

PE 11
Developing an Individualized
Training Program

In this assignment you will be developing an individualized training program. First you will be asked a series of questions and you are to answer them to the best of your ability. These questions will help you understand what your frame of mind is, what your fitness levels are, what you are trying to achieve and how you are going to achieve it. Armed with this knowledge you will develop a training program, which will suit your needs.

Part One: Why do people start exercising? (7 marks)

- a) List 5 health reasons why people exercise. (2.5)
List 3 vanity reasons why people exercise. (1.5)
- b) Which of the above will provide short-term motivation to continue exercising. Explain.
Which of the above will provide long-term motivation to continue exercising. Explain.(2)
- c) Which of the above is important to you? Explain (1)

Part two: What are your current fitness levels? (18 marks)

- a) What are fitness tests and how can they help you design your individual training program? (1)
- b) What fitness tests have you done before and what were your results? (1)
What would be a negative thing about fitness tests? (2)
- c) What do you think your present fitness levels are? Rank all of the following components of fitness from 1 (lowest) to 5 (highest) (8).

Cardiovascular Endurance	Power	Coordination
Muscular Strength	Speed	Reaction time
Muscular Endurance	Agility	Balance
Body Composition (ht, wt, fat, ect.)		Flexibility
- d) Why do you think a Medical examination is considered necessary when creating an individualized training program? (2)
- e) Identify at least 4 of your health concerns and explain how exercise will help you improve or overcome your problems (weight, smoking, nutrition, exercise, stress, weak back, etc.) (4)

Part Three: What are your current exercise habits? (6 marks)

- a) How often do you exercise? (1)
What types of exercise do you do? (1)
How vigorous do you exercise? (1)
Do you enjoy exercise? (1)
Do you get easily bored when exercising (1)
Is the exercise you get the kind that can be easily continued as you get older? (1)

Part Four: Identify Personal goals. (12 marks)

- a) List at least 2-3 specific goals you wish to set before starting your program.
Next to your goals indicate the time frame for these goals. (10)
Here are some sample goals: I plan to increase my muscle tone in my arm.....
I plan to work out up tominutes ofactivity.....times per week.
I plan to losekg, withinmonths I plan to quit smoking
- b) Some people quit when they do not reach the goals they set or they become frustrated when they do not see the same results on themselves as they see on other people. What would you say to them or yourself to help them or you overcome this frustration. (2)

Part Five: Pre-program designing concerns (10 marks)

- a) Where can you go to train that will not interrupt your day or be inconvenient? (1)
What time of day will be good for your program? (1)
- b) Doing the same thing every work out can become boring. What activities will you do to keep you interested and avoid the boredom factor? (2)
- c) Specifically what type of program do you want to work on:
Muscular Endurance, Muscular Strength, Power/Strength and Speed, Cardiovascular Endurance or a combination of these? You will need to refer back to your personal goals to determine this. Explain your choices. (3)
- d) Are you interested in a full body workout or are you focusing on a specific part of your body? You will need to refer back to your personal goals to determine this. Explain you choices. (3)

Part Six: Designing your program and selecting activities (30 marks)

Specifically list all the activities you will be doing for the following:

- a) List the warm up activities you will do and the time spent on these activities. (5)
(warm-up should be 5 minutes in length)
- b) Activity Phase – You need to create a workout routine to achieve your goals that is 50 minutes in length. (20)
- * What kind of routine will you be doing? (i.e. Muscular endurance, whole body, super sets etc.)
 - List all the exercises you will complete during your workout and put them in correct order (exercises using more muscles first)
 - For each exercise you need to list the weight used, how many reps, and how may sets
 - You will need to calculate how long it will take for you to complete your workout with rest time included (this will depend on the type of program you create)
- c) List the cool down activities and stretches you will do and time spent on these activities. (5)

Part Seven: Planning your weekly and monthly program (15 marks)

- a) Find or draw a 2 month calendar and indicate when the above listed activities will be taking place and when you will get days off. (10)
- b) Taking the Progressive Overload principle into account, make note on your calendar when any changes will occur in your program. In the same box, indicate what these changes will be (ex. Reps increase by 5, or wt increases by 1kg etc.) (5)

Part Eight: Fitness log/record keeping (12 marks)

- a) Design a fitness checklist or log which allows you to keep track of your exercises, your progress, your energy levels, changes you need to make, nutrition, etc. (10)
- b) Indicate what you will do to monitor your progress to see if you are achieving your goals? (2)

Total Marks 110

Due Date _____