Sports Medicine II

Unit Eight – Health Wellness

Exercise Program Project Prompt

Design a 6 week exercise program for yourself, a friend, or family member. **KEEP IN MIND, YOU ARE NOT A HEALTH CARE PROFESSIONAL YET. THIS IS A MOCK PROGRAM.** This Program must include all the components of fitness that we will learn in this unit. Especially if you’re starting fresh on a new “patient,” begin with the PAR-Q & YMCA Step Test, body composition, then flexibility assessment, etc. As we go through the rest of our Health Wellness unit, you will be able to analyze results along the way & formulate realistic short term goals (at least two), & long term goals (at least one). Keep the Principles of training in mind when designing your program. They need to be EXPICITLY defined throughout the program. Imagine you’re setting this up for a beginner who is new to fitness & everything about it. They will need to know what the FITT Principle is, what body composition means, & why their workout schedule looks the way it does. The program needs to be at least 6 weeks long. Please note who the exercise program is designed for by using a running header on each page. Use this person to keep specific goals in mind. Make sure your patient has an end result! Type your program, as if you were going to give it to a “client” or patient. I would recommend using Word or Publisher. Progress checks will be submitted via email to [jnicholson@amphi.com](mailto:jnicholson@amphi.com). The final version of this project will be due PRINTED IN CLASS by **April 3rd**. You may use outside sources for help in designing your program, however, YOU MUST INCLUDE ALL REFERENCES USED. We will have a portion of a lesson dedicated to APA citation.

In text:

“Tony Monchinski states in a bodybuilding.com article that shortening the length of rest between sets is ‘one of the easiest ways to increase intensity (2018).’

One reference page:

Monchinski, Tony. (2018). Intensity: The Most Misunderstood Concept in Building Muscle. Retrieved from: https://www.bodybuilding.com/content/intensity-the-most-misunderstood-concept-in-building-muscle.html.

**Title Page:** This page should include your name, class hour, and date. It should also include a design, which reflects your personality and project.

**Page One (5 Components and FITT):** This page should include the five components of fitness and their definitions. You should also explain the FITT acronym. (Lesson One & Lesson Five)

**Page Two (Training Principles):** This page should explain the principles of overload, progression and specificity. (Lesson Ten)

**Page Three to Eight (Goals and Survey Skills):** Explain the difference between short & long term goals. Determine the current fitness level (Step Test, Body Composition, PAR-Q, Cardiovascular Fitness Assessment, Flexibility Assessment, Muscle Fitness Assessment) of your patient. If you’re using any information gathered from class make sure it is accurate! Then, provide a short analysis of the “starting” health level. Use a section after the full fitness assessment to create at least two short term goals for you or your patient, & at least one long term goal to accomplish by the end of the program. (Lessons Two, Three, Five, Six, Seven, Nine, Twelve, & Thirteen)

Answer the following questions: What do you/does your patient hope to gain from exercising over the next six weeks? What obstacles do you anticipate encountering, & how will you overcome them? What habits will need to be adjusted in order to accomplish these goals? What are any red flags or problem areas to consider for this program? Is this person truly a beginner or is there some experience?

**Page Nine & Beyond (Personal Fitness Plan):** These pages should be your actual fitness plan. As you list your activities, be sure to write what components of fitness they fulfill. Make sure that each day you choose a wide variety of activities that will satisfy all of the health-related fitness components and reflects your personal preferences. Use the FITT formula properly to schedule your exercises appropriately. These pages could be done in a variety of formats (e.g., charts, pictures, diagrams), but all six weeks must be planned out differently. Your weekly program MUST include a day of rest. Feel free to also include your past knowledge of sports nutrition! (Lessons Eight, Eleven, Twelve, & Fourteen).

Finally, think of any questions that your patient may have throughout their program. No piece of information is too trivial to include for a beginner!

The last page will be your write up. This handout will come in due time!