

FITNESS VIDEO



Working individually you will create your own fitness video using iMovie. The video is to include;

- an introduction to the video including the skill being performed
- a description of the correct technique required to safely complete the exercise
- a demonstration of the exercise being correctly executed
- identify 3 common errors that occur when attempting to complete this exercise and explain why these errors may lead to injury.
- a conclusion to motivate someone to try your exercise!

Here are some examples to help you out!

[How to Do a Squat Correctly](#)

[Get Push Up Confident](#)

Remember: select a resistance exercise other than push-ups or squats

LET'S GET STARTED!

1. Identify the resistance exercise you have chosen:



2. **Research** the correct technique required to safely complete this resistance exercise. **Record 3 sites** that you have used to gather information. **Record**

these sites in a **correctly formatted bibliography** below. This can be transferred to your bibliography Google Site page. Refer to your College planner or the [Bibliography Format Guide - StJPII](#) to help you with formatting!

Resource/Site Name	MLA Formatted Bibliography
1.	
1.	
3.	

3. **Write (using your own words) a description** of the correct technique required to safely complete the resistance exercise. You may like to include modifications of your exercise for beginners or advanced athletes.

4. **Film a number of examples of yourself demonstrating the skill.** You may like to film from different angles to ensure correct technique can be clearly seen in your video.
5. Select the video/s that **most clearly show correct technique and insert** this clip into iMovie.
6. **Insert your description of the correct technique required to complete the skill into your iMovie.** You may choose to do this in the form of text, a voice over or film yourself describing the correct technique whilst you are demonstrating the exercise.
7. **Research 3 common errors** that occur when the resistance exercise is attempted. Record these errors in the table below.

1.

2.
3.

8. **Explain how each error may lead to injury.** You can include a carefully demonstrated example of incorrect technique, videos, images or diagrams to support your explanation. **Insert the explanation** of 3 common errors **into your iMovie.**

1.
2.
3.

9. **Film an introduction and conclusion** to your resistance training video to encourage someone to attempt your exercise!

10. **Edit your video.** Have you included the following?

- ☐ An introduction to your resistance exercise fitness video
- ☐ A description of the correct technique required to complete the resistance exercise
- ☐ Correct demonstration of the resistance exercise with technique clearly shown
- ☐ An explanation of how 3 common errors may lead to injury including either a demonstration, use of video/images/diagrams to support your explanation
- ☐ A conclusion to motivate someone to attempt your resistance training exercise.

11. **Export your completed video to your Google Drive - 10PDHPE_Working Out folder.**

Time to update your Assessment Google Site!!!

12. **Create a new subpage on your assessment Google Site titled 'Fitness Videos' and embed your video into the site. You should include an icon or link to this page from the homepage of your site so users can easily locate and access your fitness video!**



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