

# S.M.A.R.T. GOALS

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The primary CatholicFIT goals for record-keeping purposes include three things:

- Curl Up Test
- Deep Squat Assessment
- Increase in Faith & Fitness Discussion with the Family

## **S.M.A.R.T. Goal #1: Curl Up Test**

**Specific** – can the student improve his or her ability to perform multiple curl ups?

- See Appendix A. for pictures and descriptions of exercise form
- This test specifically tests hip, trunk and “core” muscle strength, power and muscle endurance

**Measurable** – we will count the number of curl ups performed in 60 seconds

- Each student’s partner will count the reps
- A full curl up counts when the student, lying flat on his or her back with arms and legs extended, goes from arms/hands touching the floor overhead to “curling up” to reaching forward and touching their toes
- Students will attempt to keep their heels on the floor, and the partners will not hold their feet or ankles during the test. The student performing the test cannot brace or lock their feet or ankles in any way under a bleacher or desk (this brings assisting, non-abdominal muscles in to play)

**Attainable** – we believe a 10% increase in the total number of reps is attainable

- The challenge here is how accurate the “counter” is, especially with the younger grades, and the quality of each repetition.

**Relevant** – the muscles and movements tested are important for healthy functioning of the hips and trunk to brace the mid section, support the spine, and provide for proper alignment of the core that directly effects the extremities during all human movement

- Due to sedentary lifestyles and increasingly poor posture, especially among our youth, and the fact that most people sit too much, these important hip and core muscles atrophy and shorten throughout a life time causing many orthopedic and obesity issues.



**Time-bound** – the program is 8 weeks; pre-testing will be performed the weeks of February 5<sup>th</sup> and 12<sup>th</sup> and the post-tests will be weeks of March 26<sup>th</sup>.

### **S.M.A.R.T. Goal #2: Deep Squat Assessment**

**Specific** – we want to improve the students’ ability to perform a deep squat position

- See Appendix A. for pictures and descriptions of exercise form
- This test specifically tests ankle, knee, hip and upper back (thoracic spine) mobility which is vital for proper human movement, spinal alignment, healthy posture, and athletic performance

**Measurable** – assess the student’s ability to sit in a (semi-)relaxed, deep squat pose with a hip width stance, heels remaining securely on the floor and upper back is held relatively straight and tall

- Students will perform this as a group, or as the teacher finds most appropriate and the assessment table (Appendix B.) will be used for recording
- If a student’s heels are off the floor, and/or the student fails to maintain balance, the student receives a “0.” A successful attempt receives a “1”

**Attainable** – we hope to see a 10% increase in the # of students able to perform this

- For example a class size of 30 kids, maybe 6 kids cannot perform the deep squat. We hope to see at least 3 more kids able to perform this by the end of the program (stretches and mobility exercises will be offered)

**Relevant** – “joint mobility” in the ankles, hips and upper back are necessary for healthy, functional movement during walking, squatting and all athletic movements and play.

- When an adult cannot deep squat, or has a left-right imbalance with their ability to deep squat, orthopedic restrictions are experienced all over the body. This movement deficiency, or sign of movement illiteracy, more often than ever, is beginning earlier in life. This test and consistent practice counters the excessive sitting plaguing the health of our nation.

**Time-bound** – the program is 8 weeks; pre-testing will be performed the weeks of February 5<sup>th</sup> and 12<sup>th</sup> and the post-tests will be weeks of March 26<sup>th</sup>

### **S.M.A.R.T. Goal #3: Increase Faith and/or Fitness Discussion in the Student’s Family**

**Specific** – increase the amount of faith and/or fitness discussion in each student’s household



- In a post-program survey, we will ask the specific question:  
“has your discussion about faith and/or fitness increased as a result of the CatholicFIT program?”

**Measurable** – we will record the number of survey responses

- We will compare the percentage with the previous programs

**Attainable** – due to the high response rate (over 80%) in previous programs, we believe any increase in this percentage is possible and fantastic

**Relevant** – we believe everything begins in the mind, or as a thought first, then through expression and discussion, and then, God-willing, through action. Any discussion about faith and/or fitness is a positive step in the right direction towards living a spiritually and physically healthier and faith-filled life.

- We are blessed with many families who entrust their Catholic schools to providing an excellent educational, healthy and Catholic experience at their respective schools. Yet, we know that when school lessons are reinforced in the home, success exponentially increases. We hope to encourage this culture through both faith and fitness discussion among the family.

**Time-bound** – an online survey will be sent out electronically the week following the 8<sup>th</sup> and final week of the program.

(Appendices are on the following 3 pages.)



## Appendix A. SMART Goal Exercise Pictures & Descriptions

### **S.M.A.R.T. Goal #1: Curl Up Test**

Procedures: after demonstration or viewing the video, partner your class up into pairs of students. On a “go” command, begin a 60 second timer. The students should attempt to touch the back of the hands to the floor and up to their toes, counting “1”, “2”, etc each time they touch their toes. Use the Appendix B. sheets to record the scores.



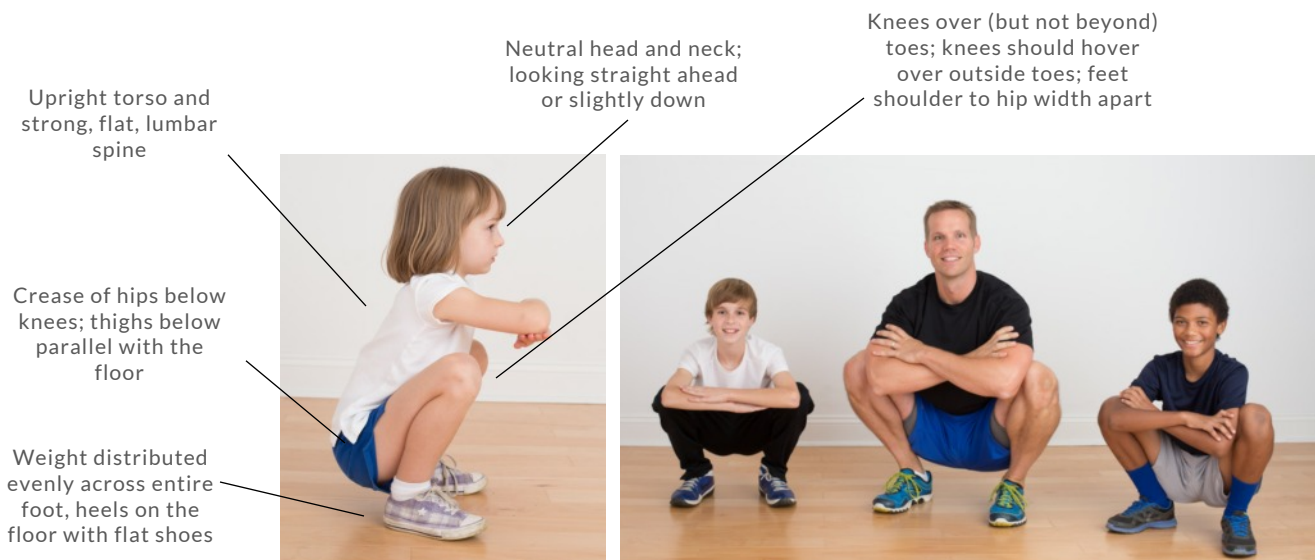
**Curl Up Start**



**Curl Up Finish**

### **S.M.A.R.T. Goal #2: Deep Squat Test**

This picture breaks down the total body form and positions of a deep squat. The Deep Squat Test is much simpler, just noting if a student can sit in a semi-relaxed position with heels securely on the floor. On the Appendix B. sheet, mark a “0” if they cannot hold this position, and a “1” if successful.



## Appendix B. SMART Goal Recording Table – CatholicFIT

School: \_\_\_\_\_ Initial Testing Date: \_\_\_\_\_

PE Instructor/Tester: \_\_\_\_\_ Post-Testing Date: \_\_\_\_\_

#	Student	Curl Up Pre	Curl Up Post	Squat Pre	Squat Post	Notes
5	Freddy Sample Student	37	42	0	1	Said he worked on both things daily with his mom.
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						



## Appendix B. (Continued) Recording Table – CatholicFIT

School: \_\_\_\_\_ Initial Testing Date: \_\_\_\_\_

PE Instructor/Tester: \_\_\_\_\_ Post-Testing Date: \_\_\_\_\_

#	Student	Curl Up Pre	Curl Up Post	Squat Pre	Squat Post	Notes
5	Freddy the Sample Student	37	42	0	1	Said he worked on both things daily with his mom.
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						

