

Physical Education

HIIT Routines

Assignment Explanation: For this assignment, the student should create two workout routines, one using HIIT training, and another using low-impact training. Each workout should have clear differences in exercises, time intervals, and intensity.

Along with this, each workout routine should also contain at least three exercises, three rest intervals, and the amount of time each exercise and rest will be.

The structure of each workout routine should be similar or the same to the following:

Exercise 1 and how long this exercise will be done for

Rest interval 1 and its length

Exercise 2 and how long this exercise will be done for

Rest interval 2 and its length

Exercise 3 and how long this exercise will be done for

Rest Interval 3 and its length

Grading Rubric

<u>Excellent</u> <u>(100%)</u>	Student was able to create both routines with significant differences in intensity, time intervals, and showed an understanding of HIIT and low intensity concepts.
<u>Proficient</u> <u>(80%)</u>	Student was able to create both routines with noticeable differences in intensity and time intervals, while showing a basic understanding of HIIT and low intensity concepts.
<u>Acceptable</u> <u>(70%)</u>	Student was able to create both routines with slight differences in intensity and time intervals and showed some understanding of HIIT and low intensity concepts.
<u>Poor (50%)</u>	Student was unable to create both routines with any differences and showed little to no understanding of HIIT and low intensity concepts.