EDPE 304 Teaching Team Sports
Fitness Maintenance/Improvement Plan Analysis
25 points
Due February 22\textsuperscript{nd}

Physical education teacher candidates are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health-enhancing fitness as delineated in the NASPE K –12 Standards.

- 2.1 Demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns.
- 2.2 \textit{Achieve and maintain a health-enhancing level of fitness throughout the program.}
- 2.3 Demonstrate performance concepts related to skillful movement in a variety of physical activities.

Part 1-Analyze your health-related fitness tests results from EDPE 303 in the fall semester to show me how you are meeting or working to meet element 2.2 above. For the four areas of fitness evaluated (Muscular Strength and Endurance, Flexibility, Body Composition, Cardiovascular Endurance) write an analysis paragraph identifying your strengths and weaknesses in each of the four areas (so you will need four separate paragraphs).

Part 2-
After your analysis of each of the four areas of health-related fitness you need to list four strategies that you will do to maintain or improve each area (you will need a total of 20 strategies).