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WID Fellows Teaching Portfolio – Winter 2010

Personal Program Planner

A healthy lifestyle includes exercise. We can customize our workouts and exercise sessions to help us meet specific health goals. The purpose of this assignment is for you to commit to at least 3 exercise sessions per week outside of our PE class. The type / duration / intensity / and frequency of these sessions should be chosen to suit your needs and interests. Please begin your workouts this week (or continue with your current workout schedule if appropriate.) You may change or alter your workouts as you work through this paper. The key is to get active, and reap the benefits!

Please answer the following questions. Type your answers, and indicate which question you are answering with headings and/or numbers. Staple your papers together and create a cover page for your work.

1. Describe your current state of health and wellness, and support your statements with 4-5 examples.
2. Define each of the components of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
3. List one or more improvements you would like to make in each of the components of fitness.
4. Use your list from question #3, and prioritize your top one or two fitness goals. Write a fitness goal statement. Make sure it is concrete and lends itself to accurate evaluation.

An example of an appropriate goal would be: By May 1st, Jane wants to be able to run for 30 minutes non-stop.

Jane could use the SMART system to check her goal's appropriateness:

Specific: Run non-stop for 30 minutes.

Measurable: Time the run and see if she lasts 30 minutes or more.

Action: Follow a running program 3-4 days per week where she increases her running time gradually.

Realistic: Yes, because Jane can already run for 20 minutes and she has made time in her schedule to run 3-4 times per week.

Time: By May 1st.

An example of a goal that would be difficult to work with: Jane wants to improve her fitness for the rest of her life. This goal lacks a specific time element and it would be very difficult to measure her success.

Use the SMART checklist against your own goal. (You don't have to write it out.) If you are unable to answer any of the SMART criteria regarding your own goal statement, then you must re-write your goal.

5. Create a program that will enable you to achieve your goal.

Your program must:

a) include a cardio component,

include some resistance training (i.e. weights, calisthenics, Pilates etc.)
include some flexibility training

b) answer to the FITT principle where applicable. (Make sure frequency, intensity, time and type are easily identifiable.)

c) relate to your goal. (For example if your goal is to gain 6 pounds of muscle, then you will need to include frequent resistance training sessions, and stick to the minimum amount of cardio.)

b) be very detailed. If you workout at a gym/club include information regarding your membership, name of the gym, and the kinds of equipment you use. If using equipment at home or at someone else's house, include a description of the equipment you are using, its location and your access to it. Provide titles and descriptions of workout DVD's or videos. If you are including team practices or fitness classes, describe the breakdown of a typical session. If you are cross-training, describe each distinct workout session. If your program includes running or walking, please include a detailed description of the route, terrain, and distance. Muscular exercises should be correctly identified by name, and repetitions, resistance and sets should be identified. Warm-ups and cool downs and stretches must be specifically identified.

6. Attach a schedule of a typical week including any blocks of time that are already booked (by classes, job, clubs/teams, other commitments) and illustrate where you will schedule your workouts.

This program should be all about you, and only for you. Use this assignment as an opportunity to evaluate what you are already doing, or as a motivator to add some more positive energy into your life. Enjoy!