

PE COURSE CONTENT 12.2

NAME _____

PERIOD _____

PLANNING AN EXERCISE PROGRAM

I. PERSONAL PROFILE

a. Enter your President's Challenge Physical Fitness PERCENTILES from 9th - 11th grade in the chart below:

	Mile Run				Curl Ups				Pull ups/ Arm Hang				Sit and Reach				profile
	9 th	10 th	11 th	12 th	9 th	10 th	11 th	12 th	9 th	10 th	11 th	12 th	9 th	10 th	11 th	12 th	
100																	Excellent
95																	
90																	
85																	
80																	Good
75																	
70																	
65																	
60																	Average
55																	
50																	
45																	
40																	Below average
35																	
30																	
25																	
20																	Poor
15																	
10																	
5																	
0																	

b. Answer the following questions to finish your fitness profile

1. In what range is your average mile run score?

Excellent Good Average Below Average Poor

Have your mile run scores gotten better or worse since 9th grade? _____

2. In what range is your average curl up score?

Excellent Good Average Below Average Poor

Have your curl up scores gotten better or worse since 9th grade? _____

3. In what range is your average pull up/flexed arm hang score?

Excellent Good Average Below Average Poor

Have your pull up/flexed arm hang scores gotten better or worse since 9th grade? _____

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4. In what range is your average **sit and reach** score?

Excellent Good Average Below Average Poor

Have your sit and reach scores gotten better or worse since 9th grade? _____

5. How many days per week do you do stretching for flexibility?

3 or more days 2 days 1 day not at all

6. How many days per week do you do muscle fitness exercises (resistance training)?

3 or more days 2 days 1 day not at all

7. How many days per week do you do cardio/aerobic exercise (something that makes you sweat and breathe hard) for at least 20 minutes?

3 or more days 2 days 1 day not at all

8. What would be the best description your weight?

Overweight within an acceptable range underweight

II. **Google Search - 2019 ACSM recommendations: According to the American College of Sports Medicine...**

- a. The overall recommendation is for most adults to engage in at least _____ minutes of moderate intensity exercise each week.
- b. A program of regular exercise - _____ - is essential for most adults.

Cardiorespiratory Exercise

- c. Exercise recommendations can be met through _____ - _____ minutes of moderate intensity exercises _____ days per week or _____ - _____ minutes of vigorous intensity exercise _____ days per week.
- d. You can break up these exercise sessions and still be within the desired guidelines if your sessions are at least _____ minutes long.
- e. Gradual progression of exercise _____, _____, and _____ is recommended for best adherence (sticking with it) and least _____.

Resistance Exercise (Strength and Endurance Training)

- f. Adults should train each major muscle group _____ - _____ days each week.
- g. _____ intensity is recommended for older people or previously inactive adults.
- h. In order to improve strength and power you should do _____ - _____ sets of each exercise.
- i. _____ - _____ repetitions increase strength and power.
- j. _____ - _____ repetitions increase muscular endurance.
- k. Adults should wait at least _____ hours between resistance training sessions.

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Flexibility Exercise

- l. Adults should do stretching exercises ____ - ____ days each week.
- m. Stretches should be held for ____ - ____ seconds to the point of slight _____.
- n. Repeat each stretch ____ - ____ times for a total of ____ seconds per stretch.
- o. Before you stretch you should _____.

Neuromotor Exercise

- p. Is also called _____ and included skill-related fitness activities.
- q. Should be done ____ - ____ days per week.
- r. These activities improve _____ and prevent _____ in older adults.
- s. In addition to adequate amounts of exercise we should also be concerned about how much time a person spends in _____.

III. Other recommendations –

Cardio Training

- a. Should use the large muscles of the _____ and _____.
- b. Be done at intensity where you can still _____.
- c. Objective 1 _____.
- d. Objective 2 _____.
- e. Tests we use to measure cardio: _____ and _____.

Resistance Training

- f. Should use a full _____.
- g. Objective 1 _____.
- h. Objective 2 _____.
- i. Tests we use to measure strength and endurance:
 - i. _____
 - ii. _____
 - iii. _____
 - iv. _____

Flexibility Training

- j. Include both _____ and _____ stretching.
- k. Be done _____ to and _____ vigorous workouts.
- l. Moved into and out of _____.
- m. Objective 1 _____.
- n. Objective 2 _____.
- o. Test we use to measure flexibility: _____ & _____.

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Keep this activity log for one week	List all the activities you do for the day	Minutes you did the activity	Check off which category the activity falls into				
			Cardio	Strength	Flexibility		
	Activity	Duration - MINUTES					
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

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CHECK LIST - PERSONAL FITNESS PLANS

Evaluate your practice fitness plan and then your one week exercise log below...

PRACTICE FITNESS PLAN	1 WEEK EXERCISE LOG
WEEKLY WORKOUT _____ Did you include a minimum of 150 minutes (2.5 hours) of activity in your weekly design? _____ Did you include all three elements below?	WEEKLY WORKOUT _____ Did you include a minimum of 150 minutes (2.5 hours) of activity in your weekly design? _____ Did you include all three elements below?
CARDIO _____ Did you include at least 3 workouts per week? _____ Are your cardio workouts at least 20 minutes? _____ Is your cardio activity an activity where you are continually moving? _____ Is that movement at a relatively steady pace; not fast and then slow? _____ Is your activity one that can be done at intensity where you can still talk? _____ Does your activity use the large muscles of the <u>legs and buttocks</u> ? _____ Did you space your workouts so that you do not have hard (for you) workouts on consecutive days?	CARDIO _____ Did you include at least 3 workouts per week? _____ Are your cardio workouts at least 20 minutes? _____ Is your cardio activity an activity where you are continually moving? _____ Is that movement at a relatively steady pace; not fast and then slow? _____ Is your activity one that can be done at intensity where you can still talk? _____ Does your activity use the large muscles of the <u>legs and buttocks</u> ? _____ Did you space your workouts so that you do not have hard (for you) workouts on consecutive days?
MUSCULAR FITNESS _____ Did you include at least two workouts per week, preferably three? _____ Did you include (and list) exercises that <u>work all the major muscle groups</u> either upper body one day and lower the next <u>OR</u> upper and lower body one day with a day of rest following?	MUSCULAR FITNESS _____ Did you include at least two workouts per week, preferably three? _____ Did you include (and list) exercises that <u>work all the major muscle groups</u> either upper body one day and lower the next <u>OR</u> upper and lower body one day with a day of rest following?
FLEXIBILITY _____ Did you include at least two workouts per week, preferably three? _____ In each flexibility workout, did you include (and list) stretches for each major muscle group? _____ Did you include warm up before stretching? _____ Did you include dynamic stretching done prior to strenuous activity? _____ Did you include static stretching follow a strenuous activity? _____ Did you make sure to include stretching with each day of a strenuous cardio or resistance workout?	FLEXIBILITY _____ Did you include at least two workouts per week, preferably three? _____ In each flexibility workout, did you include (and list) stretches for each major muscle group? _____ Did you include warm up before stretching? _____ Did you include dynamic stretching done prior to strenuous activity? _____ Did you include static stretching follow a strenuous activity? _____ Did you make sure to include stretching with each day of a strenuous cardio or resistance workout?

**** Redo practice fitness plan so that it includes all the necessary elements for a good workout.