

Beginning and Exercise Plan

Before beginning an exercise plan pay close attention to the following:

Define your motivation for beginning an exercise routine: Examples: Weight loss, physical appearance, competition, health benefits, stress relief

Factors in Choosing Workouts:

Time of day, accessibility, mode of exercise, environmental comfort

Components of Health Related Physical Fitness:

1. Body Composition:
 - a. Refers to the proportion of:
 - i. Body fat to lean body tissue
 - ii. % Fat vs. total body weight,
 - iii. Total body weight. = Bone, muscle, Fat weight = % of wt. contributed to fat tissue.
 - iv. Male vs. female - % fat recommendation
2. Flexibility - Extent and range of motion around a joint, Injury prevention, type of Stretching
3. Strength- amount of force exerted by a group of muscles,
4. Endurance- ability to maintain a contraction over a period of time.
5. Cardiorespiratory Fitness, Body's ability to consume and process O₂.

Components of a workout:

1. Frequency - 3-5 days/wk, <3 days less improvement in VO₂ max, >5 days subject to injury, Intensity- 60-80% of VO₂ Max
2. Duration - goal 20-30 min of continuous activity

Elements of a Cardiovascular Program:

1. Warm-up- 5-10 min
2. Conditioning- 20-60 min
3. Cool-down- 5-10 min

Principles of training, guidelines to creating an effective program:

1. Specificity: Specific activities elicit specific adaptations creating specific training effects
2. Reversibility: If training ceases, strength and endurance diminishes
3. Progression: Gradual increase in "work" over a period of training
4. Overload: Strength and endurance will increase only if muscles and the cardiovascular system are systematically subjected to workloads greater than those to which they are accustomed.