

EF310 UNIT 8 ASSIGNMENT

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Progression

- As a person's fitness level improves, he or she will need to adjust the exercise program if continued improvements are desired. FITT may need to be adjusted to see continued fitness enhancement

Cardiovascular activity	Muscular strength and endurance	Flexibility
Running long distance	Doing strength training 2x a week or more	Stretching to the point of feeling tension



Regularity

- The consistency of your fitness regimen is important to keep the body healthy. Consistent aerobic, muscle training, and flexibility practices will increase anyone's current health.

Cardiovascular activity	Muscular strength and endurance	Flexibility
Continue to work on endurance. Distance runs	Consistent training 2x a week	Continue to stretch before and after workouts



Overload

- Overload is necessary to develop fitness in all exercise-related fitness components: cardiovascular activity, muscular strength and endurance, and flexibility. A person must work the body in a higher manner than normal in order to improve fitness.

Cardiovascular activity	Muscular strength and endurance	Flexibility
Constant training on speed. Goal is to become faster	As many reps as he can	If stretching causes pain or injury then stop



Specificity

- Targeted muscles are trained together. This simplifies strength training to focus on one area of the body.

Cardiovascular activity	Muscular strength and endurance	Flexibility
His goal is to get more playing time at the intramural games, so he needs to run and sprint to get in shape	His goal is to “bulk up” before his trip to Cancun. Consistent strength training will build muscle.	Stretching specific parts of the body that he trained.



Aerobic FITT Prescription

■ Self Prescription:

- *Aerobic activity for a total of 2 hours a week*
 - Orangetheory Fitness
 - Walking the dogs

■ Carl's Prescription

- *Run for distance 3x a week*
- *Tuesdays, Thursdays and Saturdays*



Muscle Strengthening Prescription

■ Self prescription:

- *Personal training sessions 2x a week*

■ Carl's Prescription:

- *Weight training 2x a week*
- *Record every workout – include weight and modifications in the notes*



Flexibility Prescription

■ Self Prescription:

- *Practice yoga or meditation once a week*
- *Stretch before and after every workout*
- *Stretch in the morning and at night*

■ Carl's prescription

- *Stretch before and after every workout*
- *Stretch every morning and night*
- *Practice Yoga or meditation once a week*
- *Use a foam roller if needed*



References

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