

NNPS Physical Education Fitness Plan

Directions: Complete and use the following information to set up your **thirty day** fitness plan.

Two key components in designing your fitness plan also include establishing what your overall goal is for working out. The second is to put into plans how you will adhere to your plan.

1. Goals

a) Please establish at least three personal fitness goals (be specific):

- a.
- b.
- c.

b) I plan to monitor my progress by:

Use examples: *One example would be using a pedometer to track daily steps.....what are other examples?*

c) Motivation strategies to assist me in adhering to my plan will include:

Use examples: *Should include ideas that would make participating in your plan on a regular basis more likely.*

2. Body Composition:

a.) Give a complete definition of body composition.

b.) Explain how body composition can be tested.

c.) Compare and contrast the difference between body composition and body mass index and which one is more accurate in determining % of body fat?

3. Warm Up: (2-5 minutes) identify the purpose of a warm-up and identify and explain **two** warm up activities that you would use in your plan.

4. Flexibility:

a.) Give the definition of flexibility.

b.) Stretches: **Describe with words and pictures** a stretch you've either learned in class or have researched for this project for each of the following areas. Stretches should be done after the warm up and cool down of each workout. Hold each a minimum of 15-20 seconds. Write these out in detail

c.) Identify the actual muscle(s) involved in each particular stretch (i.e. calf muscles - gastrocnemius/soleus).

Neck
Shoulders-Back
Bicep-Triceps

Low back-Hips
Quadriceps
Hamstrings

Calves
Ankles

5. Muscular Strength:
 - a.) Give the definition of muscular strength.
 - b.) Give an example to test upper body muscular strength.
 - c.) Give an example to test lower body muscular strength.

6. Muscular Endurance:
 - a.) Give the definition of muscular endurance.
 - b.) **Describe with words and pictures** how to do the following lifts using weights or resistance bands.
Be sure to include sets, repetitions and resistance (wt. or band resistance). Identify the number of sets you'll use as well as the number of repetitions and resistance and explain why. Lifts should be done 2-3 times a week with a day off between lifting days.

Squats
Lunges
Chest/Bench Press

Bicep
Triceps

Shoulders/Overhead Press
Abdominals

7. Cardiovascular Endurance:
 - a.) Give the definition of cardiovascular endurance. (and what makes it an aerobic activity)
 - b.) Complete the Target Heart Rate Worksheet. (See Attachment)
 - c.) Pick two activities that you can enjoy doing to improve your cardiovascular endurance.

Cardiovascular Endurance should be done 3-5 times a week (frequency), in your target heart zone (intensity), nonstop for 20-40 minutes (time), activity (type) such as running, swimming laps, biking.

Frequency, Intensity, Time and Type are known as the FITT Principle.
The FITT Principle should be used in planning your workout.

8. Anaerobic Activity:
 - a.) Define anaerobic activity.
 - b.) Pick two anaerobic activities that you will enjoy to put into your plan.

9. Identify the purpose of a cool-down and explain two cool down activities:

10. Stretch:
 - a.) Why should you always stretch after your warm up and cool down?
 - b.) Identify two stretches (not used in #4) to use after your cool-down and explain why you selected them.

11. On separate (8 1/2 x 11) paper(s), using a calendar format, and all of the components of fitness, (listed above) **create a thirty day fitness** that you can put into action and maintain.

Remember to include:

- a.) Your warm up and stretches. (DETAILED ONCE)
Include 1 stretches per body part. (Outlined in #4 and specific to your workout each day)
- b.) Weight lifting/resistance band work 2-3 times a week (list your lifts along with the number of sets, repetitions and resistance). Include an explanation of why (wts. vs. bands/sets/ reps/resistance).
- c.) List your cardiovascular activities (20-40 minutes, nonstop) 3-5 times a week.
- d.) Include your fun activities. (specify if they are anaerobic or aerobic)
- e.) Include cool down and stretches. (REFER TO DETAILED LIST from your warm up, but make them specific to your cool down needs)
- f.) Add pictures as appropriate to each section and include them in your final copy.

NEATNESS COUNTS!!! FINAL COPY MUST BE TYPED!!!

*You may identify two days off a week if you chose, but may not take two days off in a row.

*Use all the detailed information and pictures from above to create your lifetime fitness plan.

12. If you are sick, how does it potentially influence your workout? What should you do and when should you return to your regular exercise routine? How might your workout be impacted upon your return?
13. What are some modifications you can make to your current exercise program if you have an injury? How does the specific injury influence the modification (give an example)?
14. If you sustain an injury during your workout what should you do? Explain the RICE principle and why each step is important to the recovery process.

R:
I:
C:
E:

Check off each item on your scoring rubric to make sure that your plan is complete.

DUE: TUESDAY/WEDNESDAY, DECEMBER 17/18, 2013!