



SPORT FITNESS

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!**

SECTION 1

“GOALS”

- ✓ 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.



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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 1st 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.



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SECTION 3
“NUTRITION”

****THERE ARE 3 PARTS TO SECTION 3****

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 CASES 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”)

SEE BACK →



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- 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:

TIME	MONDAY OR DAY 1	TUESDAY OR DAY 2
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.	



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SECTION 5
“APPENDIX”

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*****



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“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:

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

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