

# Kin 143 Personal Health and Fitness Program

## Presentation Template (with examples)

This is just a suggestion as many students have asked. There is no one correct way to present the material. It has to work for you personally so many formats are acceptable. This is a basic template with some examples.

### **Title**

[Can just be “Fitness Plan for Joe Blo” or can be creative]

### **Introduction**

[Provide you name, your past exercise/sports history (briefly) the time period and the long term goals you may have, e.g. to be a better soccer player]

**You MUST have goals and fitness assessments for cardiorespiratory fitness, muscular endurance (e.g. push-up and curl up tests), muscular strength (e.g. bench and leg press), flexibility (e.g. sit-reach). These are a minimum; other tests can be included and substitutions for these are OK if you check with us first.**

### **Goals**

[Point form is best, make your goals SMART]

e.g. By April 30<sup>th</sup> I want to have achieved the following:

- Run 1.5 mile test is 10 minutes {1} -or-
- Do 30 minutes of cardiovascular exercise (with heart rate in target zone) 3 times a week for 14 of the 16 weeks in the exercise plan period.
- Score excellent on the push-up or YMCA Bench press test {2} (over 27 repetitions)
- [strength goal]
- [flexibility goal]
- [body comp goal if applicable – I am not a big fan of this but I am realistic enough to realise this will motivate people]

### **Current Fitness Assessment**

[This must relate the previous section in content and in terms of the goals being realistic]

e.g. Current fitness assessment results are:

- 1.5 mile run in 10 minutes 25 seconds on November 24<sup>th</sup> 2010
- 21 repetitions on YMCA Bench press test on November 27<sup>th</sup> 2010.
- [Current strength assessment]
- [Current fitness assessment]
- [Current body comp assessment (if needed)]

### **Specifics**

[This section spells out the training details]

- List what your program consists of, what exercises/activities, what intensities (be specific), what durations, what frequency.
- List the weight/resistance work you would be doing for example, explaining the type of resistance, reps, planned progressions, etc.
- List your target heart rate.
- List where and when you will be doing this (exact days or weekly plan).

**[It is in the specifics section that you would include any calendars, charts, etc. that would make viewing the plan easier]**

## Plan to Evaluate Program

[This section shows how you will evaluate your program to see if successful]

[Obviously this is also linked into your goals and at the end of the program you will evaluate based on your goals. However, this section is a bit more because you may include monthly evaluations of your progress or assess every two months, or.... you decide [e.g. I plan to run a 1.5 mile test the week of ..... and ..... and finally at the end of my program the week of .....to monitor my progress. I expect to be able to run the test in 10 minutes 15 seconds by ..... and approximately 10 minutes 5 seconds by .....and under 10 minutes on my final assessment. If I am not progressing satisfactorily I will up my intensity of training by....or I will add one more training session per two week period....or.....revising your goals is a possibility]. Note that as a rule of thumb you should increase volume prior to increasing intensity.

## Justification

[This is an important section as you need to justify program scientifically]

[e.g. if you are doing short interval training sessions like 50 metre sprints you would need to explain that your sport requires high demands on speed and power (reference this) and hence the energy comes predominantly from the alactic energy system (you'll need to reference that also). If you are playing Field Hockey you'll probably explain that you need to be doing sprints due to the principle of specificity, etc. The sport has high phosphagen system demands due to having to sprint past opponents or to close opponents down, etc. Also as you need a decent aerobic base you will be doing some over-distance steady running]

**Note:** There are many texts on training for specific sports so you might need to go beyond the Kin143 lecture notes and web links.

## References

[I have no big issues regarding your reference style. I quite like the numbering style shown in this example. Add specific page numbers if quoting or referring to specific data tables etc.]

I find this referencing system simple and effective. **A rule of thumb should be...if it isn't common knowledge you should reference it.**

1. Tony Leyland. Senior Lecturer, SFU Kinesiology, Kin 143 Muscular Strength and Endurance Lecture notes, <http://www.sfu.ca/~leyland/Kin143/Muscular.pdf>, Accessed Fall 2008
2. Fahey, Insel and Roth. Fit & Well, Core Concepts and Labs in Physical Fitness and Wellness, ALTERNATE EDITION (5<sup>th</sup> edition), Mayfield Publishing Company, 2003.
3. Tony Leyland. Senior Lecturer, SFU Kinesiology, Kin 143 Weight Management Lecture notes, <http://www.sfu.ca/~leyland/Kin143/WeightManage.pdf>, Accessed Fall 2008.
4. James Griffing, ExRx Author, Split Workout Training Routine notes, <http://www.exrx.net/Lists/WorkoutMenu.html>, Accessed Fall 2008.
5. Eladio Valdez III, ExRx Runner's Edge Author, Running Program notes for a 10K race, <http://www.exrx.net/Aerobic/RunnersEdge/5K10K2.html>, Accessed Fall 2008.

If you reference any website I need the link, the date accessed and any info on the web creators that you have. You need to have reason to trust the information (e.g. another university's website for a related course, or the ExRx website which lists the various authors and their credentials). <http://www.exrx.net/People/People.html>