NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PERIOD \_\_\_\_\_\_\_\_\_

**PLANNING AN EXERCISE PROGRAM**

1. **PERSONAL PROFILE**
	1. **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 |
|  | 9th | 10th | 11th | 12th | 9th | 10th | 11th | 12th | 9th | 10th | 11th | 12th | 9th | 10th | 11th | 12th |  |
| 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

* 1. **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? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. 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?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. 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? \_\_\_\_\_\_\_\_\_\_\_

1. 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? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

3 or more days 2 days 1 day not at all

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

3 or more days 2 days 1 day not at all

1. 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

1. What would be the best description your weight?

Overweight within an acceptable range underweight

1. **2011 ACSM recommendations:**

**According to the American College of Sports Medicine…**

Go to <http://www.wdeptford.k12.nj.us/high_school/PEweb/stagesphyact.htm>

* 1. The overall recommendation is for most adults to engage in at least \_\_\_\_\_\_ minutes of moderate intensity exercise each week.
	2. A program of regular exercise - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - is essential for most adults.

**Cardiorespiratory Exercise**

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

**Resistance Exercise** (Strength and Endurance Training)

* 1. Adults should train each major muscle group \_\_\_\_\_ - \_\_\_\_\_\_ days each week.
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_intensity is recommended for older people or previously inactive adults.
	3. In order to improve strength and power you should do \_\_\_\_ - \_\_\_\_\_ sets of each exercise.
	4. \_\_\_\_ - \_\_\_\_\_ repetitions increase strength and power.
	5. \_\_\_\_ - \_\_\_\_\_ repetitions increase muscular endurance.
	6. Adults should wait at least \_\_\_\_ hours between resistance training sessions.

**Flexibility Exercise**

* 1. Adults should do stretching exercises \_\_\_\_ - \_\_\_\_ days each week.
	2. Stretches should be held for \_\_\_\_ - \_\_\_\_ seconds to the point of slight \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	3. Repeat each stretch \_\_\_ - \_\_\_\_times for a total of \_\_\_\_\_\_ seconds per stretch.
	4. Before you stretch you should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Neuromotor Exercise**

* 1. Is also called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and included skill-related fitness activities.
	2. Should be done \_\_\_\_ - \_\_\_\_days per week.
	3. These activities improve \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and prevent \_\_\_\_\_\_\_ in older adults.
	4. In addition to adequate amounts of exercise we should also be concerned about how much time a person spends in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
1. Other recommendations – Go to <http://www.wdeptford.k12.nj.us/high_school/PEweb/fitness.htm>

**Cardio Training**

* 1. Should use the large muscles of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	2. Be done at intensity where you can still \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	3. Objective 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	4. Objective 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	5. Tests we use to measure cardio: \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Resistance Training**

* 1. Should use a full \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	2. Objective 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	3. Objective 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	4. Tests we use to measure strength and endurance:
		1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Flexibility Training**

* 1. Include both \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stretching.
	2. Be done \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vigorous workouts.
	3. Moved into and out of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	4. Objective 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	5. Objective 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	6. Test we use to measure flexibility: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_&\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***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*** |  |
|  | Activity  | Duration - MINUTES | Cardio | Strength | Flexibility  |  |  |
| Sunday |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Monday |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**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 **legs and buttocks**?\_\_\_\_\_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 **legs and buttocks**?\_\_\_\_\_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 **work all the major muscle groups** either upper body one day and lower the next **OR** 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 **work all the major muscle groups** either upper body one day and lower the next **OR** 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.