

UNIT 7: Designing a Program of Lifetime Fitness

GRADE LEVEL: 8-12

TIME RANGE: No less than 15 days

GRADING PERIOD: ANY

LESSON/UNIT PLANS

UNIT: 7

TOTAL LESSONS: 5 out of 15 LESSONS

OBJECTIVES:

1. Identify your fitness goals;
2. Select physical activities to meet your fitness goals;
3. Design an exercise program that is appropriate for you now and that you can continue or adapt for many years to come.
4. List criteria for evaluating an exercise club and selecting exercise equipment to buy, and
5. Describe how you can keep fit as you age.

Students can reach these objectives through the following methods:

1. Complete an awareness inventory that describes, defines and discusses the above objectives.
2. Complete an assessment of your which physical activity matches your personality.
3. Discover why you want to be physically fit.
4. Discover a new mind-set about exercise.
5. Discover a fitness program unique to you.

LESSON 1:

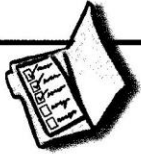
Identify your fitness goals.

LESSON FOCUS:

Complete an awareness inventory that describes, defines and discusses the above objective.

LESSON PLAN:

1. As a warm-up conduct a 10-15 minute instant activity that gets the students moving throughout the gym and prepares them for the main physical activity.
2. Have students complete an awareness inventory that describes, defines and discusses the above objectives. See below Awareness Inventory
3. After students complete the inventory share the answers with them and discuss each question with the class.
4. Teachers can incorporate the use of a main activity after the awareness inventory is completed.



Awareness Inventory

Name _____ Date _____

Check the space by the letter T for the statements that you think are true and the space by the letter F for the statements that you think are false. The answers appear following the list of statements. This chapter will present information to clarify these statements for you. As you read the chapter, look for explanations for the reasons why the statements are true or false.

- T ___ F ___ 1. Although walking is classified as a fitness activity, it does not affect serum cholesterol levels or cardiorespiratory endurance.
- T ___ F ___ 2. When running or jogging you should avoid excessive forward lean.
- T ___ F ___ 3. When determining the best length for a jump rope, stand on its center and make sure that the handles are at waist level.
- T ___ F ___ 4. A singles match of tennis burns approximately 60 more calories than a doubles match does.
- T ___ F ___ 5. Aerobics instructors know enough about the activity that they can avoid injury.
- T ___ F ___ 6. When riding a stationary bike, adjust the seat so that your legs extend fully when the pedal is in the low position.
- T ___ F ___ 7. Most exercise clubs are pretty much the same, so it does not really matter which one you join (except for the cost).
- T ___ F ___ 8. Treadmills should have a large, heavy-duty roller that keeps the belt centered.
- T ___ F ___ 9. Exercise equipment that stimulates the muscle electrically is an effective way to develop muscle tone.
- T ___ F ___ 10. If you adopt a sedentary lifestyle, you cannot do much about it when you get older.

Answers: 1-F, 2-T, 3-F, 4-T, 5-F, 6-F, 7-F, 8-T, 9-F, 10-F

LESSON 2:

Select physical activities to meet your fitness goals.

LESSON FOCUS:

Complete an assessment of your which physical activity matches your personality.

LESSON PLAN:

1. Explain and conduct an instant activity or the pacer test/run as a warm-up to the activity. This should take approximately 15-20 minutes.
2. Have students complete an Analyze Yourself/Assessing Your Dietary Behavior that describes, defines and discusses the above objectives. See below Analyze Yourself.
3. After students complete the assessment share the answers with them and discuss each question with the class.
4. Conduct a main activity and cool down if time permits.



Analyze Yourself

Assessing Which Physical Activity Matches Your Personality

Name _____ Date _____

Fitness experts tell us that if you match your personality with your choice of exercise, you will increase your chances of staying with your program. Here is a way to do that. Read the description of each psychosocial personality variable and then rate yourself on the scorecard that follows.

- **Sociability:** Do you prefer doing things on your own or with other people? Do you make friends easily? Do you enjoy parties?
- **Spontaneity:** Do you make spontaneous decisions, or do you plan in detail? Can you change direction easily, or do you become locked in once you make up your mind?
- **Discipline:** Do you have trouble sticking with things you find unpleasant or trying, or do you persist regardless of the obstacles? Do you need a lot of support, or do you just push on alone?
- **Aggressiveness:** Do you try to control situations by being forceful? Do you like pitting yourself against obstacles, or do you shy away when you must assert yourself physically or emotionally?
- **Competitiveness:** Do situations that produce winners and losers bother you? Does your adrenaline flow when you're challenged, or do you back off?
- **Mental focus:** Do you find it easy to concentrate, or do you have a short attention span? Can you be single minded? How good are you at clearing your mind of distractions?
- **Risk taking:** Are you generally adventurous, physically and emotionally, or do you prefer to stick to what you know?

Scorecard

Fill in the appropriate circles and
connect them with a line.

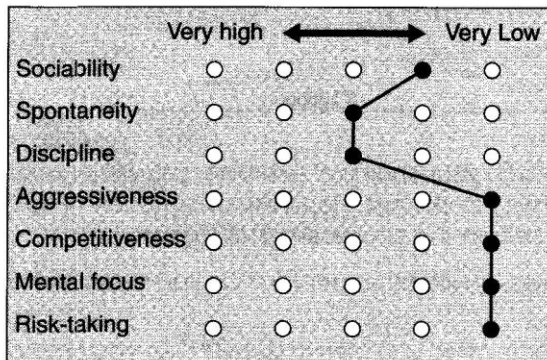
	Very high	←	→	Very Low
Sociability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spontaneity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discipline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aggressiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Competitiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental focus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Risk-taking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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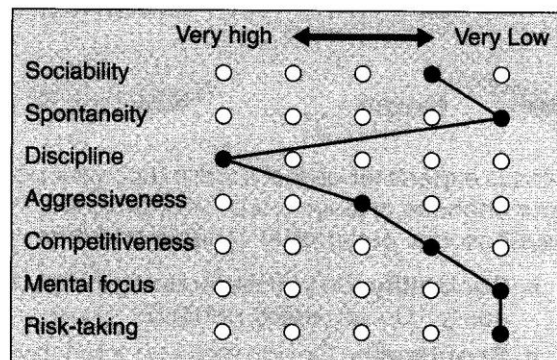
Analyze Yourself (continued)



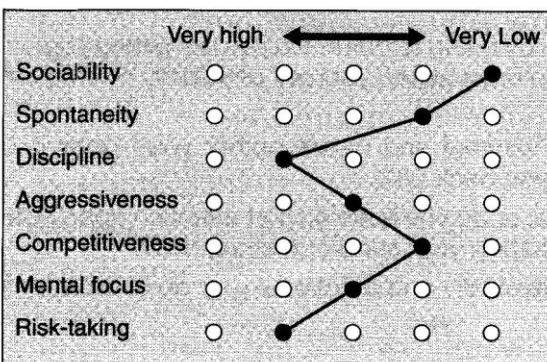
Walking



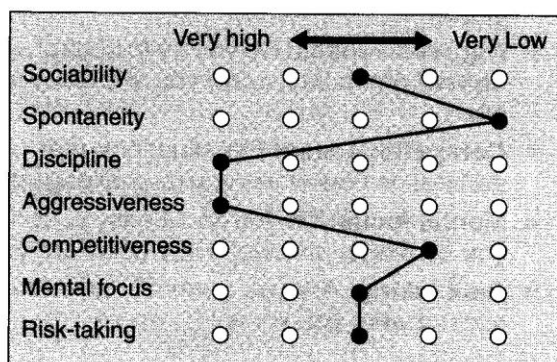
Running



Cycling



Weight training



Understanding Your Score

To see how well your profile matches your sport or exercise activity, look at the four sample profiles in this activity. If you have the typical personality of a runner, walker, cyclist, or bodybuilder, your profile should look similar to one of these profiles. If your athletic preference lies elsewhere, turn to the "Your Personality/Your Sport" chart to see where your activities rank on each characteristic. Then compare these rankings with how you scored yourself.

Compared with running, for example, walking is more spontaneous and less aggressive. (Walking is also safe, in terms of physical stress.) Racket sports are high in sociability, spontaneity, competitiveness, and focus but low in discipline. Swimming is fairly high in discipline and low in sociability, spontaneity, and aggressiveness.

If you've been having trouble sticking to a fitness program, these charts may explain why. If you're still looking for a sport, use your findings as a guide.

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From *Physical fitness and wellness*, third edition, by Jerrold S. Greenberg, George B. Dintiman, and Barbee Myers Oakes, 2004, Champaign, IL: Human Kinetics.

Analyze Yourself (continued)

Your Personality/Your Sport					Lower				
Higher					Lower				
					Sociability				
Golf	Tennis	Martial arts	Downhill skiing	Aerobics	Dance	Weight training	Cross-country skiing	Walking	Swimming
					Spontaneity				
Tennis	Downhill skiing	Martial arts	Dance	Aerobics	Walking	Cycling	Running	Yoga	Golf
					Discipline				
Running	Weight training	Cycling	Swimming	Yoga	Downhill skiing	Tennis	Martial arts	Swimming	Golf
					Aggressiveness				
Martial arts	Weight training	Tennis	Downhill skiing	Golf	Cycling	Running	Cross-country skiing	Aerobics	Yoga
					Competitiveness				
Tennis	Golf	Downhill skiing	Martial arts	Dance	Running	Weight training	Cycling	Swimming	Yoga
					Mental focus				
Tennis	Dance	Martial arts	Downhill skiing	Yoga	Swimming	Aerobics	Walking	Running	Walking
					Risk-taking				
Downhill skiing	Martial arts	Tennis	Golf	Weight training	Dance	Cross-country skiing	Swimming	Aerobics	Walking

LESSON 3:

Design an exercise program that is appropriate for you now and that you can continue or adapt for many years to come.

LESSON FOCUS:

Discover why you want to be physically fit.

LESSON PLAN:

1. Explain and conduct an instant activity or the pacer test/run as a warm-up to the activity. This should take approximately 15-20 minutes.
2. The following four programs are designed for beginners to advance.
3. Have students design a similar individual activity program that incorporates one or more of the below samples, or students can select a different activity based on their personal preferences. Students research can be performed at the library or on the internet.
4. Conduct a main activity and cool down if time permits.

TABLE 15.1—Sample Walking Program

Week	Warm-up	Target zone exercising	Cool-down	Total time
WEEK 1				
Session A	Walk 5 min	Then walk briskly 5 min	Then walk more slowly 5 min	15 min
Session B	Repeat previous pattern			
Session C	Repeat previous pattern			
CONTINUE WITH AT LEAST THREE EXERCISE SESSIONS DURING EACH WEEK OF THE PROGRAM.				
Week 2	Walk 5 min	Walk briskly 7 min	Walk 5 min	17 min
Week 3	Walk 5 min	Walk briskly 9 min	Walk 5 min	19 min
Week 4	Walk 5 min	Walk briskly 11 min	Walk 5 min	21 min
Week 5	Walk 5 min	Walk briskly 13 min	Walk 5 min	23 min
Week 6	Walk 5 min	Walk briskly 15 min	Walk 5 min	25 min
Week 7	Walk 5 min	Walk briskly 18 min	Walk 5 min	28 min
Week 8	Walk 5 min	Walk briskly 20 min	Walk 5 min	30 min
Week 9	Walk 5 min	Walk briskly 23 min	Walk 5 min	33 min
Week 10	Walk 5 min	Walk briskly 26 min	Walk 5 min	36 min
Week 11	Walk 5 min	Walk briskly 28 min	Walk 5 min	38 min
Week 12	Walk 5 min	Walk briskly 30 min	Walk 5 min	40 min
Week 13 and on	Check your pulse periodically to see whether you are exercising within your target zone. As you become more fit, try exercising within the upper range of your target zone. Gradually increase your brisk walking time to 30 to 60 min, three or four times a week. Remember that your goal is to gain the benefits you are seeking and enjoy your activity.			

From President's Council on Physical Fitness and Sports. 2003. *A guide to physical activity*. http://www.pueblo.gsa.gov/cic_text/health/exercise-heart/index.htm.

TABLE 15.2—Sample Jogging Program

Week	Warm-up	Target zone exercising	Cool-down	Total time
WEEK 1				
Session A	Walk 5 min, then stretch and limber up	Then walk 10 min, trying not to stop	Then walk more slowly 3 min and stretch 2 min	20 min
Session B	Repeat previous pattern			
Session C	Repeat previous pattern			
CONTINUE WITH AT LEAST THREE EXERCISE SESSIONS DURING EACH WEEK OF THE PROGRAM.				
Week 2	Walk 5 min, then stretch and limber up	Walk 5 min, jog 1 min, walk 5 min, jog 1 min	Walk 3 min, stretch 2 min	22 min
Week 3	Walk 5 min, then stretch and limber up	Walk 5 min, jog 3 min, walk 5 min, jog 3 min	Walk 3 min, stretch 2 min	26 min
Week 4	Walk 5 min, then stretch and limber up	Walk 4 min, jog 5 min, walk 4 min, jog 5 min	Walk 3 min, stretch 2 min	28 min
Week 5	Walk 5 min, then stretch and limber up	Walk 4 min, jog 5 min, walk 4 min, jog 5 min	Walk 3 min, stretch 2 min	28 min
Week 6	Walk 5 min, then stretch and limber up	Walk 4 min, jog 6 min, walk 4 min, jog 6 min	Walk 3 min, stretch 2 min	30 min
Week 7	Walk 5 min, then stretch and limber up	Walk 4 min, jog 7 min, walk 4 min, jog 7 min	Walk 3 min, stretch 2 min	32 min
Week 8	Walk 5 min, then stretch and limber up	Walk 4 min, jog 8 min, walk 4 min, jog 8 min	Walk 3 min, stretch 2 min	34 min
Week 9	Walk 5 min, then stretch and limber up	Walk 4 min, jog 9 min, walk 4 min, jog 9 min	Walk 3 min, stretch 2 min	36 min
Week 10	Walk 5 min, then stretch and limber up	Walk 4 min, jog 13 min	Walk 3 min, stretch 2 min	27 min
Week 11	Walk 5 min, then stretch and limber up	Walk 4 min, jog 15 min	Walk 3 min, stretch 2 min	29 min
Week 12	Walk 5 min, then stretch and limber up	Walk 4 min, jog 17 min	Walk 3 min, stretch 2 min	31 min
Week 13	Walk 5 min, then stretch and limber up	Walk 2 min, jog slowly 2 min, jog 17 min	Walk 3 min, stretch 2 min	31 min
Week 14	Walk 5 min, then stretch and limber up	Walk 1 min, jog slowly 3 min, jog 17 min	Walk 3 min, stretch 2 min	31 min
Week 15	Walk 5 min, then stretch and limber up	Jog slowly 3 min, jog 17 min	Walk 3 min, stretch 2 min	30 min

From President's Council on Physical Fitness and Sports. 2003. *A guide to physical activity*. http://www.pueblo.gsa.gov/cic_text/health/exercise-heart/index.htm.

TABLE 15.3—Swimming

Week	Aerobic training program	Comments
I. VERY BEGINNING		
1st week	Begin by using any stroke and swim for 12-20 min per session at least three times per week.	Swim until out of breath. Continue until you can swim nonstop for the allotted time.
3rd week	Swim three to five times per week. Try to use the freestyle stroke as much as possible.	Swim continuously for 20 min.
6th week	Test yourself in the 1.5 mi test. If your category has changed, move on to the program for rating II. If no change has occurred, remain at this point for 2 more weeks and then retest.	—
II. BEGINNING		
1st week	Begin by using any stroke and swim for 15-22 min per session at least three times per week.	Swim until out of breath. Continue until you can swim nonstop for the allotted time.
3rd week	Swim daily. Use the freestyle stroke as much as possible.	Swim continuously for 22 min.
6th week	Swim daily for 30 min. Test yourself in the 1.5 mi test. If your category has changed, move on to the program for rating III. If no change has occurred, remain at this point for 2 more weeks.	—
III. INTERMEDIATE		
1st week	Swim freestyle for 500 yd per workout, three times per week.	Begin to time your workouts. Aim for a time of 12 min. If you reach 12 min, then aim for 10 1/2 min.
3rd week	Continue swimming 500 yd per workout. Add one additional workout each week.	Try to reach the above target times.
6th week	Test yourself in 1.5 mi test. If your category has changed, move on to the program for rating IV. If no change has occurred, remain at this point for 2 more weeks and then retest.	—
IV. ADVANCED		
1st week	Swim freestyle for 650 yd per workout, four times each week.	Aim for a time of 15 1/2 min.
3rd week	Add one workout in each of the next 2 weeks so that you do six workouts per week.	—
6th week	Test yourself in 1.5 mi test. If your category has changed, move on to the program for rating V. If no change has occurred, remain at this point for 2 more weeks, add 50 yd per workout, and then retest.	—
V. SUPERIOR		
—	Aim to swim freestyle for 1,000 yd per workout. Begin with 700 yd per workout and add 50 yd every two workouts.	Aim for a 1,000 yd time of under 16 1/2 min.
—	Take the 1.5 mi test once monthly to judge the success of your maintenance program.	If you want to improve rather than maintain present level, add 50 yd every three workouts until you reach 2,000 yd. Aim for a time of 34 min.

TABLE 15.4—Cycling

Week	Aerobic training program	Comments
I. VERY BEGINNING		
1st week	Ride for 2 mi, three times per week.	Do not be concerned with time during first weeks of your program. Cycle at a pace that allows you to finish 2 mi without undue fatigue.
3rd week	Ride for 2 mi, three times per week. Try to finish the distance in 12 min or less.	Time your ride and attempt to reach the target time.
6th week	Test yourself in the 1.5 mi test. If your category has changed, move on to the program for rating II. If no change has occurred, add one workout and cycle four times each week.	—
II. BEGINNING		
1st week	Ride for 3 mi, three times per week.	Time your ride and aim for a time of 17 min or less.
3rd week	Continue riding for 3 mi but work out four times per week.	Try to lower the time for your ride to 14 min or less.
6th week	Test yourself in the 1.5 mi test. If your category has changed, move on to the program for rating III. If no change has occurred, add one workout and cycle five times each week.	—
III. INTERMEDIATE		
1st week	Ride for 5 mi, three times per week.	Time your ride and aim for a time of 25 min or less.
3rd week	Continue riding for 5 mi but work out four times per week.	—
6th week	Test yourself in the 1.5 mi test. If your category has changed, move on to the program for rating IV. If no change has occurred, add one workout and cycle five times each week.	—
IV. ADVANCED		
1st week	Ride for 8 mi, four times per week.	Aim for a time of 35 min or less.
3rd week	Add one workout and cycle five times per week.	—
V. SUPERIOR		
—	Continue with this workout and try to lower your time to 24 min or less. Take the 1.5 mi test once a month to judge the success of your program.	

LESSON 4:

List criteria for evaluating an exercise club and selecting exercise equipment to buy.

LESSON FOCUS:

Discover a new mind-set about exercise.

LESSON PLAN:

1. Explain and conduct an instant activity or the pacer test/run as a warm-up to the activity. This should take approximately 15-20 minutes.
2. Explain and discuss the following on how to choose a health club:

How to Choose a Health Club

1. Are you thinking of joining a health club? How many times have you skipped a workout because the gym is too far away or will be too crowded when you get there? If you're like a lot of people, the answer is "too many."
2. Why give yourself an out? Cut the excuses by doing your homework and choosing a club that's right for you. It's no secret that picking a quality club is key to sticking with your program.

But choosing a health club can rank high on the confusion meter. Sign-up specials scream in all forms of media, and it seems there's a new club on every corner. Before you jump on the latest two-for-one membership deal, take the time to consider these helpful tips:

- *Location*—For your fitness routine to be successful, exercise has to be convenient. You're more likely to use a club if it is close to either your home or workplace. While you don't want to choose a health club only because it is close to your home or work, joining a club that isn't convenient will make you more likely to find an excuse to stop going.
- *Classes*—If classes are what keep you motivated, make sure the club offers an eclectic mix of classes you like and that they are offered at a time of day that fits your schedule.
- *Staff*—Staff members should be CPR and AED trained. Personal trainers and group fitness instructors should be certified through a certification organization accredited by the National Commission for Certifying Agencies like the American Council on Exercise (ACE). Credible certification can assure you that the instructor meets the guidelines to provide a safe and efficient workout. ACE offers referrals to certified fitness professionals via its website—www.acefitness.org.

- *Hours*—Lots of health clubs open early and stay open late. Before you join, though, make sure your club is open when you plan to go. Then visit the club at the times you intend to work out. Check whether the club is too crowded or if there are long lines for equipment at that time.
- *Try it before you buy it*—Salespeople are trained to hype the benefits of their health club, but you need to actually try out some of the equipment and get a feel for the club's atmosphere before you sign up. Request a day pass or a trial membership, which is a good way to "test drive" the health club's services.
- *Payments*—Many clubs have a variety of payment options. Find a payment schedule that meets your budget needs and take advantage of any sign-up specials. Find out exactly what the membership fee is and what it includes. Will you have to pay extra for childcare and towels? Don't forget to ask if they require an initiation fee. And if you are joining a new club that hasn't opened yet, make sure that any deposits or payments are held in an escrow account until they officially open.
- *Reputation*—Before you join, talk to current members about their experiences with the club. The Better Business Bureau or state Attorney General's office can tell you if the club is a member or if any complaints have been registered against it. Added security comes if the club is a member of the International Health, Racquet & Sportsclub Association (IHRSA). IHRSA clubs must oblige by a code of ethics that protects the health and safety of their members, as well as protects consumers from unscrupulous business practices. To find an IHRSA club in your area, visit www.healthclubs.com.
- *Little details*—As you tour the club, pay attention to details. How clean is the facility? Is the music too loud? Is most of the equipment in working order? Too many "out of order" signs may indicate poor maintenance. Are new members provided with a club orientation and instruction on how to use equipment? Make sure the club is a place where you would enjoy spending time.



- With a little research and patience, you will be rewarded with a membership at a health club you can call “home.” More importantly, you will be reaping the long-term benefits of a structured exercise program that perfectly suits your lifestyle.
3. Conduct a main activity and cool down if time permits.

The Fitness Industry Association (FIA) of the United Kingdom recommends that a health club provide the following:

- Two types of basic equipment—resistance and cardiovascular machines
- Possibly a swimming pool and sauna
- Clean changing areas and a number of showers
- Qualified fitness instructors who will be available to give advice on exercise, weight control, and nutrition
- A variety of fitness classes covering a wide timetable
- A basic physical assessment before you exercise
- A nursery or child-care facility for children

Every health club will allow you to take a tour of the facility. Usually someone will accompany you. During this tour you should ask the questions on your mind. Questions you might consider asking include these:

- What are the club's opening times?
- What is the membership fee?
- Is the membership a yearly contract?
- Can membership be canceled or frozen?
- Can I downgrade or upgrade a membership?
- Are off-peak prices available?
- Are showers and changing facilities available?
- Are qualified instructors on hand?
- Is fitness instruction offered?
- Will I be given an exercise program to follow?
- Will I need a doctor's approval?
- Are fitness classes offered?
- Are classes included in the membership price?
- What specific facilities are available?
- How busy does the gym get? At what times?
- Is parking available?
- Are accommodations made for children?
- Is a nursery or child-care facility on site?

LESSON 5:

Describe how you can keep fit as you age.

LESSON FOCUS:

Discover a new mind-set about physical exercise.

LESSON PLAN:

1. Explain and conduct an instant activity or the pacer test/run as a warm-up to the activity. This should take approximately 15-20 minutes.
2. Explain and discuss how to complete Discovery Activity 15.1/Discover Why You Want to Be Physically Fit.
3. Have students work in pairs to complete Activity 15.1
4. After the main activity have student complete Discovery Activity 15.2/Discover a New Mind-Set About Exercise.
5. Have students work in pairs to complete Discovery Activity 15.2.



Discovery Activity 15.1

Discover Why You Want to Be Physically Fit

Name _____ Date _____

People have many reasons for engaging in physical activity in their efforts to become physically fit. If you know why you exercise, you will be able to choose activities that help you achieve your goals. To determine the reason or reasons why you exercise, place the following statements in rank order.

I exercise because

- ___ I want to lose or maintain my weight.
- ___ I want to look good.
- ___ I want to have a healthy heart and lungs.
- ___ I want to be strong.
- ___ I want to make new friends or socialize with my present friends.
- ___ I want to channel my aggression positively.
- ___ I like competition.
- ___ I like to be out in natural surroundings.
- ___ I want to develop enough energy not to be tired during the day.
- ___ I want to be flexible.
- ___ I want to have fun.

Interpretation of Results

Consult chapter 3 to match the reasons you exercise with the benefits of the various physical activities. For example, if you exercise to lose weight, consider activities such as aerobic dance, basketball, or bicycling. If you exercise to make friends, play softball or volleyball. If you exercise to look good, weight train. Matching your fitness goals with activities that can help you achieve those goals is the best way of ensuring that you will maintain your exercise program. Conversely, if you exercise regularly but do not achieve your goals because you have chosen the wrong physical activities, you will probably not continue with your program.

Mix and match activities so that you achieve more than one of your goals. That way you will further increase the probability that you will become a lifetime participant in physical fitness activities.



Discovery Activity 15.2

Discovering a New Mind-Set About Exercise

Name _____ Date _____

When people try to develop a new habit, thoughts of failure often plague them. During the early stages of your new exercise program, you can become your own worst enemy. Examine the list of excuses. Do any of these look familiar to you? Take a minute to prepare your own list of self-defeating thoughts about exercise. Prepare a list of positive thoughts, too.

Learn to use these lists wisely. When self-defeating thoughts enter your mind, counteract them immediately with positive ones. Write your list of positive thoughts on a card and carry it in your wallet or purse so that you can refer to it when you are about to avoid a scheduled exercise session. List both long-term benefits (such as more energy, weight loss, and prevention of disease) and more immediate benefits (such as using up calories and feeling good).

Negative thoughts about exercise

1. I'm too busy to exercise today. I'm working too hard anyway and need a break.
2. I'm too tired to exercise today, and if I work out I won't have enough energy to do other things I need to do.
3. I missed my workout today. I might as well forget all this fitness stuff. I don't have the self-control to keep at it.
4. None of my friends are fit or trim, and they don't worry about it. I'm not going to worry either.
5. I'm already over the hill. I should just let myself go and enjoy life more.

Positive thoughts about exercise

1. I can find time to exercise today. I just have to think about my routine and plan carefully.
2. I may feel tired today, but I'll do a light exercise routine instead of the heavy one I usually do. If I keep working out on a regular basis, I'll build my stamina so that I won't feel so tired during the day.
3. Just because I missed one exercise session does not mean that I should give up. I'm not going to let this small setback ruin everything I've accomplished.
4. What my friends do about exercising has nothing to do with my exercise habits. I'll make additional friends who do exercise.
5. I can get in shape and stay there. All I have to do is stick to my schedule. Knowing I can control my behavior is something I can enjoy every day.

Your own negative thoughts about exercise

1. _____
2. _____
3. _____
4. _____

Your own positive thoughts about exercise

1. _____
2. _____
3. _____
4. _____

LESSON 6:

Students will design their own personal fitness program.

LESSON FOCUS:

Discover a fitness program unique to you.

LESSON PLAN:

1. Explain and conduct an instant activity or the pacer test/run as a warm-up to the activity. This should take approximately 15-20 minutes.
2. Explain and discuss how to complete Discovery Activity 15.3/Discovering a Fitness Program Unique to You.
3. Have students work individually to complete Activity 15.3.
4. Have students develop a electronic portfolio based on their findings from Activity 15.3.
5. Share with the students the following website that may help them to design their own exercise program.

<http://www.mayoclinic.com/health/fitness/HQ00171>



Discovery Activity 15.3

Discovering a Fitness Program Unique to You

Name _____ Date _____

By this point in the book you have acquired a great deal of information about physical fitness, about wellness and health, and about your own fitness needs and motivations. You are now ready to use this knowledge to develop a fitness program that is unique to you and, therefore, likely to be successful. To do so, complete each of the following items.

1. My physical fitness needs are the following:

a. _____

b. _____

c. _____

d. _____

e. _____

2. I describe my present level of physical fitness in this way: _____

(continued)

Discovery Activity 15.3 *(continued)*

3. I can use these behavioral change techniques to adopt a program of regular exercise:

a. _____

b. _____

c. _____

d. _____

e. _____

4. I can use these behavioral change techniques to maintain my exercise program:

a. _____

b. _____

c. _____

d. _____

e. _____

Discovery Activity 15.3 *(continued)*

5. I can use behavioral change techniques in the following ways to maintain my program:

a. _____

b. _____

c. _____

d. _____

e. _____

6. The specific components of my exercise program will include the following:

Exercise	Duration	Intensity	Frequency
a. _____	_____	_____	_____
b. _____	_____	_____	_____
c. _____	_____	_____	_____
d. _____	_____	_____	_____
e. _____	_____	_____	_____
f. _____	_____	_____	_____
g. _____	_____	_____	_____
h. _____	_____	_____	_____
i. _____	_____	_____	_____
j. _____	_____	_____	_____

(continued)

Discovery Activity 15.3 *(continued)*

7. I will evaluate the effectiveness of my exercise program based on these criteria (assess not only changes in the specific components of physical fitness but also adherence to your program and psychosocial and spiritual benefits):

a. _____

b. _____

c. _____

d. _____

e. _____

RESOURCES

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