

Ch. 14 Physical Activity Program Planning

Leon High School

Physical Education Department

LESSON

1

Physical Activity and Fitness Assessment

Can You . . .

- **. . . describe the five steps in planning a personal fitness program?**
- **. . . explain what a fitness profile is?**
- **. . . set a SMART personal fitness goal?**

What are the five steps in planning a personal fitness program?

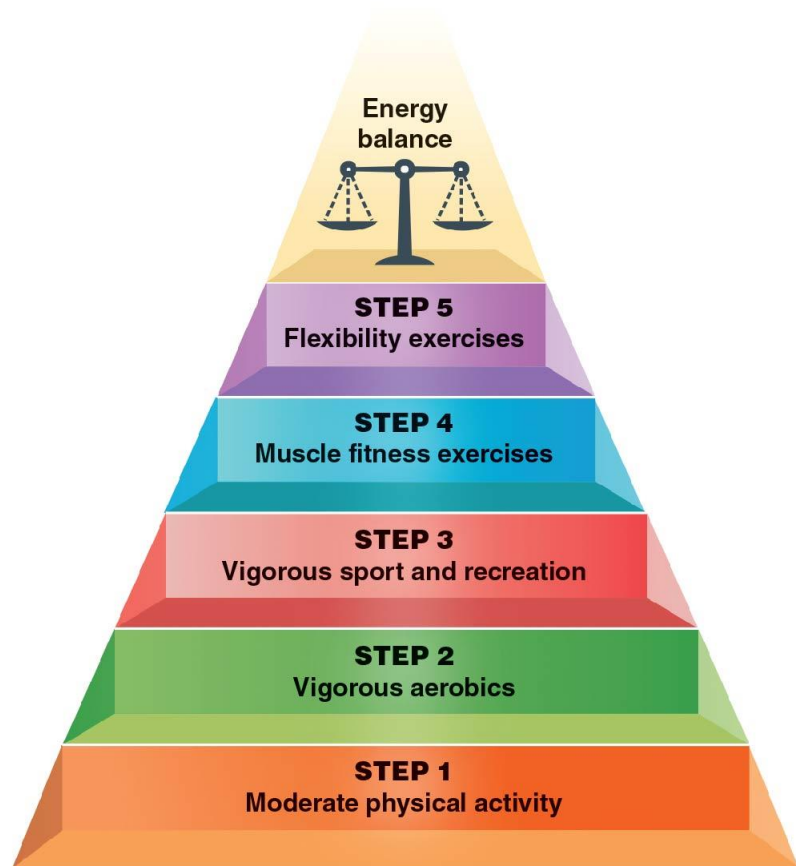
Five Steps of Program Planning

- 1. Determine your personal needs (collect information).**
- 2. Consider your program options.**
- 3. Set goals.**
- 4. Structure your program and write it down.**
- 5. Keep a log and evaluate your program.**

What is a physical activity profile?

Collect Information: Physical Activity Profile

	Yes	No
Do you do stretching for flexibility 2 or 3 days a week?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Do you do muscle fitness exercises 2 or 3 days a week?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Do you do vigorous sport and recreation 3 days a week?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Do you do vigorous aerobics 3 days a week?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Do you do moderate activity 5 days a week?	<input checked="" type="checkbox"/>	<input type="checkbox"/>



What is a fitness profile?

Fitness Profile

- **A fitness profile is a summary of the results from all of your fitness assessments.**
 - Make a list of all of the fitness self-assessments that you have performed. Then record your scores and ratings for each of the self-assessments.

What are SMART goals? What does a SMART goal for personal fitness look like?

SMART Goals

- **Specific:** Identify activities and exercises by name.
- **Measurable:** Can be tracked and progress can be determined.
- **Attainable:** Are not too easy or too hard and will keep you motivated.
- **Realistic:** Fit into your lifestyle and schedule.
- **Timely:** Have a targeted amount of time or date for achievement.

A SMART Goal for Physical Fitness

I will improve my leg press score to 1.75 pounds per pound of body weight by November 15.

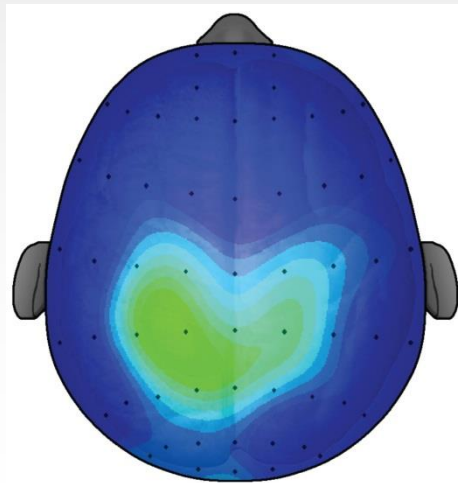
Science in Action: Exercise and Academics

- **Regular physical activity can improve academic achievement (including scores on standardized tests), cognitive skills such as concentration and attention, and academic behavior (including classroom behavior).**

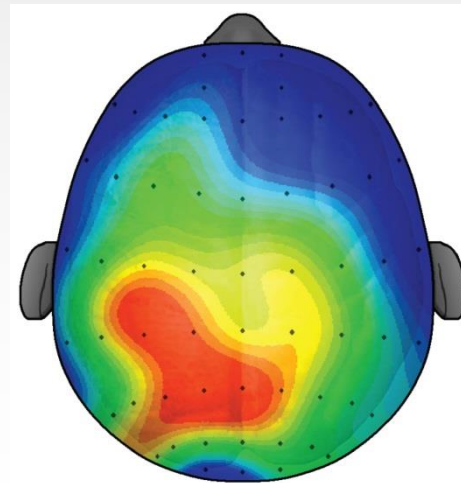
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Science in Action: Exercise and Academics (*continued*)

- Research shows that walking stimulates brain areas that increase concentration and attention in the classroom.



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Group Activity

- 1. First, complete your Physical Activity and Fitness Assessment worksheet.**
- 2. Get into groups of 2 to 4 people. Share your physical activity and physical fitness goals with your partner or group.**
- 3. After each person shares his or her goals, have each person in the group recommend one activity for each goal.**
- 4. Compare the activities your group recommended for you with what you wrote down in your program plan. Incorporate new ideas if desired.**

LESSON

2

Maintaining Active Lifestyles

Can You . . .

- **. . . describe three self-management skills that could help you maintain physical activity throughout life?**
- **. . . explain how positive and negative attitudes affect physical activity?**
- **. . . provide two examples of how to change negative attitudes into positive ones?**

What are three self-management skills that could help you to maintain physical activity throughout your life?

Self-Management Skills

- Self-assessment
 - Building knowledge and understanding
 - Identifying risk factors
 - Positive attitude
 - Self-confidence
 - Goal setting and self-planning
 - Time management
 - Choosing good activities
 - Learning performance skills
 - Improving self-perception
 - Stress management
 - Self-monitoring
- (continued)*

Self-Management Skills (*continued*)

- Overcoming barriers
- Finding social support
- Saying no
- Preventing relapse
- Thinking critically
- Resolving conflicts
- Positive self-talk
- Developing good strategy and tactics
- Finding success

Can you explain how positive and negative attitudes impact physical activity?

Attitudes and Physical Activity

- **Active people have more positive than negative attitudes. Negative attitudes can interfere with starting or maintaining physical activity.**
- **Positive attitudes can help you maintain physical activity.**
 - Think of physical activity as fun and seek to enjoy the challenge, competition, and rigors of training, or focus on the relaxation you get from physical activity.

Can you provide two examples of how to change negative attitudes into positive ones?

Changing Negative Attitudes

- Negative: I don't have the time.

Positive: I will plan a time for physical activity.

- Negative: I don't want to get all sweaty.

Positive: I'll allow time to clean up afterward.

- Negative: People might laugh at me.

Positive: When they see how fit I get, they'll wish they were exercising too.

(continued)

Changing Negative Attitudes (*continued*)

- Negative: None of my friends work out, so neither do I.

Positive: I'll ask my friends to join me, and maybe we'll work out together.

- Negative: I get nervous and feel tense when I play sports and games.

Positive: Everyone gets nervous. I'll stay as calm as I can and do the best I can.

(*continued*)

Changing Negative Attitudes (*continued*)

- Negative: I'm already in good condition.

Positive: Physical activity will help me stay in good condition.

- Negative: I'm too tired.

Positive: I'll just do a little to get started, then as I get more fit I'll do more.

Group Activity

- 1. Read the Taking Charge feature: Changing Attitudes.**
- 2. Answer the For Discussion questions.**
- 3. Be prepared to discuss your answers with the class.**

Taking Charge: Changing Attitudes

- **For Discussion:**

- What does Allen like about being physically active?
- What does Matt like—and not like—about physical activity?
- How could Matt change his negative attitudes and become more active?
- What are some other negative attitudes that keep people from being active, and how can they be changed?
- What are some positive attitudes that help people stay active?

What are some skills for building positive attitudes?

Skills for Building Positive Attitudes

- **Assess your attitudes.**
- **Identify your reasons for any negative attitudes.**
- **Find activities that bring out fewer negative attitudes.**
- **Choose activities that accentuate the positive.**
- **Change the situation.**
- **Be active with friends.**
- **Discuss your attitudes.**

(continued)

Skills for Building Positive Attitudes (*continued*)

- **Help others build positive attitudes.**
 - Instead of laughing, provide encouragement.
 - Try to make new friends through participation in physical activities.
 - Don't hesitate to ask for help from others.
 - Be sensitive to people with special needs.
 - Be considerate of differences.