

**Cindy Starzenski, Physical Education**

**WID Fellows Teaching Portfolio Winter 2010**

**B. Writing Assignments Used for Evaluation of Participation and Performance**

The first version of the assignment below is quite open-ended and I wasn't getting the quality of answers that I wanted. I developed the second version to guide the students through their program evaluations.

**I. Personal Program Evaluation**

Describe in point form what you actually did each week in order to work toward your fitness goal. List any replacement activities. If you did not follow your program as desired, briefly explain why and give yourself some strategies to overcome your barriers.

WEEK 1:

---

---

---

---

---

WEEK 2:

---

---

---

---

---

WEEK 3:

---

---

---

---

---

Progress?

---

---

---

Overload?

---

---

Exercise changes / alterations?

---

---

---

Comments?

---

---

---

## II. Personal Exercise Planner Evaluation (revised)

A. Provide a brief description of your workouts over the last few weeks:

Cardio:

---

---

Frequency: \_\_\_\_\_

Resistance:

---

---

Frequency: \_\_\_\_\_

Flexibility:

---

---

Frequency: \_\_\_\_\_

B. Does the above exercise match the workout you had planned in your personal exercise planner? If not, what is different and why?

---

---

---

---

---

C. When you miss a workout, is it usually because of (circle one):

MOTIVATION / TIME MANAGEMENT / EXERCISE IS VERY LOW ON  
PRIORITY LIST / OTHER (explain):

---

D. What is your fitness strength right now? \_\_\_\_\_

What is your fitness weakness? \_\_\_\_\_

Have you seen any improvements in your fitness? Explain.

---

---

---

What is the next step (progression / overload) for your program?

---

---

---

---