

GROSSMONT COLLEGE
Department of Exercise Science and Wellness
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ES 009 -- AEROBIC DANCE EXERCISE

FOOD GUIDE PYRAMID WORKSHEETS – EVERYONE WILL COMPLETE THIS PORTION

Go to www.mypyramid.gov and put in your personal information for your current weight and then again for the weight you would like to be (goal weight). When you get to your personal information sheet, click on the daily food tracking worksheet link. Print out 7 of these pages so that you can keep a log going for 7 days. You need to keep a 7 day food and activity log and turn it in with the final. My suggestion is that you do this NOW so that you don't run out of days.

CHOOSE ONE OF THE FOLLOWING ADDITIONAL ITEMS --

A -- WELLNESS OR FITNESS SENSATIONAL ARTICLE

For the final you need to review a fitness related article from a magazine or off the web. I want you to find something that gets your attention in a way that the first thing you say to yourself is, "Yeah, Right"; meaning that the promises being made are a little hard to believe. You will be answering questions and writing up a summary of this article. You will also need to attach a copy of the article to the final, so you need to have a hard copy.

OR

B-- HEALTHY EATING OUT – you need to secure a nutrition guide from a restaurant chain or fast food restaurant. You can find a lot of this information on the web. Or you can go into the restaurant and ask for a "Nutrition Guide"; most have them available. You will be answering questions about this information on the final.

TAKE HOME FINAL – you will get this on Wed. December 2 and will be able to use all your notes and class materials to complete it. You will turn it in the following week on Wed. Dec. 9.

REEVALUATIONS – THE LAST 2 WEEKS OF CLASS

We will be doing re-testing and measurements following this schedule:

Wednesday, Dec 9 – 3 minute Step Test, Plank, and Sit Ups

You will get the take home final at this time.

SCHEDULED FINAL TIME

Remeasure – according to scheduled time (will sign up)

I will return your final project and give you your class grade at this time.