*Fitness Unit Targets*

*Students will:*

*Understand how to set short range fitness goals*

*Understand how to set long range fitness goals*

*Learn how to use a heart rate monitor*

*Be able to assess their cardio workouts using a heart rate monitor*

*Have an understanding of what exercises to use to effect specific muscles or muscle groups*

*Have the ability to record their workouts and to track their progress*