Warm-up Questions: write and answer each of the below questions (hint – these make great test questions)

1. _____ is the process in which your body gets energy from food.

2. A _____ _____ is a way of life that involves little physical activity.

3. Purposeful physical activity that is planned, structured, and repetitive and that improves or maintains fitness is _____.

4. _____ _____ is the amount of force a muscle can exert.

Today's Agenda: 9/05/14

1. Students will complete warm-up.
2. **TO: Identify the basic principles of a physical activity program.**
3. Class Assignment – write and answer the 3 reviewing the facts and vocabulary questions on
   1. Page 79 for Chapter 4, Lesson 1
   2. page 92 for Chapter 4, Lesson 3.

In this lesson, you'll learn to:

- **Set** realistic fitness goals.

- **Synthesize** information and apply critical-thinking, decision-making, and problem-solving skills to develop a personal physical activity program to promote individual health.

- **Identify** the basic principles of a physical activity program.
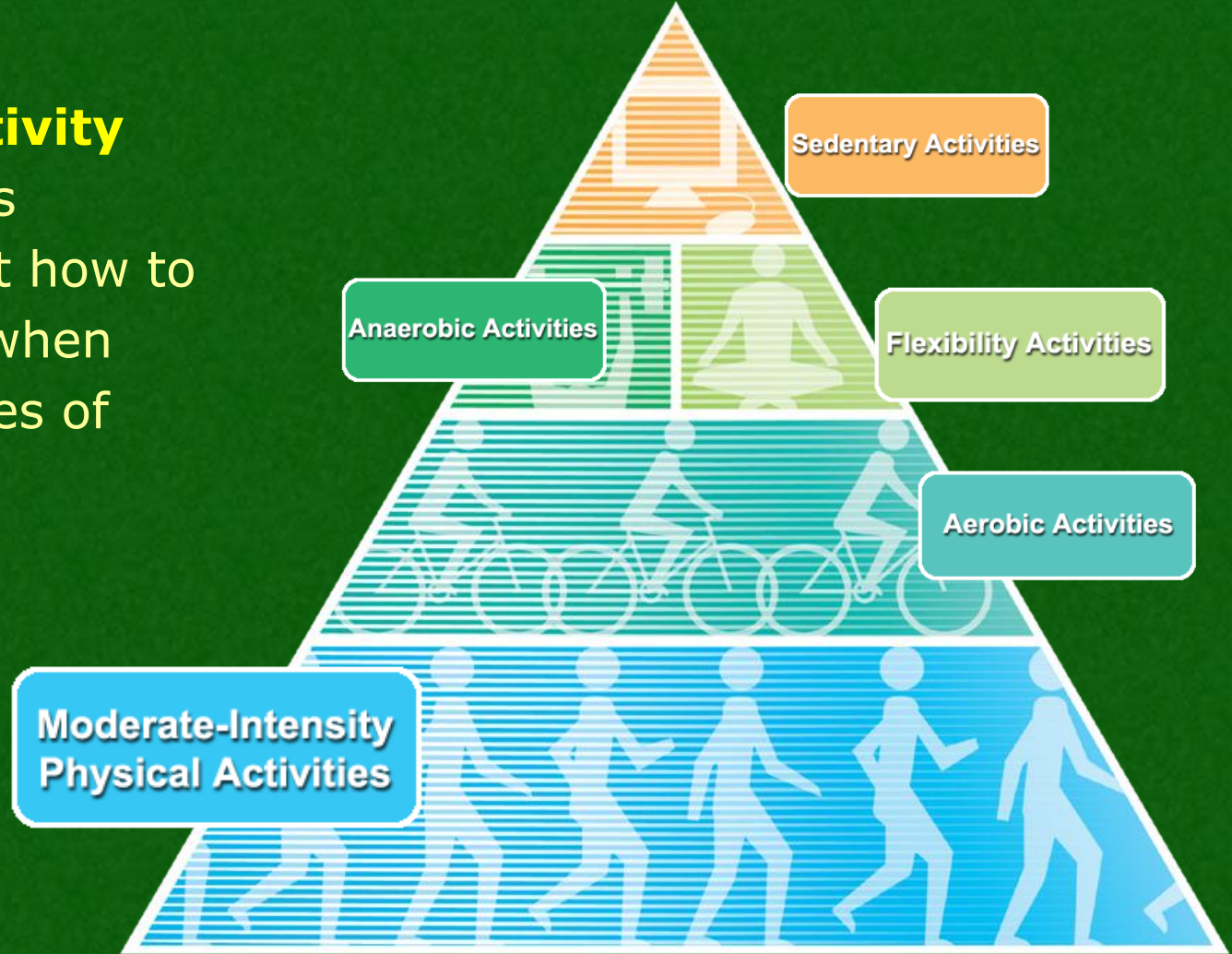
Set Realistic Fitness Goals

To meet the U.S. Department of Agriculture (USDA) recommendations, **teens should get 60 minutes of physical activity every day**. This may include activities ranging from participating in physical education classes and playing sports to doing household tasks.

Getting Started

The **Physical Activity Pyramid** provides suggestions about how to divide your time when doing various types of physical activity.

Sedentary Activities

Anaerobic Activities

Flexibility Activities

Aerobic Activities

Moderate-Intensity Physical Activities

Moderate-Intensity Physical Activities

- About **30 minutes per day**

- **Pick 2 Examples:** Walking, climbing stairs, gardening or yard work, walking a dog, and housecleaning
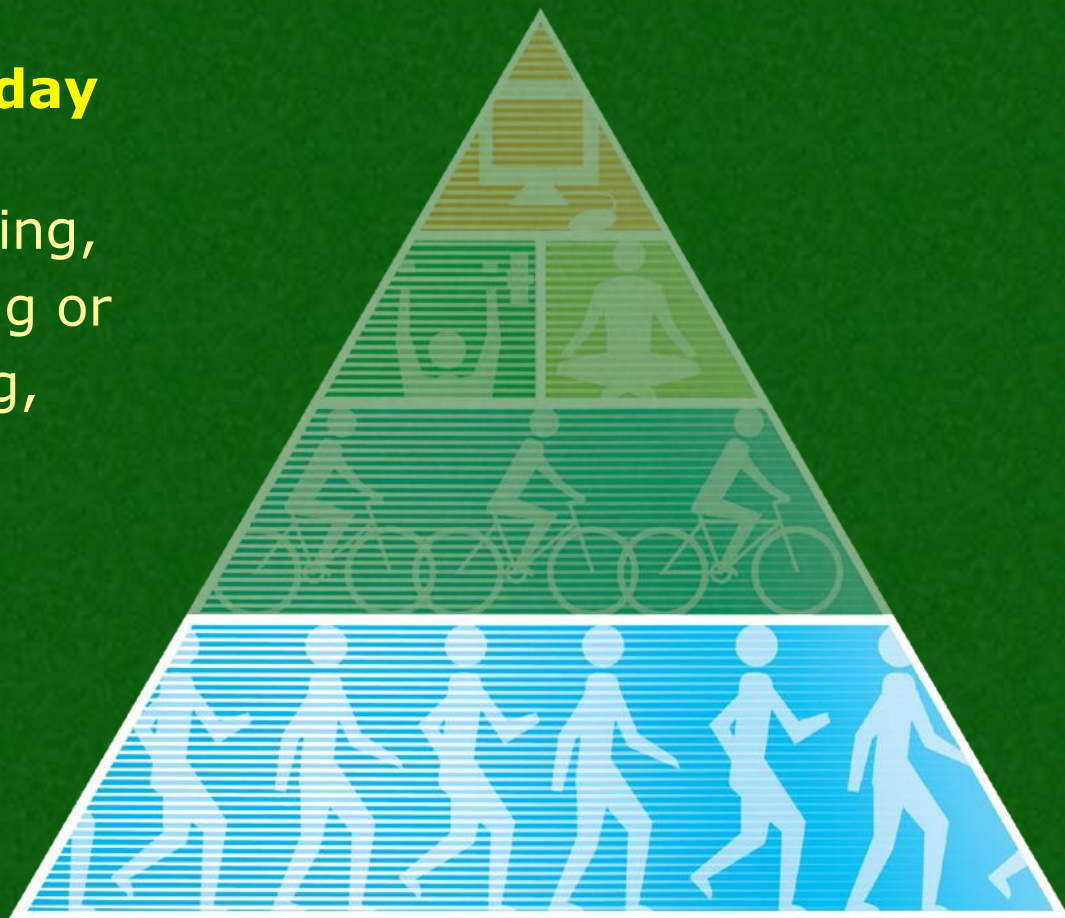
Aerobic Activities

- **3–5 days per week (20–60 minutes per session)**

- **Pick 2 Examples:** Cycling, brisk walking, running, dancing, in-line skating, playing basketball, and cross-country skiing

Anaerobic Activities

- **2–3 days per week (all major muscle groups)**

- **Pick 2 Examples:** Biceps curl, push- ups, abdominal curl, bench press, calf raise, and shoulder press

Flexibility Activities

- **2 or more days per week (all major joints)**

- **Pick 2 Examples:** Side lunge, step stretch, hurdler stretch, calf stretch, and yoga stretches

Sedentary Activities

- **Do infrequently.**

- **Pick 2 Examples:** Watching television, talking on the phone, playing computer games, and surfing the Internet

Determining Factors

Factors that may affect your decision making include:

- **Cost**: Think about what you can afford.

- **Where you live**: Choose activities that you can do locally.

- **Your level of health**: Consider health conditions.

- **Time and place**: Build your program into your daily routine.

- **Personal safety**: Avoid going through unsafe areas.

- **Comprehensive planning**: Address all five areas of fitness.

Cross Training

Engaging in a variety of physical activities to strengthen different muscle groups is known as cross training. Jumping rope, swimming, jogging, and cycling are good cross-training activities for athletes.

Basic Physical Activity Stages

To gain the most benefit from an exercise program, you'll want to include three basic stages for each activity.

1. **Warm-up**

2. **Workout**

3. **Cool-down**

The Warm-Up

The warm-up is the first stage in any physical activity routine.

- Begin by taking a brisk walk to raise your body temperature.

- Then, slowly stretch large muscles to increase their elasticity and reduce the risk of injury.

- Perform the physical activity slowly for about five minutes.

The Workout

To be effective, the **activity needs to follow the F.I.T.T. formula.**

THE *F.I.T.T.* FORMULA

Include each of these elements in your workout.

F requency
how often you do the activity each week

I ntensity
how hard you work at the activity per session

T ime/duration
how much time you devote to a session

T ype
which activities you select

Frequency

- Schedule workouts **three to four times each week**, with only one or two days between sessions.

- The frequency of your workouts depends partly on your fitness goals and the type of activity you do—as well as on your schedule and possibly even the weather.

Intensity

- Working your muscles and cardiorespiratory system at an **intensity that allows you to reach overload will help you improve your fitness level**.

- When weight training, start with a light weight and build to heavier weights.

- For aerobics, work toward your target heart range.

Time/Duration

- Slowly build up the amount of time you spend doing aerobic exercises.

- The **goal in aerobics is to work within your target heart range for 20 to 30 minutes**.

- When weight training, do the exercises slowly, taking at least two seconds to lower a weight. Also, vary the exercises to strengthen your muscles in the full range of motion.

Type

- To get the maximum health benefits from your workout routine, **devote 75 to 80 percent of your workout time to aerobic activity and 20 to 25 percent to anaerobic activity**.

- Choose activities that you enjoy, or you may find it difficult to complete your workouts.

The Cool-Down

- Begin the cool-down by slowing down the activity.

- Continue the activity at this slower pace for about five minutes.

- Then, stretch for five minutes.

Resting Heart Rate

Your <u>resting heart rate</u> can also be used to evaluate your progress. A **resting heart rate below 72 indicates a good fitness level.**
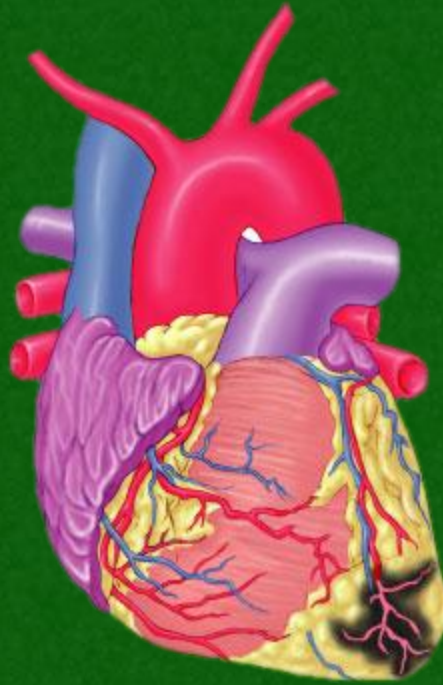
Choose the appropriate option.

Q. The first stage in any physical activity routine, which prepares the muscles for work, is known as the _____.

1. warm-up

2. workout

3. cool-down

4. overload

A. The first stage in any physical activity routine, which prepares the muscles for work, is known as the **warm-up**.

Click **Next** to attempt another question.

Provide a short answer to the question given below.

Q. Identify and define the three principles upon which all effective fitness programs are based.

Click **Next** to view the answer.

A. Three principles of effective fitness programs are:

1. Overload: This involves working the body harder than it is normally worked.

2. Progression: This is the gradual increase in overload necessary to achieve higher levels of fitness.

3. Specificity: This indicates that particular exercises and activities improve particular areas of health-related fitness.

Click **Next** to attempt another question.

Provide a short answer to the question given below.

Q.   What do the letters in the F.I.T.T. formula stand for?

Click **Next** to view the answer.

A. The letters in the F.I.T.T. formula stand for:

Frequency

Intensity

Time/duration

Type of activity

Click **Next** to attempt another question.

Analyze the following situation.

Maria is a runner. Describe how she could include the three stages of an effective exercise program in her fitness routine.

A. Correct! The first stage in any physical activity routine, which prepares the muscles for work, is known as the **warm-up**.

Click **Next** to attempt another question.

You have answered the question incorrectly. Go back to try again, or click **Next** to view the correct answer.

Three Principles of Effective Fitness Programs

Overload

Progression

Specificity

To achieve **progression**:

- Increase the number of repetitions or sets or,

- Increase the amount of time spent doing the activity.

Three Principles of Effective Fitness Programs

Overload

Progression

Specificity

To achieve **specificity** perform:

- Resistance training to build muscular strength and endurance.

- Aerobic activity to improve cardiorespiratory endurance.

Three Principles of Effective Fitness Programs

Overload

Progression

Specificity

→

- **Overload** builds muscular strength and contributes to ov...

- It is a... increa... by doi... (groups of 6 to 12 repetitions) of an exercise.

Overload is working the body harder than it is normally worked.

Three Principles of Effective Fitness Programs

Overload

Progression

Specificity

To achieve **progression**:

Incr... ...he number of ...sets or,

...amount of ...ing the

Progression is the gradual increase in overload necessary to achieve higher levels of fitness.

Three Principles of Effective Fitness Programs

Overload

Progression

Specificity

To achieve **specificity** perform:

training to build ...rength and

...vity to improve ...atory

Specificity indicates that particular exercises and activities improve particular areas of health-related fitness.

Basic Physical Activity Stages

To gain the most benefit from an exercise program, you'll want to include three basic stages for each activity.

1. Warm-up

2. Workout

3. Cool-down

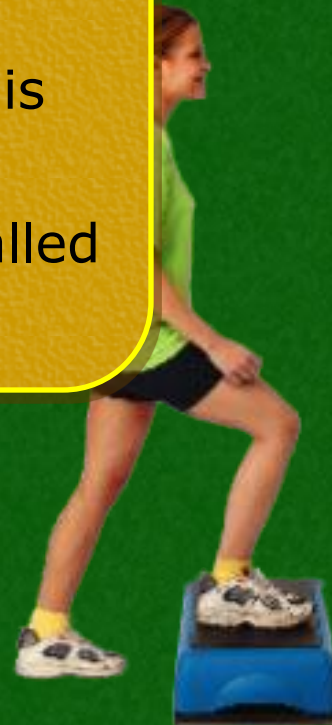The warm-up is an activity that prepares the muscles for work.

Basic Physical Activity Stages

To gain the most benefit from an exercise program, you'll want to include three basic

1. Warm-up

2. Workout

3. Cool-down

The part of an exercise program when the activity is performed at its highest peak is called the workout.

Basic Physical Activity Stages

To gain the most benefit from an exercise program, you'll want to include three basic stages for each activity.

1. Warm-up

2. Workout

3. Cool-down

The cool-down is an activity that prepares the muscles to return to a resting state.

The Workout

To be effective, the activity needs to follow the F.I.T.T. formula.

THE *F.I.T.T.*
FORMULA

Include each of
in your workout.

F reque
how often
activity ea

I ntens
how hard y
activity per session

T ime/duration
how much time you
devote to a session

T ype
which activities you select

The F.I.T.T. formula stands for frequency, intensity, time/duration, and type of activity.

Resting Heart Rate

Your resting heart rate can also be used to evaluate your progress. A resting heart rate below 72 indicates a good fitness level.

Your resting heart rate is the number of times your heart beats in one minute when you are not active.