

VBISD Physical Education Test-Out Procedure for Personal Fitness Plan

Student Name _____ Date _____

Section 1: How Fit Am I?

After you have taken the complete battery of fitness assessments, record your scores and compare them to the criterion-referenced health-related standards for your age and gender.

Age _____

Gender _____

My Scores	Healthy Fit Zone for My Age/Gender	Am I in the Healthy Fit Zone?
PACER Run:		
Curl-Ups:		
Push-Ups:		
Sit N'Reach:		
% Body Fat:		

Section 2: MyPyramid.gov and Food Analysis

Nutrition Worksheet MyPyramid.gov

- Go to the webpage www.mypyramid.gov
- Under Interactive Tools, click *My Pyramid Plan*
- Enter age, gender, weight, and physical activity level.
- Press *Submit* and answer the following:
 - How many whole grains should you eat per day? _____
 - How many teaspoons of oil should have per day? _____
 - How many minutes of moderate physical activity are recommended most days of the week ? _____
- Click on the categories *Tips* and answer the following:
 - What counts as an
 - Ounce of grains =
 - Cup of vegetables=
 - Cup of fruit=
 - Cup of milk=
 - Ounce of meat and beans=
- Click on *Home*
- Click on *Related Links* and list 5 of the related links that are given
 -
 -
 -
 -
 -

- From the homepage, under Interactive Tools, click on *My Pyramid Tracker*
- Under *Assessment*, click *Assess Your Food Intake*
- Click where it says, *If you are a new user, please click here to register.*
- Enter a username and password.
- Enter your age, gender, height, and weight into the appropriate boxes. For the *Date* box, enter the date of food intake that you are analyzing. (will probably be yesterday)
- Click on *Proceed to food intake*
- Enter what you ate for dinner last night, by typing it into the search box on the left half of the screen.
- Click type of food that you ate, and then repeat these two steps until you have recorded all your foods.
- Once you have added all your foods, click the *Select Quantity* button on the right half of the screen and select serving size and serving numbers for each food.
- Click *Save and Analyze*
- Click on *Meeting 2005 Dietary Guidelines*
- Click *Maintain Current Weight*
- Click on one 😊 and one ☹️. What does it recommend for each?

○ 😊=

○ ☹️=

- Click *Analyze Your Food Intake*
 - What was your fiber intake? _____
 - What is the recommended amount of fiber? _____
- Click *Back*
- Click on *Physical Activity Entry*
- Click *Standard Option*
- Select *Activity Type* and click *Select* (If you need something more specific enter it in term search and click search)
- Select *Activity* from box and click *Add Activity*
- After you have added you entire activity click *Select Duration*. Enter duration in minutes.
- Once you have added the duration of each activity click *Save and Analyze*.
- Click *Analyze*
 - What was your physical activity assessment score? _____
- Click *Calculate Physical Activity History*
 - What are your options to view your history? _____

- Repeat the steps for food and exercise analysis for one week. Write a summary of the week's food intake and exercise. Include

Section 3: Personal Fitness Plan

Goal setting is an important element for the success of a fitness plan. Goals should be both short and long-term. Make sure that goals are “SMART”: specific, measurable, attainable, realistic, and timely. For example, *I will increase my push-up score by 5 push-ups by working on upper-body strength exercises in the weight room for 15 minutes 3 times per week.* Write at least 3 goals for yourself based on your level of fitness and the results of your nutrition survey. You should have at least one goal for each of the following areas: Nutrition, Fitness, and Performance. You may include additional goals as well.

Nutrition Goal: _____

Fitness Goal: _____

Performance Goal: _____

Additional Goals: _____

Summary:

Write a summary of your personal fitness plan. What did you learn? How can you incorporate these tools to continue a healthy lifestyle? How was this information valuable to you?

A large, empty rectangular box with a thin black border, intended for the student to write their summary. It occupies the majority of the page below the text prompt.

Scoring Rubric for Summary: (Must obtain a 1 or 2 to pass)

1 = Advanced. Summary includes details about personal fitness plan, and explains fully how the tools will be incorporated into a healthy lifestyle. The summary also describes in detail what the student learned and how this activity was valuable to him/herself.

2= Proficient. Summary has some details about personal fitness plan, and some explanation of how the tools will be incorporated into a healthy lifestyle. The summary includes some information about what the student learned and how this activity was valuable.

3=Partially Proficient. Summary contains minimal detail about personal fitness plan and how the tools will be incorporated into a healthy lifestyle. The summary includes minimal information about what the student learned and how this activity was valuable to him/herself.

4=Not Proficient. Summary is lacking details about the personal fitness plan, and any explanation of how the tools will be incorporated into a healthy lifestyle. The summary does not include information about what the student learned or how this activity was valuable to him/herself.