

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ PERIOD: \_\_\_\_\_

**Body Composition Assignment**  
**Lifetime Fitness**

Students will break down their body composition results and write an expressive essay on how their body changed throughout the semester. ANSWER IN COMPLETE SENTENCES.

Paragraph # 1:

How has your body weight changed throughout the semester?

What did you lose or gain? FFM (fat free mass) or fat mass, or a combination of both?

What is your basal metabolic rate (BMR) and what factors affect your BMR?

From your first body composition test to your last, how has BMR changed?

Paragraph # 2:

What is a healthy body fat percentage? What steps should I take to maintain or to improve my body composition? What are the benefits to understanding how my body composition has changed?

Paragraph # 3:

After looking back at your body composition results, reflecting on your FITNESSGRAM progress, how do you feel about your individual physical health?

**SCORING RUBRIC**

5 points—Healthy Fitness Zone (HFZ) sheet \_\_\_\_\_

5 points—Body Composition results sheet \_\_\_\_\_

20 points—3 paragraphs with complete sentences \_\_\_\_\_

20 points—grammar, punctuation, typed \_\_\_\_\_

TOTAL \_\_\_\_\_ / 50