

## LONG TERM GOAL SETTING

### Performance Standard 20C.D

Set a realistic long-term personal fitness goal(s) accordingly:

- *Knowledge:* Know if a goal is realistic, long term and/or skill or health related.
- *Performance:* Perform pretest and post-tests, set/record goal and record fitness data.

### Procedures

1. *In order to set goals based upon fitness data and develop, implement and monitor an individual fitness improvement plan (20C)*, students should experience sufficient learning opportunities to develop the following:
  - Evaluate progress of health related fitness goals.

Note: Explain and discuss health-related fitness terms. Provide students with instruction in health-related fitness activities. Provide sufficient opportunities for students to practice setting realistic long-term fitness goals.

2. Explain the “Health Related Fitness Goal Log” assignment to the students.
3. Administer a 5 minute run pre-test and record distance/time each student completes.
4. Instruct students to record their goals on the fitness logs.
5. Require each student to participate in daily running activities to facilitate goal achievement.
6. Administer second fitness test (4 weeks later).
7. Ask each student to record results on the fitness log and determine whether or not individual goal was met.
8. Use the fitness log to complete the rubric following each student’s performance.
9. Evaluate each student’s performance using the “Long-Term Goal Setting” Rubric as follows:
  - *Knowledge:* The knowledge dimension was demonstrated in the performance.
  - *Performance:* All criteria are present

Note: This project can be assigned as an out-of-class homework assignment to reinforce the concept of developing and monitoring individual fitness.

### Examples of Student Work

- [Meets](#)
- [Exceeds](#)

### Time Requirements

- Pre and Post tests are 4 weeks apart

### Resources

- Gymnasium or open space in which to practice health-related fitness activities
- Pencil and a piece of paper to practice writing and recording fitness goals
- Copies of Health-Related Fitness Goal Log

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### Health-Related Fitness Goal Log Examples

<b>Fitness Goal: Run 1 mile in 10 minutes</b>		
<b>TEST DATES</b>	<b>DATA</b>	<b>GOAL ACHIEVEMENT</b>
<b>First Test Date</b>	<b>Fitness Data From First Test</b>	<b>Was the fitness goal reached during second test administration?</b>
January 18th	Ran ½ mile in 10 minutes	
<b>Second Test Date</b>	<b>Fitness Data From First Test</b>	
March 7th	Ran 1 mile in 9 ½ minutes	YES

<b>Fitness Goal: Run 3 mile in 10 minutes</b>		
<b>TEST DATES</b>	<b>DATA</b>	<b>GOAL ACHIEVEMENT</b>
<b>First Test Date</b>	<b>Fitness Data From First Test</b>	<b>Was the fitness goal reached during second test administration?</b>
January 18th	Ran ½ mile in 10 minutes	
<b>Second Test Date</b>	<b>Fitness Data From First Test</b>	
March 7th	Ran 1 mile in 9 ½ minutes	NO

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NAME \_\_\_\_\_ DATE \_\_\_\_\_

### Health-Related Fitness Goal Log

- Exceeds = All 3 criteria are present.
- Meets = At least 2 criteria are present and **must include the health-related criterion**
- Approaches = One criterion is present or goal does not include the health related criterion
- Begins = None of the criteria are present.

<b>Fitness Goal:</b>		
<b>TEST DATES</b>	<b>DATA</b>	<b>GOAL ACHIEVEMENT</b>
<b>First Test Date</b>	<b>Fitness Data From First Test</b>	<b>Was the fitness goal reached during second test administration?</b>
<b>Second Test Date</b>	<b>Fitness Data From First Test</b>	

Is the personal fitness goal?

\_\_\_\_\_ Health-related (not skill related). **Must be present for a score of 2 or 3.**

\_\_\_\_\_ Long-term (requires several weeks to reach)

\_\_\_\_\_ Realistic (attainable)

SCORE \_\_\_\_\_



Name: 20C12P

"Exceeds"

DATE	WALK	RUN	BICYCLE	SWIM	SKATE
3/23/01			10 min		
3/23/01	20 min				
3/24/01			20 min		
3/25/01					20 min
3/29/01					20 min
3/30/01	20 min				
4/1/01			20 min		
4/3/01				20 min	
4/5/01					20 min
4/7/01				40 min	
4/9/01	40 min				
4/10/01	10 min	10 min			
4/11/01			20 min		
4/12/01					20 min
4/15/01				20 min	
4/16/01					20 min
4/18/01	10 min	10 min			
4/20/01			20 min		
<del>4/21/01</del> 4/21/01				20 min	
<del>4/22/01</del> 4/22/01				20 min	
4/22/01					20 min
4/23/01	30 min				
4/23/01	30 min				
4/24/01			20 min		
4/24/01					30 min
4/24/01	1 hr				

5 MINUTE  
RUN  
PRETEST

13.0 LAPS

5 MINUTE  
RUN  
POST TEST

18.0 LAPS

Your goal must be: Health-related (Heart/Lung endurance), long-term (4 weeks), and attainable.

Goal: My goal is to run 17 laps on the 5 min run