Notebook Assignment

Students need to prepare a Fitness and Exercise Testing notebook. This will be a resource for students to use in the future as they continue their careers in the fitness industry.

This is 25% of the students’ grade. Please invest in a good notebook with at least 2” rings and a set of divider tabs. Please take the time to organize and prepare this assignment.

Grading – Students’ notebooks will be graded on the following items.

Table of Contents
This should be the first page of your notebook in front of your tabbed sections.

Tabs
Although this is not a limited list, please include tabs for the following tabs.

- Resting Measures
- Health History/Medical Questionnaires/ACSM Guidelines
- Flexibility
- Pulmonary Function
- Muscular Strength/Endurance
- Body Composition
- Cardio-Respiratory

Tabbed Sections
Within each tabbed section, you need to organize your notes, handouts, lab exercises and printouts. Because notes are part of this notebook (hence the name, “notebook”), you will need to attend class and take notes.

The notebook is due **TUESDAY, MAY 20.** They will be returned to students on Tuesday, May 27.