**KIN 010 FINAL PROJECT:**

1. Take the tests
2. Enter your data
3. Compute your scores
4. **\* USE THE ACSM BOOK:**
   * Cardiorespiratory, 1.5 Mile Run: Page 29-30
   * Muscular Endurance, Curlups & Pushups: Page 36
   * Flexibility, Sit-and-Reach: Page 40
   * BMI: Page 266
   * Waist Circumference: page 27

State **YOUR info and test results** for the following categories. State which **categories** YOU need to **improve or maintain**. **DESIGN** a **3-week training program** for YOU to improve your scores.

**YOUR INFO:**

* Sex: Age: Activity Level:
* Health Status: Injuries Status: Occupation:
* GOAL:

**TEST RESULTS: CATEGORY/STATUS: Improve or Maintain:**

* Resting Heart Rate:
* Height:
* Weight:
* %Body Fat:
* BMI:
* Waist Circumference:
* 1.5 Mile Run:
* Partial Curl-ups in 1 minute:
* Pushups in 1 minute:
* Sit-and-Reach:
* Hand Eye Coordination Chart:

**3-WEEK PROGRAM-** Make sure the program includes the following in the layout:

* Can be in Excel Chart Format or Word Format
* Frequency (how many times a week)
* Intensity (how hard- %heart rate intensity or %max reps)
* Time (how long you train for)
* Type (what mode/activity performed)
* Structure:
  + Neural Warm-Up/Mobility Work (3 exercises, 3-5 reps each)
  + Visual Warm-up (1 exercise)
  + Dynamic Warm-up (Core Coordination- 3 exercises, state reps or time)
  + Strength Training Session : Reps/Sets (how many times through a circuit)
  + Energy System Development (Conditioning- how long? What level?)
* **SHOW PROGRESSION THROUGHOUT THE WEEKS**
  + An example is on our website. Kin 010 Tab- Final Project Example