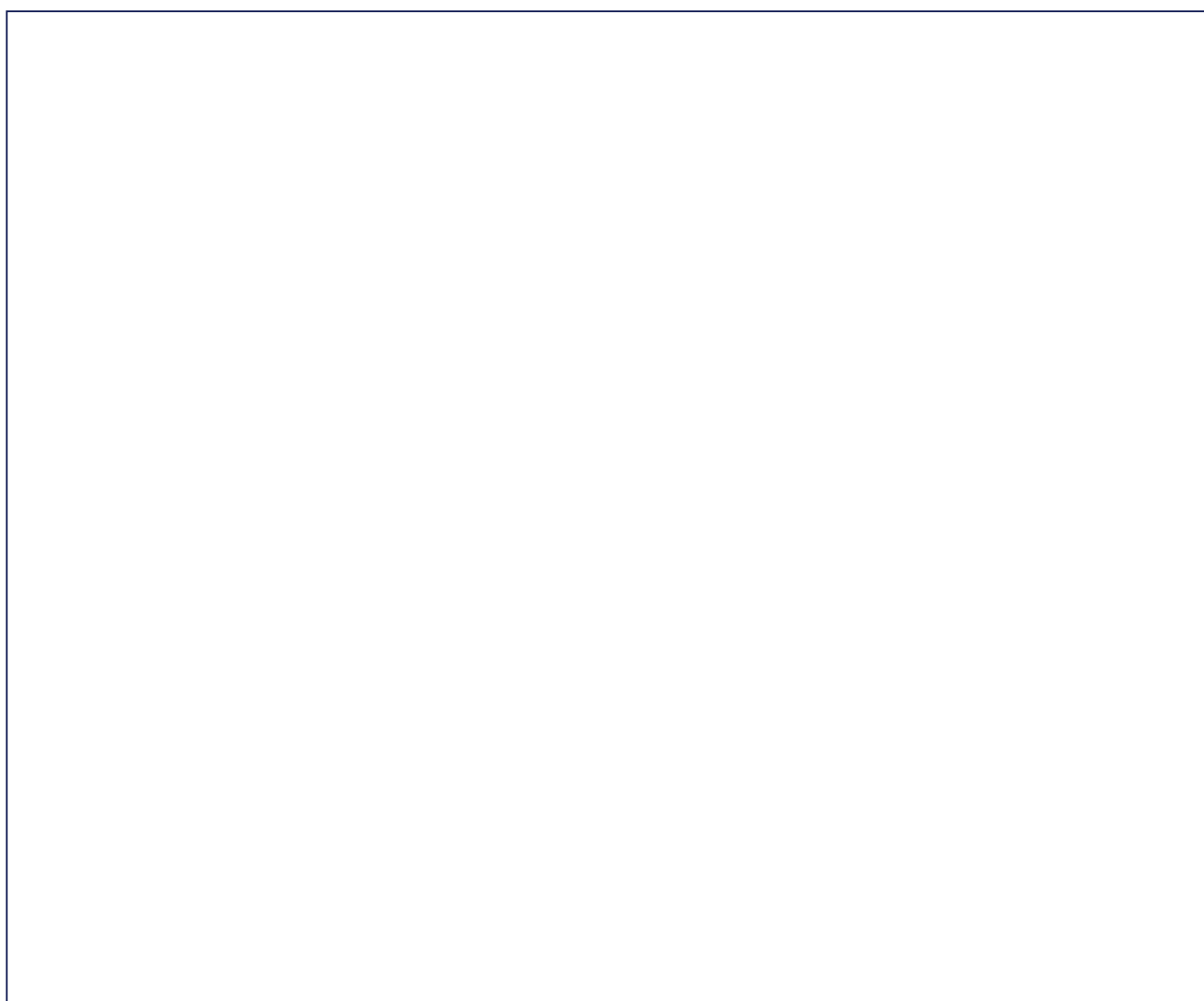


Max's Marathon of Movement: Designing the Ultimate Fitness Circuit

Learning objective: To understand the components of physical fitness and the physiological effects of exercise on the human body.

Max the monkey is designing a new obstacle course to improve his agility, strength, and stamina. Use the space below to draw his circuit. Label the different stations and identify where the body experiences physical changes during the activities.

Draw: Draw a top-down view of a fitness circuit set in a park. Include at least four distinct stations: a jump-rope area, a climbing frame for strength, a series of zig-zag cones for agility, and a stretching zone. Use a clear, technical drawing style similar to an architect's blueprint. Add arrows to show the direction of movement around the course.



Label words: Heart rate · Muscular endurance · Agility · Respiration · Flexibility · Cardiovascular · Recovery · Stamina

Steps:

1. Label your drawing to show which station would most effectively improve 'cardiovascular fitness'. Explain why this activity increases a person's heart rate.
2. Identify one station that requires high levels of 'agility'. Justify why quick changes in direction are

necessary for this specific movement.

3. Compare and contrast 'muscular strength' and 'muscular endurance'. How might Max design a station to test both simultaneously?
4. What might happen to the human body if an athlete skips the 'cool down' phase after completing a high-intensity circuit?
5. If Max wanted to make his course more challenging for a professional athlete, what variables would he need to adjust? Explain your reasoning.
6. Create a 'Fitness Rule' for your circuit that encourages safe participation. Why is this rule essential for preventing injury?