

UNIT 2 : AEROBIC FITNESS

ACT

Review your 3-minute Step Test from the Lab #1 fitness assessment and your weekly physical activity log from Unit 1. Use the space below to:

1. Compare your assessment results and minutes of moderate to vigorous physical activity to the standards and recommended guidelines. Describe your current status as compared to the recommended guidelines.
2. Create a plan, based on the FITTE principle, to improve or maintain your aerobic fitness.

UNIT 2 : REFLECT

Use the space below to write a 400 word reflection on Unit 2 learning content and lab activities specific to:

1. What were the key items you focused on when writing your aerobic fitness plan and why?
2. Based on your campus tour, identify the UNC facilities and various offerings of each facility to incorporate into an aerobic fitness routine.
3. List a minimum of 2 facilities in the surrounding community (off-campus) that offer aerobic fitness options and how they could benefit you.

Upon completing all Unit 2 activities, SAVE your updated Heel Print and SUBMIT it to your instructor.