**Healthy Active Living 9 CCT**

This is a one page condensed version of the requirements of your CCT. When completed, you will submit all requirements in a folder with a title page.

1. **Create an overall healthy active living goal**. Create an overall goal that you would like to focus on over the remainder of the semester.

*“Ex. I would like to increase my cardiovascular endurance in order to be more effective in soccer matches. “*

When completed outline and explain how your goal is a SMART goal.

1. **Create a workout plan** – You will create a 50-minute workout routine that you will follow for 5 weeks. (1-2 sessions a week, 6 total) Your plan should be in an organized table format and include the following
   * Warm-Up – Be specific in what you will be doing
   * Work-out – This could be represented in a number of different ways (Cardio, circuits, weight training) Make sure you are specific regarding the number of reps and sets, or duration of your exercise.
   * Cool down – Once again be specific (5-minute walk on treadmill, foam rolling, etc.)

Remember your plan should reflect your overall goal. You must also include anything else you will be focusing on outside of the classroom to help achieve your overall goal. (Healthier eating habits, walking more places, etc.)

1. **Apply your plan, record your sessions and reflect:** You will be provided with a log to record your sessions. If you deviate from your original plan it is okay. Just record what you changed and why. You will also write a 2 to 3 sentence reflection on how you felt after the session. You will be evaluated on your ability to track your plan and effort throughout.
2. **Reflect on the semester** – The final component will be a 1-2 page reflection on your plan and semester in general. Use these questions as guidelines:

* Were you successful in achieving your goal? Explain
* What have you learned about personal fitness and health this semester
* What specific skills did you learn this semester that you are most proud of? Explain
* What things did you learn from this course that you will incorporate into your life moving forward.

1. **Exercise Demonstration:** All students will be required to demonstrate and explain one exercise of their choice within their workout plan to their teacher for evaluation. Students will be responsible for the following:

* Demonstrate and explain how to do the exercise properly
* Identify the main muscle groups being targeted
* Identify any safety hazards or safety measures that should be taken into consideration.

**Workout Log**

**Session 1**

Date:

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| --- | --- | --- | --- |
| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 2**

Date:

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| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 3**

Date:

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| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 4**

Date:

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| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 5**

Date:

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| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 6**

Date:

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| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**