain muscle weight and eat healthy.

You - you could create a fitness plan for yourself. If you choose this option, you **MUST** write a description (much like the ones above) that will be included on your cover page with your goals.

Process

1. Design a program for ONE of the two clients or yourself.
2. Using information from any of the sources below, develop an exercise program that will help your client (or yourself) reach their goals:

American Council on Exercise

http://www.acefitness.org/fitfacts/fitbits_list.cfm

Muscle and Fitness Online

<http://www.muscle-fitness.com/>

The Fitness Jumpsite

<http://www.primusweb.com/fitnesspartner/>

Shape

<http://www.shape.com>

3. Using information from any of the sources below, develop a diet plan that will help your client (or yourself) reach their goals:

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

Nutrition Navigator

<http://navigator.tufts.edu/>

Nutrition 101

<http://nutrition.about.com/od/nutrition101/>

4. After getting the necessary information and developing an exercise and diet plan, make a 5 page Microsoft Word document that will describe and outline your client's plan. The document should include the following information:
 - a. A colorful title slide with goals and objectives stated
 - b. An outline of the exercise plan – example weekly workout routine
 - c. An explanation of the exercise plan – why are you suggesting the activities (what benefit will your client get from them)
 - d. An outline of the diet plan – example weekly diet plan
 - e. An explanation of the diet plan – why are you suggesting certain foods (what benefit will your client get from them)
 - f. Any other information or motivational pictures or sayings you want to add to get your client excited about your plan

*****YOUR DOCUMENT MUST BE DOUBLE SPACED, USE 12 POINT FONT AND NORMAL MARGINS. ANY PAGE TITLES OR PICTURES MUST NOT TAKE UP MORE THAN 1 INCH AT THE TOP AND/OR BOTTOM OF THE PAGE*****

Evaluation

You will be graded using the following rubric for your document and your exercise and diet charts:

Get Fit! Rubric

Created with
www.taskstream.com

	5	3	1	Your Score
Creativity	Exceptional originality of presented material	Material presented with little originality or creative thought	Project includes little variety in presentation techniques	
Content	Project is well-organized and meets all requirements	Project meets half of the requirements; well-organized	Unorganized and meets less than half the requirements	
Grammar	Nearly error-free which reflects clear understanding and thorough proofreading	Some errors in grammar and/or format that does not interfere with clarity	Multiple grammatical and stylistic errors	
Document Presentation	Evidence that pride and care was taken and the message of the product is clearly defined	Project appears rushed or somewhat careless, but the content is legible	Careless, hurried, and illegible presentation	

Conclusion

You have learned how to develop an exercise and diet. You may even be able to influence other people, such as your family and friends, to look at their exercise and diet habits. You can be the one to encourage everyone to **Get Fit!** Good luck!

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Credits and References

Rubric created with Task Stream:

www.taskstream.com

Several ideas were adapted from FitQuest:

<http://imet.csus.edu/imet1/freeman/fitquest.html>

Fitness image was from Microsoft Word Clip Art:

C:\Program Files\Microsoft Office\Media\CntCD1\cntcd1.mmw

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