Brochure Assignment

You will be creating a *trifold brochure* for one of the Health Related Fitness Component. This brochure would be used to explain the importance of this particular component. Below you will find the information necessary for the assignment. Once the brochure is completed, please print it out and turn it in to your teacher.

Panel #1: Title (Ex: Health Related Fitness Components)

Title of your brochure

Picture representing your Component

Panel #2: Definition of the Component

Title of the Panel

Benefits of the component (at least 3)

Picture representing the component

Panel #3: One FitnessGram Assessment that is used to assess

this particular Component

Picture representing the FitnessGram Assessment

Directions on how to appropriately complete this

Assessment

Panel #4: A Second FitnessGram Assessment that is used to assess

this particular Component

Picture representing the FitnessGram Assessment

Directions on how to appropriately complete this

Assessment

Panel #5: Illnesses/Diseases prevented by this component

Picture representing the illnesses/diseases

Panel #6: Personal Information: Student’s name (first and last)

Places you can go for more information on this component

Sources you used to create this brochure

Date brochure was completed & Teacher’s name