

Physical Activity Guidelines for Americans

MODULE 1 - OMNICOOURSE

Introduction

Not all people are the same. Nor is all exercise the same.

The U.S. Department of Health and Human Services has released new recommendations for physical activity. Why?

As teenagers try to balance a hectic lifestyle, it is sometimes difficult to incorporate the exercise necessary to benefit health. The new guidelines offer a simple explanation of the type, intensity, and amount of exercise needed for healthy youth.

This module will help you to see that physical exercise is a fundamental component in improving fitness - and in winning the battle of weight management!

✓ Objectives

Students will:

- Identify the purpose and goals of the Physical Activity Guidelines
- Identify the components of the Physical Activity Guidelines
- Assess the benefits associated with a more physically active lifestyle
- Synthesize a personal fitness program
 - Evaluate current fitness plans
 - Apply understanding of appropriate exercise methods

✓ Assignment List

Students shall complete the following assignments:

- Assignment 1: Reading & Research
- Assignment 2: Evaluating a Plan
- Assignment 3: Designing a Plan
- Assignment 4: QUIZ

<p>✓ Resources</p>	<p>2008 Physical Activity Guidelines for Americans</p> <ul style="list-style-type: none"> • http://www.health.gov/paguidelines/guidelines/chapter3.aspx <p>Get Active @ HealthFinder.Gov</p> <ul style="list-style-type: none"> • http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=22
<p>Assignment 1: Reading & Research</p>	<p>We all know we should exercise, regardless of the reasons why. However, not all of us know what kind, how long, or how often we should exercise.</p> <p>Before we can create a plan for ourselves, or copy someone else's, let's see what the experts say...</p>
<p>✓ Vocabulary Terms</p>	<p>Aerobic, Muscular Strength, Muscular Endurance, Frequency, Intensity, Duration, Absolute Intensity, metabolic equivalent (MET), Relative Intensity, Rate of Perceived Exertion (RPE), Principle of Overload, Principle of Specificity, Principle of Progression</p>
<p>✓ Online Reading</p>	<ol style="list-style-type: none"> 1. Read 2008 Physical Activity Guidelines for Americans, Chapter 3: Active Children and Adolescents @ http://www.health.gov/paguidelines/guidelines/chapter3.aspx 2. Read HealthFinder.Gov Get Active: "The Basics" http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=22&areaID=1 and, "The Benefits" http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=22&areaID=4

✓ Online Research: Fitness Principles

1. Review the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) recommendations for **aerobic exercise**, using the FITT Principle, <http://www.ode.state.or.us/teachlearn/subjects/pe/curriculum/fittprinciple.pdf> . Compare the two methods of determining intensity: Absolute Intensity vs. Relative Intensity
 - Absolute: What is **Target Heart Rate**? What is a **MET**? Check their meanings @ MyPyramid <http://www.mypyramidtracker.gov/PhysicalActivities/information/glossary.asp>
 - Relative: What is **RPE**? See the American College of Sports Medicine (ACSM) http://www.acsm.org/AM/Template.cfm?Section=Current_Comments1&Template=/CM/ContentDisplay.cfm&ContentID=8648
2. Review the American Council on Exercise (ACE) recommendations for resistance/strength/weight training, in Fit Facts - Strength Training 101 http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_82.pdf . Review the FIRST Principle for **strength training**, http://www.geocities.com/speedpoweragility/omnicourse_demo/FIRST_PRINCIPLE_of_RESISTANCE_TRAINING.doc

Assignment 2: Evaluating a Plan

Most fitness programs are evaluated primarily on the quantity of aerobic exercise.

How many minutes of moderate to vigorous aerobic exercise is needed per week? What sort of varied exercises can help us achieve our weekly goal?

✓ Components of a Fitness Plan

Review the CDC exercise plan, EXAMPLE 1, http://www.cdc.gov/physicalactivity/downloads/pa_examples.pdf , and outline the parts of each using the *FITT/FIRST WORKSHEET*:

FITT/FIRST WORKSHEET -
http://www.geocities.com/speedpoweragility/omnicourse_demo/FITT_FIRST_Worksheet.doc

Save the worksheet to the *DROPBOX: MODULE 1 (ex: LastName_FirstName_FITT)*.

Assignment 3: Developing a Plan

Now you are ready to create your own exercise plan! You will include all health-related exercise: aerobic, strength, and flexibility training.

Your 1-week program will get you on your way toward a healthier you... and a regular exerciser!

✓ Exerciser Goals

Decide what you want to accomplish through your exercise: See Aerobic Goals at ExRx.net, <http://www.exrx.net/Aerobic/AerobicGoals.html>

- Athletic performance?
- Aerobic capacity?
- Managing weight?
- Feeling better, more energy?
- Burning off stress?

When will you start and finish? “A goal without a deadline is only a dream.” – Unknown

✓ Plan Components

How will you accomplish your goal? Taking your personal goals into account, outline your plan using the FITT/FIRST principles. What part will aerobic exercise, resistance training, and flexibility training play in achieving your goals? Write an action plan to achieve your goal.

✓ 1-Week Activity Plan

Using MS Word* or MS Excel*, create a one-week exercise chart based on your outline. This is the next step toward achieving your fitness goal! Review your plan with a parent/guardian and doctor, and get started.

*Be aware that your teacher might not have Microsoft Office 2007, so save it as a “word 97-2003 document”

✓ Final Assessments

View the EXAMPLE,
http://www.geocities.com/speedpoweragility/omnicourse_demo/one_week_exercise_plan.xls .

Save your 1-Week Activity Plan to the DROPBOX: MODULE 1 (ex: LastName_FirstName_PLAN).

Now you are ready to take the module quiz. Review your vocabulary, notes, and outlines.

[MODULE 1 QUIZ](#) – You will take this online in the course documents for Module 1.