



## Fitness Project Brief

### Learning Objectives

- Learn the value of lifetime sports for health and fitness
- Share discoveries and a new appreciation of personal interests and talents
- Design a personal fitness plan and track it using a fitness file
- Discover benefits of being fit while making decisions, managing self and speaking with others
- **Bowling**
  - Learn to select proper equipment
  - Practice proper delivery, follow-through and rules of bowling etiquette
  - Learn to keep score and records of improvement
- **Golf**
  - Learn to select proper equipment
  - Experiment with different clubs for different shots
  - Learn to keep score and records of improvement
  - Learn rules of golf etiquette

### Fair Projects

- Scrapbook of photos of yourself bowling or playing golf that features different strokes and techniques
- Poster that identifies different clubs for different shots
- MyPyramid poster that includes information about healthy eating
- Personal fitness plan – poster or chart
- Develop a board game with interesting health facts

### Demonstration Ideas

- How to swing a golf club
- How to keep score - bowling or golf
- How to do other physical activity (i.e., Taekwondo, dance, soccer, etc.)

### Field Trips

- YMCA
- Swimming pool
- Walk in a park
- Hike at a state or national park
- Fitness center or gym
- Grocery store

### Ideas for Speech Topics

- Importance of exercise
- Rate of obesity and what to do to help
- Importance of learning proper technique when weight lifting
- Your favorite sport or activity and how it keeps you physically fit.

### Critical Thinking

- Why is it important to know how to improve your fitness in the future?
- What activities require protective gear and rules for safety? Describe them.
- What fun activities could you do to improve your health and fitness?
- Consider your goals; what plans should you make to improve your health and fitness?
- What can you do to help other people improve their health?

### Community Service

- Volunteer at a golf course
- Volunteer at bowling alley
- Coordinate a Special Olympics event
- Develop an exercise routine and teach others how to do it
- Develop a fitness plan to share with others

### Science & Technology

How have you used science and technology in this project area?

Examples:

- Analyze bowling and golf records for improvement and scores
- Analyze different golf shots and the appropriate club to use
- Evaluate a personal fitness plan to see if it addresses the areas needed
- Conduct internet searches for information about health and fitness
- Explore the science of health and fitness (i.e., biology and physiology, etc.).

## Show Me Character

**Trustworthiness** - includes honesty, promise keeping and loyalty.

- Return any equipment you borrow, rent or use
- Be on time to activities so everyone can start on time

**Respect** – includes courtesy and proper treatment of people and things.

- Thank people for allowing you to borrow equipment and make sure you take care of the equipment you borrowed
- Always treat others the way you want to be treated
- Always congratulate competitors after an event

**Responsibility** - includes the pursuit of excellence, accountability and perseverance.

- Learn how you can be the healthiest “you” possible
- Try out different activities to see what works best for you
- Set goals for your project and work hard to meet those goals
- Spread your work out over the entire project year so you get the best possible results

**Fairness** – involves consistently applying rules and standards appropriately for different age groups and ability levels.

- Treat all people of all ability levels with respect
- Judge people only on their character, not on their physical ability
- Take turns when playing games and sports

**Caring** - promoting the well being of people and things in a young person's world. It denotes action and not just feelings.

- Take responsibility for your own body; making sure you do everything you can to take care of yourself
- Help friends and family understand how to live a healthy lifestyle
- Give friends and family support when they are making changes in their lives

**Citizenship** - includes making the home community and county a better place to live for themselves and others.

- Volunteer to help out with community wellness events
- Always play by the rules
- Listen to the rules and obey what project leaders and coaches tell you
- Think of ways to promote healthy living in your community

## Show Me Standards

Missouri 4-H members will acquire the knowledge and skills to gather, analyze and apply information and ideas, communicate effectively, recognize and solve problems, make decisions and act as responsible members of society.

4-H members will acquire a solid foundation which includes knowledge of:

- **Health/Physical Education** – structures of, functions of, and relationships among human body systems; principles of movement and physical fitness.
- **Mathematics** – addition, subtraction, multiplication and division.
- **Communication Arts** - participating in formal and informal presentations and discussions of issues and ideas.

## Resources

### 711 Bowling

Y620 4-H Project Record  
Y8 Lifetime Sports: Bowling

### 712 Golf

Y620 4-H Project Record  
Y9 Lifetime Sports: Golf

### 773 Keeping Fit

Y620 4-H Project Record  
Y7730 Keeping Fit

### 774 Physical Activity in 4-H Clubs

Y620 4-H Project Record

My Activity Pyramid for kids at

[extension.missouri.edu/explore/hesguide/foodnut/n00386.htm](http://extension.missouri.edu/explore/hesguide/foodnut/n00386.htm)

My Activity Log for kids at

[extension.missouri.edu/explore/hesguide/foodnut/n00864.htm](http://extension.missouri.edu/explore/hesguide/foodnut/n00864.htm)

Guides on healthy relationships and physical fitness at

[4h.missouri.edu/projects/health/](http://4h.missouri.edu/projects/health/)

## To Order

Extension Publications online at <http://extension.missouri.edu/explore/shop/> or by phone at 1-800-292-0969

For additional resources check with your local University of Missouri Extension Center or [www.4-hmall.org/](http://www.4-hmall.org/)