



New Mexico 4-H Greentop Project Guide



New Mexico 4-H Is A Program of New Mexico State University's Cooperative Extension Service

400.K-1
(Revised 2005)

4-H Sport Fitness Project

Objective: To introduce the member to some aspects of overall physical fitness. You will learn basic aspects of resistance training, cardiovascular endurance, sports nutrition. You will also learn goal setting and the role that physical fitness plays in obtaining and sustaining an overall healthy lifestyle.

Materials Included in this Project

New Mexico 4-H Sports Fitness Project Book 100.K-11(N-98/99)
Sports Fitness Unit 1, Training with Weights
Sports Fitness Unit 2, Cardiovascular Endurance
Sports Fitness Unit 3, Sports Nutrition
New Mexico 4-H Greentop Sports Fitness 400.K-1 (R-05)

What can be done?

Club:

Give a Fitness Safety demonstration to your club.
Assist other members in your club with their Fitness goals.
Sponsor a Club Fun walk.
Volunteer at community bike races, marathons, and triathlons.

County:

Complete a County Record Book on Sports Fitness.
Enter an informational poster County Fair.
Give a demonstration at County Public Speaking Contest.
Organize a 5K run as a county money making opportunity.

State:

Complete a State Record Book.
Give a Demonstration at State Public Speaking Contest
Enter an informational poster at New Mexico State Fair.

Other Relevant Projects

Leather Craft- Make a weight lifting belt.

Welding- Build your own bench press.

Photography- Take pictures of landscapes, wildlife, people, and places while jogging.

Wildlife- Keep a journal of wildlife observed while riding your bike.

Sewing- Make a jogging uniform.

Nutrition- Develop healthy recipes for yourself.

Leadership- Assist new members with Sports Fitness Goals.