



Human Body Systems

Virtual Learning

9-12th PLTW[®] HBS

**PLTW[®] 4.4.4 Training a Champion
Part 1: Developing a Personal Activity Plan**

April 30, 2020



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Lesson: April 30, 2020

Objective/Learning Target:

Students will be able to develop a personal training/activity plan. (*Reference: PLTW[®] 4.4.4 Training a Champion*)



Let's Get Started/Warm Up Activities:

Before we start our lesson today...

- Watch the video: [Five of the Easiest Home Exercises](#)
- Read the article: [Healthy Eating for Teens](#)



Lesson/Activity:

Watch this video:

[Physical, Mental & Overall Health Benefits of Regular Exercise](#)

Activity #1:

In this video, we take a look at the physical and mental benefits of an exercise program. As you watch the video, answer the following on a piece of paper or in your notebook:

1. What are the physical benefits of exercise? Describe at least four (4) physical benefits.
2. What are the mental benefits of exercise? Describe at least four (4) mental benefits.



Lesson/Activity continued:

Go to this website:

[Personal Trainer Job Description](#)

Activity #2:

On your piece of paper or notebook, answer the following using the above website as a reference:

1. Under “Scope of Practice for NFPT Personal Trainers,” describe the role of a personal trainer using at least three (3) examples from the list.
2. Scroll down the webpage to the next section, “What Personal Trainers Should Not Do.” What are at least three (3) things a personal trainer should not do?
3. Scroll down to the webpage to the section, “Personal Trainer Education and Other Requirements.” What training does it take to become a personal trainer?



Lesson/Activity continued:

Go to this website: [Move Your Way Activity Planner \(Interactive\)](#)

Activity #3:

Click on the link above and follow the directions to make an activity plan for yourself. Once you are finished, write a 3-5 sentence summary describing your plan on your piece of paper or in your notebook.

Lesson/Activity Answer(s):

Activity #1 Answer(s):

Question(s): In this [video](#), we take a look at the physical and mental benefits of an exercise program.

1. What are the physical benefits of exercise? Describe at least four (4) physical benefits.
 - a. Answer will vary. May include:
 - i. reduce your risk of a heart attack.
 - ii. manage your weight better.
 - iii. have a lower blood cholesterol level.
 - iv. lower the risk of type 2 diabetes and some cancers.
 - v. have lower blood pressure.
 - vi. have stronger bones, muscles and joints and lower risk of developing osteoporosis.
2. What are the mental benefits of exercise? Describe at least four (4) mental benefits.
 - a. Answers will vary. May include:
 - i. Exercise may block negative thoughts or distract you from daily worries.
 - ii. Exercising with others provides an opportunity for increased social contact.
 - iii. Increased fitness may lift your mood and improve your sleep patterns.
 - iv. Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.



Lesson/Activity Answer(s):

Activity #2 Answer(s):

Click [HERE](#) and see the following sections in the online article:

1. Scope of Practice for NFPT Personal Trainers
2. What Personal Trainers Should Not Do
3. Personal Trainer Education and Other Requirements

Activity #3:

Click on the [link](#) and follow the directions to make an activity plan for yourself. Answers will vary depending on a person's athletic abilities, health, and time constraints.



Practice:

Practice: Develop an exercise plan for yourself on your piece of paper or in your notebook.

Make sure your plan includes the following criteria:

- A. A description of your overall goal of the exercise plan.
- B. A description of your dietary needs.
- C. An example meal plan for yourself for a typical day in the training - pay attention to calories, composition of fats, carbohydrates and protein, and vitamins and minerals.
- D. An example exercise training plan for one week that includes relevant cardiovascular training as well as strength conditioning. Mention the body energy system you are trying to train. (Feel free to use your paragraph from Activity #3.)
- E. A description of the main muscle groups you are targeting in the plan and examples of exercises that will target within each muscle group.
- F. A list of baseline tests you would like to have taken to gauge your progress. You should include a discussion of at least three tests/measurements we have discussed in the past two units (for example, BMI, VO2 max, ROM).



Practice Answer(s):

Practice Answer(s):

Question(s): Develop an exercise plan for yourself on your piece of paper or in your notebook. Make sure your plan includes the criteria.

Answer(s): Answers will vary depending on a person's athletic abilities, health, and time constraints. Personal preferences for meal plans, etc., will vary.



Additional Practice and/or Resources:

Learn More:

[HBS Unit 4.4. Flashcards](#)

Test your knowledge by clicking on the link above.

[How to Make a Workout Plan](#)

It can be difficult to find time for exercise due to other obligations. Don't let a busy schedule stop you; exercise can be done in ten minute increments if you can't set aside larger chunks of time. Make a workout plan using these tips!

[Healthline: 3 Simple Steps to Lose Weight, Based on Science](#)

Want to lose a few pounds here and there? Read the Healthline article about how to lose weight based on scientific research.