**Name:**

**Lifetime Sports – Fitness Targets Teacher - Assessment**

|  |  |  |  |
| --- | --- | --- | --- |
| **Student Skill** | **Does Not Meet** | **Meets** | **Assessment** |
| 1. Student understands how to set short range fitness goals. |  |  | Written/  Skill Check |
| 2. Student understands how to set long range fitness goals. |  |  | Written/  Skill Check |
| 3. Student understands how to use a heart rate monitor. |  |  | Skill Check |
| 4. Student is able to assess their cardio workouts using a heart rate monitor. |  |  | Skill Check |
| 5. Student understands what exercises to use to effect specific muscles or muscle groups. |  |  | Written/  Skill Check |
| 6. Student is able to record their workouts and to track their progress. |  |  | Skill Check |

Comments: