

H3 Fitness Trends Project

OBJECTIVE:

Learn how to find and present correct size “visuals” for a slide presentation. This lesson will use Google Slides. Students will be able to cite CORRECTLY any visual they insert into their presentation.

Students will research the top current fitness trends and follow specific project instructions.

THE PROJECT:

FIRST slide of your project will be your NAME and CLASS

Create TWO slides for each fitness trend:

FIRST SLIDE: will have two “visuals” (2 images, or 1 video and 1 image)
Create a text box for EACH visual; with correct citation of the images

SECOND SLIDE: create a text box (s); use bullets to answer the following:
What fitness components are used: MUSCULAR Strength & Endurance, CARDIO, FLEXIBILITY
What major body parts are used during the trend? (shoulders, arms, legs, core, back)
Is it Aerobic, Anaerobic or both?

The LAST IMAGE Slide of the project: create two text boxes:

First Text Box: PICK 1 **NON-TRADITIONAL TREND** you would REALISTICALLY consider trying and find TWO NEW IMAGES of your CHOICE.

CITE THESE IMAGES

Second Box: BULLET 5 reasons you would try this TREND.
Make statements... not one or two word responses.

The last slide(s) of the project will be your list of your citations.

FITNESS TRENDS:

Slide 1: Name and Class

Slide 2. **APPLICATIONS: (PUT THESE ON ONE SLIDE)**

Create a text box with **3 images** of fitness apps. that are currently popular **and you**
WOULD consider using. **MUST CITE THESE IMAGES**

3,4. **ARIEL SILKS**

5,6. **BARRE**

7,8. **BELLY DANCING**

9,10. **POLE FITNESS/FIXED VERTICAL SUPPORT FITNESS**

11, 12. **POUND**

13,14. **YOGA**

15,16. **ROPE WEAVING**

17,18. **ZUMBA**

19,20. **CROSS FIT TRAINING**

21,22. **TAI CHI**

23,24. **FLOW**

25,26. **FUNCTIONAL FITNESS (due to injury or aging)**

27,28. **JUMP ROPE**

29,30. **“HOOPING”**

31,32. **WALKING STICKS**

33,34. **PILATES**

35,36. **WATER AEROBICS**

37,38. **STABILITY BALL/BOSU**

39,40. **SPIN**

- 41,42. ROWING**

- 43,44. BOUNCE/TRAMPOLINE**

- 45,46. FLOAT FIT/ PADDLEBOARD OR SURFBOARD**

- 47,48. BOXING/KICK BOXING**

- 49,50. MARTIAL ARTS**

- 51,52. PARKOUR/FREE RUNNING**

- 53. Last image slide: your choice of non-traditional fitness trend. (See specific requirements i
in directions for this last slide)**

- 54+ LIST OF ALL YOUR CITATIONS**