SPORTFITNESS
Weight training assignment

OVERVIEW...

- You will be designing an **individualized** weight training program.
- This program will be catered to your own **individual goals**.
- Your program will also include **cardio work**.
- It will also include a **nutrition section** as well as **diagrams** of various exercises that you choose.
- There are 5 **sections** for this assignment.
- The final copy **must** be **typed** on computer.
- **YOU WILL RECEIVE A NEW SECTION EVERY LIBRARY DAY!**

<table>
<thead>
<tr>
<th>SECTION 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>“GOALS”</strong></td>
</tr>
</tbody>
</table>

- **✓** Determine your long-term goals **in life**. What are you hoping to achieve in 5 to 10 years? What are you hoping to achieve by the end of this class and **why**? i.e. *Loose weight, get toned, get “ripped”...so that...*

- **✓** Determine your short-term goals. Think about what weekly activities/workouts will help you achieve those goals. What can you do in class and at home?

  Be specific: i.e. *continuous running during class runs*

**NOW write 2 paragraphs** one for **LONG TERM GOALS** (100 WORDS MINIMUM) and one for **SHORT TERM GOALS** (200 WORDS MINIMUM)

("It’s always necessary to create several small steps to achieve a long term goal." Therefore your short-term goals paragraph should be longer!)

**“Don’t be afraid to be honest!!!**

**DOUBLE SPACE** this section.
SECTION 2

“WARM UP”

OBJECTIVE:

- Design three different warm up activities that you can perform in the weight room or hallway.

- The warm up must warm up the entire body for a weight training workout!!

HINTS:

✔ You can have several small activities in your warm ups

✔ You must design three warm ups due to the fact that your 1<sup>st</sup> choice warm up may be occupied by someone else in the weight room.

✔ Consider aerobic and “muscular awakening” (using free weights or body weight exercises) activities as a warm up.

✔ Explain each activity with as much detail as possible (What is/are the sets / repetitions and/or time of each activity?)

✔ Include diagrams/pictures/drawings of each activity.
PART A
“Definitions”

1) Define protein, carbohydrates and essential fats
2) What is each of their roles in the human body?

PART B
“Caloric intake”

**READ THE CASE STUDIES BELOW THEN ANSWER THE QUESTIONS LISTED ON THE FRONT & BACK OF THE SHEET**

Case study #1

Jenna is a 14 year old girl who plays on the school rugby team. She also plays recreational volleyball once a week with her friends at the community center. She weighs 125 pounds and measures 5’4”

Case study #2

Create your profile (i.e. age, weight, height and activities you do)

Answer the following questions for each case study (YOU AND JENNA):

1) How many calories should she/you be eating? (Use Google to help determine your caloric intake by typing in “calorie counter” or “calorie intake”)
2) Give suggestions and explanations on what she/you should be eating in order to help her/you in her/your performance. Should she/you be eating more protein, carbohydrates or essential fats? (Explain why!!)

3) Give examples of the type of foods she/you should be eating.

PART C

“Performance enhancing drugs”

Answer the following:

1) What are the 2 main enhancing drugs/ banned substances used by professional athletes? Briefly describe them.

2) Explain the advantages and disadvantages of their use.

3) What are the short term and long term effects of their use?

4) Name 5 athletes that have been disqualified from the Olympics games for the use of illegal substances.

5) What sport did they compete in and what year did it happen? Were they stripped of any medals?

***Be sure to list the references/websites that you use***
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SECTION 4

“CALENDAR”

OBJECTIVE: Create a 7-day program including cardio, weight training and rest days.

***You must present the program as a calendar/spread sheet on computer using Excel, Word, etc...***

HINTS:

✓ Include **as much detail as possible**. (i.e. duration of activity, sets, reps, …)
✓ Try to have a variety of exercises (cardio and muscular).
✓ Use the exercises from your “weight training days” in the weight room.
✓ Don’t forget to include **our wonderful** sport fitness class! *(It does not need to be the exact days BUT at least the activities we normally do)*
✓ Sport Fitness class is your AM “workout”

For example:

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY OR DAY 1</th>
<th>TUESDAY OR DAY 2</th>
</tr>
</thead>
</table>
| AM   | **CARDIO:** ~40 minutes sport fitness class:  
-5 min light jog  
-2 min water break  
-15 min “ladder drills”  
-2 min water break  
-13 min groups of 5 “interval training”  
-3 min water break & stretching | … |
| PM   | **WEIGHT TRAINING:** legs  
-5 min on stationary bike  
-3x12 leg press @ 100 lbs  
-3x15 partial lunges @ 25lbs  
-3x15 hamstring curls on Swiss Ball  
-3x12 skater lunges @ 15lbs  
-3x 25 abs workout (partial curl ups, full sit ups, crunches)  
-2x60sec plank. | |
OBJECTIVE: You must include pictures of **ALL** the exercises stated in Section 4 (drawn or printed).

i.e. **APPENDIX**

**MONDAY**

1. Side Lunge
2. Bench press
3. Seated shoulder press

**TUESDAY**

1. Curl up
2. Lunges w/ Olympic bar

***DON'T FORGET TO INCLUDE LABELS FOR EACH DIAGRAM***
“CHECKLIST”

***The final draft of this assignment must be typed on computer.***

Your assignment should include:

✓ A cover page (name, date, class code, teacher, “fitness picture”)
✓ Sections 1 to 5 + a bibliography page (websites used!!!)
  (Each section must have a title)
✓ Staple your assignment
✓ Number your pages

***Remember this assignment represents a large component of your written work for term 3!!!!!!***

Here is the rubric we will be using:

<table>
<thead>
<tr>
<th>CRITERIA</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Somewhat agree</th>
<th>Somewhat disagree</th>
<th>Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignment is typed, font 12-14, presented neatly and outlines the 5 sections clearly and is easy to follow. Pages are numbered.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>The student chose effective activities in order to achieve their long-term goals.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>In the warm up section, the student presents 3 warm ups that sort out the space constraints.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>In the nutrition section, the student clearly answered the 3 components and explained each component thoroughly.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>The calendar/spreadsheet is clearly presented with a thorough explanation of the training regiment.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>In the appendix, all the diagrams of the exercises chosen are present, well labeled and easy to follow.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Bibliography is clearly identified, listed and presents a variety of reliable sources used.</td>
<td>5</td>
<td>4</td>
<td>3</td>
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