

JROTC Virtual Learning

Choosing the Right Exercise Program for you

May 14, 2020

**STANDARDIZED TRAINING SESSION JROTC TRAILS WEST
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**Student Learning Plan Health and
Wellness: Choosing the Right Exercise**

Program for You [U4C1L1]

What you will accomplish in this lesson: Develop a personal exercise program

Why this lesson is important:

- Take responsibility for your actions and choices

Skills and Knowledge

- Identify the benefits of regular exercise
- Compare the benefits of aerobic, anaerobic, isometric, and isotonic exercise
- Determine the essential components of a good exercise program
- Describe how media and technology can impact health

Introduction What you eat and how much you exercise can directly affect how you look and feel. When it comes to your appearance, diet and exercise help you maintain proper weight, toned muscles, and healthy hair and skin. A good diet and regular exercise can also lower your risk of heart disease, high blood pressure and other health problems, including depression. In order to stay healthy, feel good and look good, it is important to follow a balanced diet and exercise regularly. This chapter discusses guidelines for achieving a healthy lifestyle – one that will help keep you fit and feeling great – now and throughout your life!

Tone refers to the elastic tension of living muscles.

Every type of exercise has important health benefits. That's why adolescents should engage in a variety of aerobic and muscle- and bone-strengthening activities for at least 60 minutes daily. So, each week, participate in a variety of age-appropriate physical activities that you enjoy!

Conclusion

Regular exercise is important to maintaining your health. It can make you feel and look better and help your body fight disease. Different exercise programs have different benefits, like aerobic dancing for a strong heart and weight lifting for strong muscles. No matter what exercise program you choose, remember that the most important thing is to stay active. So much in life today makes things easy for us — elevators, escalators, cars, and appliances — that it's easy to get out of shape. In addition to an exercise program, take the stairs, walk or bike to the store, or go biking or bowling with friends instead of watching television. It can be fun, and it's all to your benefit!

Lesson Check-up

1. How much aerobic exercise does a person need each day?

2. What are the three components of any exercise program?

3. Explain the difference between aerobic and anaerobic exercise?

4. What are the benefits of a regular exercise program?

*Courtesy of Army
JROTC*

U4C1L1 **Choosing the Right Exercise Program for You**

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Introduction

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Guidelines of Fitness

It isn't as difficult as it may seem to get the exercise your body needs. It just takes a little

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determination and self-discipline. Choose activities that appeal to you, like skating or playing basketball, and enjoy them on a regular basis! Not only are there a variety of physical activities to choose from, the benefits of those activities include improved heart and lung function, muscle development and heightened self-image. In this lesson, you'll explore the benefits of exercise, what steps to include in an exercise program, and the various areas of fitness.

Benefits of Exercise

BENEFITS OF EXERCISE When you exercise, you do your mind and body good!

Regular

- Improves heart and lung function physical exercise in a variety of
- Increases muscle strength, flexibility, and forms – from biking, hiking and endurance swimming to lifting weights and
- Improves reaction times doing crunches – helps develop a
- Helps the body fight disease strong muscular and cardiovascular
- Builds self-esteem and self-confidence system. By working your heart,
- Reduces depression lungs and muscles on a regular basis, your body works and fights
- Increases the ability to relax and sleep

disease more efficiently. Regular exercise also contributes to improved self-esteem and a general sense of well-being. Exercise helps people feel better physically and mentally!

Types of Exercise

The four types of exercise covered in this lesson are **aerobic**, **anaerobic**, **isometric**, and **isotonic**. Each of these types of exercise has different benefits. Review the following descriptions and decide which type of exercise, or combination of exercises, is best for you.

Aerobic exercise works the heart, lungs, and blood vessels. As you exercise aerobically, your heart beats faster and you breathe in more air, so your blood can supply more oxygen to your hard-working muscles. This type of physical exercise improves blood and oxygen flow to vital organs, as well as lung capacity – the ability to take in and use more air. Aerobic exercises should be constant, uninterrupted, and raise your heart rate for a sustained length of time (at least 20 minutes). Jogging, brisk walking, rollerblading, dancing, bicycling and swimming can all give you an aerobic workout that delivers great physical and mental results!

Anaerobic exercise, on the other hand, works the muscles intensely in fast bursts of movement and does not require as much oxygen as aerobic exercise. Instead of endurance, anaerobic exercise requires bursts of power and energy, and the ability to maneuver quickly. For example, a sprinter working his or her leg muscles, in a quick burst of energy to cross the finish line, is performing an anaerobic exercise. Many

sports, from tennis to football, require anaerobic work to move from one point to another as quickly as possible.

Other forms of exercise concentrate specifically on firming and toning muscles and building muscle strength. Working against resistance builds muscle strength. You work against resistance when you try to open a tight lid on a jar, or push a heavy piece of furniture across a room. **Isometric** exercise builds muscle strength by using resistance without joint movement, while **isotonic** exercise uses resistance with joint movement. For example, when you try to pull your locked hands apart, you perform an isometric exercise. You contract your muscles, but do not move any joints. Most weight training, on the other hand, is isotonic. When you contract your muscles and bend your elbows to perform bicep curls, you are performing an isotonic exercise.

Each type of exercise may work on one or more areas of the body to strengthen, tone, and develop your muscles, heart, and lungs. Some exercises can be classified as more than one type. Try to develop a balanced exercise program. If you jog, do push-ups as well for upper body strength. If you lift weights, add an aerobic exercise for your heart and lungs. No matter which type of exercise you decide to participate in, you will find it very beneficial. Remember, people who engage in regular exercise are less likely to become obese. **Obesity** is when excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and/or increased health problems.

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⁴ Activity Level Guidelines for Children and Adolescents Children and

adolescents should engage in 60 minutes (1 hour) or more of physical activity daily.

Aerobic: Most of the 60 or more minutes a day should be either moderate or vigorous aerobic physical activity. People should include vigorous physical activity at least three days a week.

Muscle strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week.

Bone strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity at least three days a week.

It is important to encourage young people to participate in physical activities that are age appropriate, enjoyable, and offer variety.

Courtesy of Army JROTC

Examples of Moderate- and Vigorous-Intensity Aerobic Physical Activities and Muscle- and Bone-Strengthening Activities for Children and Adolescents

- Active recreation, such as hiking, skateboarding, rollerblading
- Bicycle riding
- Brisk walking
- Active recreation, such as canoeing, hiking, skateboarding, rollerblading
- Brisk walking
- Bicycle riding (stationary or road bike)
- Housework and yard work, such as sweeping or pushing a lawn mower
- Games that require catching and throwing, such as baseball and softball
- Active games involving running and chasing, such as tag
- Bicycle riding
- Jumping rope
- Martial arts, such as karate
- Running
- Sports such as soccer, ice or field hockey, basketball, swimming, tennis
- Cross-country skiing
- Active games involving running and chasing, such as flag football
- Bicycle riding
- Jumping rope
- Martial arts, such as karate
- Running
- Sports such as soccer, ice or field hockey, basketball, swimming, tennis
- Vigorous dancing
- Cross-country skiing
- Games such as tug-of-war
- Modified push-ups (with knees on the floor)
- Resistance exercises using body weight or resistance bands
- Rope or tree climbing
- Sit-ups (curl-ups or crunches)
- Swinging on playground equipment/bars

- Games such as tug-of-war
- Push-ups and pull-ups
- Resistance exercises with exercise bands, weight machines, hand-held weights
- Climbing wall
- Sit-ups (curl-ups or crunches)

• Games such as hopscotch

- Hopping, skipping, jumping
- Jumping rope
- Running
 - Sports such as gymnastics, basketball, volleyball, tennis
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- Jumping rope
- Running
- Sports such as gymnastics, basketball, volleyball, tennis

Note: Some activities, such as bicycling, can be moderate or vigorous intensity, depending upon level of effort. Chart by www.hhs.gov. Courtesy of Army JROTC

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6 **Choosing the Right Exercise Program** The type of exercise program you

choose should include three components: warm-up, conditioning, and cool-down.

Warm-up

The warm-up period allows for a slow increase in heart rate and sends extra blood through muscles to warm them up. Your warm-up could include slow walking, mild stretching, or **calisthenics**, which are light exercises designed to promote general fitness. Warm-up for 5 to 7 minutes.

Condition

The conditioning period brings you into **cardio-respiratory** endurance and/or muscle strengthening activities. This is where most of your exercising occurs. These exercises should push your body to its normal limit, and when you are feeling strong, a little beyond. As exercising becomes easier, your normal limit should change. Walk or jog a little farther; do a few more sit-ups or push-ups. When weight training to gain bulk, increase to heavier weights; to build strength without bulk, keep weights lighter and increase repetitions. Be sure to give your muscles a day off between muscle strengthening workouts to rest. Or, work your upper body one day and your lower body the next. The conditioning period generally lasts 20 minutes.

Cool-down

Below is a sample of a weekly physical fitness training schedule. Notice how it includes the warm-up and conditioning periods, as well as a cool-down period. The cool-down

period allows your heart rate to slow down, relaxes muscles, and cools the body. Slow walking, simple calisthenics and mild stretching are good ways to cool down. Stretching during cool-down can prevent muscle cramps and soreness, as well. A quality cool-down should last 4 to 6 minutes.

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Stretch Calisthenics Walk Calisthenics Stretch Calisthenics OFF

Run Lift Weights Bike

Push-ups

Sit-ups Swim Lift Weights OFF

Walk Stretch Stretch Stretch Walk Stretch OFF

The FITT Model

There are certain factors that should be present in every physical training session for it to be successful. These factors are frequency, intensity, time, and type, which are also referred to as FITT. The diagram displays how to utilize FITT factors with each component of fitness.

*Courtesy of Army
JROTC*

Sticking With An Exercise Program

Even though many people know how important exercise is to a healthy lifestyle, they sometimes have trouble sticking with an exercise program. Follow these tips and you will find it easier to keep your resolution to become or remain physically fit.

- Think of fitness as part of your daily routine, just like brushing your teeth, going to class, or eating dinner.
- Set realistic and specific goals for yourself. If you have never jogged before, do not expect to jog three miles your first time out. You may become discouraged. Plan to jog one mile and stick with it, even if you have to walk part of the way. You will find that you progress quickly, building your self-confidence.

- Exercise at least three times a week. If you exercise less than this, you probably will not see much progress, giving you an easy excuse to give up.
- Keep track of your progress in a journal. It is motivating to look back at where you started and see how far you have come.
- If you are a routine person who likes for things to remain the same, keep the same exercise routine from week to week. If you get bored easily and like change, develop several exercise routines that you can alternate from week to week.
- Exercise with a friend or group. You will get support from others and feel more committed to stick with it.
- Choose a place to exercise that is convenient for you. If the place you plan to exercise is far from home or school, you may not get there as often as you should.
- Wear comfortable clothing and shoes to make your exercise experience as pleasant as possible.
- Stay positive and have fun. Remember that you are doing something good for yourself. Be serious and consistent with your exercise routine, but enjoy it as well. If you choose an exercise program that you just cannot learn to enjoy, try something else. There is an exercise program for everyone!

Media's Impact on Your Health

Today, American youth spend almost 6 hours a day with various types of media, including watching television, listening to the radio and surfing the Internet on computers. It's true that the potentially negative consequences of media consumption receive a lot of attention. Yet media's unique power and reach can also be used to educate and enrich the lives of youth.

Media consumption habits were historically dominated by television usage. Now, usage of computers, video games, cell phones and other connected devices are used as much or more than televisions! Today's youth are completely immersed in media communication from a very young age.

As the technological era continues through time, daily life has become more reliant on technologies used to communicate. Meanwhile, the time that a typical person spends interacting face-to-face with other people has greatly decreased. Person-to-person interaction has become less face-to-face, and more face-to-screen.

Although this change is happening, it is not all bad. With the use of various computer products, the time used planning arrangements, meetings and parties could be minimized, allowing more time for participating in things such as playing sports and exercising. However, that is often not the case. According to the U.S. Centers for Disease Control and Prevention, over the last decade, students spend more time playing video games than viewing television or participating in sports or exercises.

Conclusion

Regular exercise is important to maintaining your health. It can make you feel and look better and help your body fight disease. Different exercise programs have different benefits, like aerobic dancing for a strong heart and weight lifting for strong muscles. No matter what exercise program you choose, remember that the most important thing is to stay active. So much in life today makes things easy for us — elevators, escalators, cars, and appliances — that it's easy to get out of shape. In addition to an exercise program, take the stairs, walk or bike to the store, or go biking or bowling with friends instead of watching television. It can be fun, and it's all to your benefit!

Lesson Check-up

1. How much aerobic exercise does a person need each day?
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Exercise 1: Agree/Disagree

Directions: Circle true if you agree with the statement, and circle false if you disagree.

True False 1. Youth fitness in the United States has not improved in the last 10 years and, in some cases, has declined. True False 2. Approximately 50% of boys ages 6 to 17 and 30% of girls ages 6 to 12 cannot run a mile in less than 10 minutes. True False 3. Fifty-five percent of girls ages 6 to 17 and 25 % of boys ages 6 to 12 cannot do a pull-up. True False 4. Girls generally perform better than boys on fitness tests, except in the area of flexibility. True False 5. Girls' scores increase until age 14 where they plateau and then decrease (except for flexibility, which continues to improve to age 17). True False 6. American children have become fatter since 1950, according to the U.S. Public Health Service. True False 7. Forty percent of children between the ages of 5 and 8 show at least one disease risk factor, such as obesity, elevated cholesterol, or high blood pressure. True False 8. Aerobic exercise works the muscles intensely in fast bursts of movement and does not require as much oxygen as anaerobic exercise. True False 9. The most effective exercise program has 3 parts: warm-up, conditioning, and cool-down. True False 10. When weight training to gain bulk, increase the amount of weight you use in your training program; to build strength without bulk, use lighter weights, and increase repetitions.

Unit 4: Wellness, Fitness, and First Aid
Chapter 1: Achieving a Healthy Lifestyle Lesson 1: Choosing the Right Exercise Program for You

**Answer Key for Exercise 1:
Agree/Disagree**

1. True
2. False
3. True
4. False
5. True
6. True
7. True
8. False
9. True
10. True

Unit 4: Wellness, Fitness, and First Aid

Chapter 1: Achieving a Healthy Lifestyle Lesson 1: Choosing the Right Exercise Program for You

Exercise 2: Exercise Program and Schedule

Directions:

- Look at the sample “Weekly Physical Fitness Training Schedule” in your text. Use it as a suggestion for how you might build your own program.
- Start your daily exercise program on Monday. Enter the dates in the ‘Date’ column next to the appropriate day of the week.

▪ For each day, list the exercises/activities you plan to do in the appropriate block/cell of the table. On the day you do each exercise/activity, record the number of minutes you participated in that type of exercise/activity. **Days of Week**

Date Warm-up/Stretching

(slow walking, mild stretching, or calisthenics lasting 5 – 7 minutes)

Total Minutes warm-up **Conditioning Exercises** to include **Strength Training** (generally lasting 20 minutes)

Total Minutes conditioning exercises

Aerobic Conditioning Activities (jogging, brisk walking, roller-blading, dancing, bicycling, & swimming)

Total Minutes aerobic conditioning

Cool-down/ Stretching (slow walking, simple calisthenics, mild stretching lasting 4-6 minutes)

Total Minutes for cool-down Monday

Tuesday

Wednesday

Unit 4: Wellness, Fitness, and First Aid

Chapter 1: Achieving a Healthy Lifestyle Lesson 1: Choosing the Right Exercise Program for You

Thursday

Friday

Saturday

Sunday

Unit 4: Wellness, Fitness, and First Aid

Performance Assessment Task

Unit 4: Wellness, Fitness, and First Aid Choosing the Right Exercise Program for You [U4C1L1]

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

Develop a personal exercise program

Directions

For this performance assessment task, you will create an exercise program for yourself. For this assessment you will:

1. Create a weekly schedule for exercise that you will follow for the next few weeks. Your exercise program should include all four types of exercise: aerobic, anaerobic, isometric, and isotonic.
2. Use the attached scoring guide criteria for what you need to do to complete this task.
3. Submit your completed performance assessment task and scoring guide to your instructor for evaluation and a grade.

RECOMMENDATION: It is recommended that you add this performance assessment task to your Cadet Portfolio.

Choosing the Right Exercise Program for You Performance Assessment Task Scoring Guide 2

Assessment Task