**9th grade Linked Learning Fall SMART goal Project 2017**

**You MUST keep all related papers organized in your notebook, and bring it to each participating class every day until the end of November!**

**SMART goal requirements:**

* Specific
  + Explains how to safely and effectively do the chosen exercise(s)
  + Calendar showing times/dates of exercise, sets/reps, and intensity when applicable
* Measurable
  + Describes **quantitative** measurement that will show how well the exercise plan worked
  + Calendar shows when progress is being checked (includes baseline)
  + Measurements are taken at the start, throughout the project, and at the end.
* Attainable
  + Possible/practical/reasonable for the student to accomplish, given all circumstances
  + Includes **intrinsic** and **extrinsic** motivators
* Relevant
  + Explains how improvement would help in any aspect of the student’s life
  + Exercise must be something new or more than what the student has already been doing
* Time-bounded
  + Includes calendar with planned exercises and measurements

**E-1: SMART Goal Assigned**: 9/11/17, **Due**: 9/18/17, **Worth**: 20 pts.

Be as **SPECIFIC** as you can! Provide as much detail as possible, and explain your answers!

1. What is your goal?
2. How is this goal **RELEVANT** to you (why did you choose this goal)?

Consider physical, mental, & social benefits of exercise that apply to your goal (p. 127-128)

1. Which category does your goal fall under (describe/explain)? (p. 128-129)

(Muscular Strength, Muscular Endurance, Cardiorespiratory Endurance, Flexibility)

1. What specific exercises will you do? (describe how to do the exercise properly – refer to your PE teacher)
2. How often, how intensely, and for how long will you do these exercises?

(Refer to the FITT guidelines on p. 136-138) *\*(ignore the activity pyramid on p. 136)*

1. What is overtraining, what are the warning signs, and how will you prevent overtraining? (p. 139-142)
2. Describe how and how often your progress will be **MEASURED**
3. What challenges do you expect to have, and how will you overcome them?
4. What do you have to give up in order to make time for exercising?
5. How will you stay motivated? (p. 138)
6. Who will support you in meeting this goal, and how? (parents to drive you, friends to motivate, etc.)
7. What resources do you have available for you to use (e.g. weight room at school, pull up bar at the park etc.)

**Progress Checks:**

Who is your assigned advisor for this project? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Per.\_\_\_\_

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| **Things you need each week:**   1. Calendar (PLAN) for the next 2 weeks 2. Calendar (ACTUAL) for this past week 3. Weekly quantitative data measurement 4. Weekly qualitative journal reflection | Your advisor for this project will decide when and how they check up on you. Please bring your notebook with everything to all participating classes, and speak to your advisor if you need help or have questions! |

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| --- | --- | --- | --- | --- |
| Week 1  1 X 3 X | Week 2  1 2 3 4 | Week 3  1 2 3 4 | Week 4  1 2 3 4 | Week 5  1 2 3 4 |
| Week 6  1 2 3 4 | Week 7  1 2 3 4 | Week 8  1 2 3 4 | Week 9  1 2 3 4 | Week 10  1 2 3 4 |

**Planning and tracking your exercises:**

**You must have exercises written on your [PLAN] calendar at least 2 weeks in advance!**

Muscular Strength/Endurance

* Do 2-3 sets of the same exercise (with a few minutes of rest between each set) each day (2-3 days per week).
* For each set, do as many repetitions (reps) as you can without stopping.
* For increasing strength, if you can’t do at least 3-4 reps in a row, make the exercise easier. If you can continue past 8-10 reps, make the exercise more difficult.
* For increasing endurance, if you can’t do 8-10 reps in a row, make the exercise easier. If you can continue past 15-20 reps, make the exercise more difficult.

Cardiorespiratory Endurance

* Do the exercise for 20-60 minutes (depending on the intensity) each day (3-5 days per week).
* If you are so out of breath you wouldn’t be able to talk to someone while you do it, lower the intensity.
* If your heart rate isn’t increasing to approximately 2 beats per second, increase the intensity.

Flexibility

* Do each stretch 3-5 times (with a few minutes of rest in between) each day (3-5 days per week).
* Hold the stretch comfortably for 15-30 seconds each time.

**You must record the exercises you actually did on the [ACTUAL] calendar each week!**

* You may find that your schedule changes, that you could do more or less than what you planned. Either way, please keep track of the exercises you actually do, and keep these records honest! As you improve over time, you may start to change the number of reps or the intensity of your exercises. This change over time is an important piece of data that shows how the exercise program is improving your fitness!

**Collecting Quantitative Data: Weekly Measurements**

* You must collect this data at least once per week, and you must do it in the same way each time. However, you might not test yourself in the same way you practice. For example, if you are trying to measure the number of push-ups you can do, you might build strength by doing push-ups very slowly throughout the week. But in order to be able to compare your data from week to week, you should test yourself by doing push-ups at a “normal speed”, the same way you initially tested yourself.
* If you plan on exercising the same day as measuring your progress, take your measurements first before tiring yourself out.

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| **Independent Variable (x-axis):**  The number of weeks you’ve been doing these exercises.  **Dependent Variable (y-axis):**  The measurement showing how well you can perform. Write in the units for your measurement in the table 🡪  **Controlled Variables:**  The conditions you keep the same each time you measure your progress so no other factors are influencing your data. | |  |  | | --- | --- | | x (weeks) | y ( ) | | 0 |  | | 1 |  | | 2 |  | | 3 |  | | 4 |  | | 5 |  | | 6 |  | | 7 |  | | 8 |  | | 9 |  | | 10 |  | |

**Collecting Qualitative Data: Weekly Journal Reflections**

You may write about your experiences each day if you like, but they will only be checked once per week. Here are some guiding questions foro your reflections:

* How well did you stick to your schedule this week? (If you missed days or changed anything, explain why.)
* How motivated are you to continue? What are you doing (or what could you do) to increase your motivation?
* How do you feel about your progress, achievements, challenges, etc.?
* How do you feel (physically)?
  + Note: It’s normal to feel sore (dull muscle pain) or weak both immediately after exercising as well as the following day. Allow your body to recover completely before exercising the same muscles!
* Do you need help/advice adjusting your goal, the intensity of your exercises, etc.?
* What did you learn about yourself, doing the exercises properly, etc.?
* What could you do better next week?

**Lab Report Guide:**

*Your advisor for this project will grade your lab report and share the score with all other participating teachers. You will receive that same grade in each class, but the number of points it’s worth may vary for each teacher.*

**Background Research**

What is the **purpose** of this self-experiment, and why is it important?

* Explain your goal, in general?
* Identify the type of exercise your goal involves (Muscular Strength, Muscular Endurance, Cardiorespiratory Endurance, Flexibility), and describe its definition in your own words.
* Explain how this goal **relevant** to you (why did you choose this goal)?
* Explain all of the ways this exercise project benefits you (consider physical, mental, social, and academic benefits)?
* What other skills does this project help you develop?

What is your **hypothesis**?

* Use an “If I…, then…” statement.
* Be very **specific**, including what you can do now and what you want to be able to do.
* Make sure your goal is both **measurable** and **attainable** for you.
* Include the duration (length of **time**) of this project and frequency (how often) of your exercises.

**Methodology**

What did you do?

* Explain what specific exercises you did and how to properly perform the exercises (refer to PE teacher).
* Include your warm-ups and cool-downs.
* Include when, how often, and where you exercised.

What support did you have, and how did you stay motivated?

* Explain what challenges you needed to overcome and how you did so, including how you made time for your exercises.
* Describe all of the things that motivated you to stick with your plans to exercise. Be specific!

How did you measure your progress?

* Explain how you kept track of your planned exercises.
* Explain what kind of quantitative (numbers) data you collected.
* Explain what kind of qualitative data you collected to describe your experiences throughout the project.

**Results and Analysis**

* Create a data table and bar-graph of your measurements
  + Include the title, independent variable, and dependent variable on both.
  + Include the properly labeled x and y axes with appropriate units.
  + It should be clear what the numbers represent without reading the rest of your report.
* Summarize your quantitative data (in words, explain the graph as though you’re talking to a blind person.
  + Consider the shape/slope of the graph, the highest and lowest measurements, the starting and ending measurements, etc.
* Describe your quantitative data (explain your experience, physically and mentally throughout the project).
* Include comments about any changes to the methods you made throughout the project.
* Explain why you got the results you did, including anything unexpected in the **Results** section.

**Conclusion**

* Re-state your hypothesis, and explain how your results compared to your specific goal.
* Explain what you could have done better (be specific!), and how doing so would affect your results.
  + If you had difficulty staying motivated, you should focus on this question a lot.
* Explain how you feel about continuing the exercises after this project and what you could do differently.
* Explain what you gained/learned throughout the project (refer to the benefits you mentioned in the **Background Research** section).
* Give advice to someone, based on your experiences with this project.

**Abstract**

* In 150-250 words, summarize your whole lab report, including the most important information from each section.
* Note: the **Abstract** will be written last, but in your report it will be on its own page by itself, before the **Background Research** section.