

ISPE Written Assignment Fall 2018

ISPE Assignment #1 -- *One Month Plan*

Due: To the Inspire Office (IC-1) on or before Thursday, September 13th, 2018 at 3:15PM

Physical Education Content Standard 2.7: Develop and implement a one-month personal physical fitness plan.

Learning Objective: To complete the five steps to create a personal fitness program.

Step #1: Collect Information

Part 1: Construct a Fitness Profile

- Create a brief summary of your fitness self-assessment
 - In the following areas rank yourself: low fitness, marginal fitness, good fitness, or high performance
 - Fitness Areas:
 - cardiovascular fitness
 - body composition
 - muscular endurance
 - strength (upper & lower body)
 - flexibility
- *Note: A health-related fitness profile is useful in program planning because it helps you determine the areas in which you need to improve.*

Part 2: Construct a Physical Activity Profile

- Answer the questions below about your physical activity:
- Level 1: Lifestyle physical activity: Do you do physical activity equal to brisk walking for 30 minutes at least 5 days a week? Yes or No
- Level 2: Active aerobics/active sports and recreation: Do you do activities that make you sweat or breathe hard for at least 20 minutes a day at least 3 days a week? Yes or No
- Level 3: Exercise for flexibility: Do you do stretching for flexibility at least 3 days a week? Yes or No
- Level 3: Exercise for strength and muscular endurance: Do you do muscle fitness exercises 2-3 days per week? Yes or No
- Level 4: Rest or Inactivity. (*no need to record*)

Step #2: Consider a Variety of Activities

- List out all current physical activities
- List new physical activities to address fitness areas that need improvement

Step #3: Set Goals

- *Note: Setting goals can help you build a fitness and physical activity program that will meet your personal needs.*
- First, consider the reasons for doing your program. Are you primarily interested in fitness and physical activity for health and wellness, or are you interested in building a higher level of fitness necessary for playing a sport?
- Next, consider your fitness and activity profiles. If you are low in one part of physical fitness, you may want to work on it. If you said "no" to any of the physical activity questions, you may want to do more physical activity of that type.
- When setting new activity goals, follow these guidelines:
 - Be realistic: Set goals you can attain.
 - Be specific: Vague or very general goals are hard to accomplish.
 - Personalize: A goal that is realistic for one person may be unrealistic for another. Base your goals on your own individual needs and abilities.
- *Note: If you are a beginner, focus on short term activity goals rather than fitness goals. This approach is realistic for someone just beginning a physical activity routine, and it may help you to be successful and avoid injury.*
- *Note: If you are an intermediate to advanced exerciser, you can use both fitness and physical activity goals. Consider setting short- and long-term goals for both fitness and physical activity.*

Step #4: Structure your Program Plan and Write it down

- *Decide how many days a week to do each type of physical activity*
- *Decide which days you will exercise (Pick the days that make exercising the easiest and most convenient.)*
- *Note: Chose the time of day that works best for you to exercise and a time when you are least likely to be interrupted.*
- Now write out your plan including the day, the type of activity, the time of day, and how long the activity will take place. Be sure to include warm-up and cool down activities. List all the activities you will do in each workout session and include any sports team practices as part of your plan.
- This plan should cover 4 weeks (28 days). The month of September is a good guideline.

Step #5: Start and Then Evaluate Your Program

- *Note: After you have tried your program for some time (depending on your goals), evaluate it. Go through the first four steps to revise your program.*
 - *Note: Try to implement your plan by Sept. 1st so you have a couple weeks to evaluate your progress so far.*
 - Write a minimum 100 word evaluation of your plan addressing what is and is not working so far.
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ISPE Assignment #2-- Community Programs

Due: To the Inspire Office (IC-1) on or before Thursday, October 11th, 2018 at 3:15PM

Physical Education Content Standard 2.10: Identify and list available fitness resources in the community.

Learning Objective: To evaluate health-related and fitness related facilities. To describe the proper clothing and equipment that you need for physical activity. To evaluate printed material, internet information, and advertising related to health and fitness.

Step #1: Identify an organized activity in our local community that you are interested in possibly joining. This is for practice. You do not actually have to join the group, team, or class.

- Examples: club sports through CARD, sports clubs, dance studios, martial arts facilities, gymnastics, adventure outings, biking and running clubs, programs through community centers, churches, universities, and other groups, etc...
- Choose one that you have not been involved with, but that you are interested in possibly trying.
- Examining a sports team through Pleasant Valley or Chico High School is acceptable.

Step #2: Write a 100 word statement about why this organized activity interest you or might fit into you fitness plan.

- Who do you have access to: teachers, instructors, advanced athletes, etc...?
- What equipment and or facilities are made available to you?
- Will the organized activity help keep you motivated about your fitness?
- Which of your fitness goals does the organized activity address?

Step #3: Identify how to sign-up and get started.

- What are the session dates and registration policies?
- What does the activity cost per month? How do you pay? Is there a membership or registration fee? Is there a discount for students? Are there pay-as-you-go programs? What is the policy for paying if you stop the activity?
- How long does the session last?
- Do you have to sign a contract? What is the commitment?

Step #4: Identify the Specific Details.

- Which class, team, or session is right for your current fitness level and ability?
- What are the qualifications of the coach, instructor, or fitness expert?
- Can you go for a visit before signing up? Or try a class for free? If yes, please do so and write a one paragraph (50 word) response about your visit. Try to see a session that is right for you at your current fitness level.

Step #5: Special Clothing & Equipment

- *Note: a good fitness program requires a minimum of clothing and equipment.*
- What attire is comfortable and safe for the organized activity?

- Are there required types of shoes, clothing, or equipment you will need to purchase, rent, or borrow?

Step #6: Evaluate Printed and Posted Material

- Review all available brochures and website listings.
- Consider the credentials of the author, check for sound information – are the exercises safe and effective? What evidence is offered?
- Are there any posted reviews of the facility or groups? Are there testimonials? Can you speak to people currently involved in the activity?

Step #7: Compare

- List 3-4 other facilities or classes in the area that offer similar services. Make at least two comparisons regarding class times, facilities, availability, costs, etc...per activity.
- Write a 50 word response for at least 3 different organized activities that are similar to the one you chose.
- Would you go with your first choice or investigate other programs in more detail before deciding to start this organized fitness program? Why or why not?

ISPE Assignment #3-- *Health Care Impact*

Due: To the Inspire Office (IC-1) on or before Thursday, November 8th, 2018 at 3:30PM

Physical Education Content Standard 2.11: Explain the role of physical activity in the prevention of disease and the reduction of health care costs.

Learning Objective: To describe some hypokinetic conditions. To list some benefits of physical activity that contribute to health and wellness. To explain, using examples, how physical activity is relates to hyperkinetic conditions.

Step #1: Describe hypokinetic conditions & how they affect health care costs.

Prior to 1900 the leading cause of death was pneumonia. Many of the other leading causes of death were from infections caused by bacteria or viruses. Modern science found cures or vaccinations for many of these conditions, and now in the 21st century these diseases are no longer the leading health problems. Diseases such as heart or cardiovascular disease, cancer, and stroke are now the leading health threats. These and many other diseases are considered to be hypokinetic conditions because they are caused in part from sedentary living. Physical activity can reduce the risk of hypokinetic conditions and increase personal wellness.

Sedentary living cost our nation \$150 billion each year because of increased need for health care and loss of productivity. Approximately 250,000 people die prematurely because they are inactive. Reports of major health organizations, including the Office of the Surgeon General, indicate that regular physical activity is one of the best ways of reducing illness and increasing wellness in our society.

Please define the following hypokinetic conditions:

#1. Cardiovascular Disease

- Define the following conditions which are considered to be cardiovascular diseases
 - o Coronary Artery Disease (specifically atherosclerosis)
 - o Heart Attack
 - o Stroke
 - o Hypertension (high blood pressure - this is a primary risk factory)
- What are the primary & secondary risk factors for cardiovascular disease? (Example: smoking)

#2. Cancer

- Give a general definition of cancer
- Give three additional descriptions of specific cancers

#3. Diabetes

- Type I (not a hypokinetic condition)
- Type II (a hypokinetic condition)

#4. Obesity

#5. Osteoporosis

Step #2: How can activity reduce the risk of these hypokinetic conditions & reduce health care costs? (100 word response)
Listed below are the benefits of physical activity that contribute to health and wellness. You should reference at least two of them in your response.

- Improved sense of well-being & mental function
- Looking your best (good fitness & healthy fat levels)
- Enjoying leisure activities (good fitness, healthy body systems, and resistance to fatigue)
- Work efficiently (good fitness & resistance to disease)
- Opportunity for social interaction (sports & active recreation)
- Ability to meet emergencies (good fitness)

Step #3: Explain, using examples, how physical activity is relates to hyperkinetic conditions. (100 word response)

Hyperkinetic conditions are health problems caused by doing too much physical activity.

The following is a list of common hyperkinetic conditions:

- Overuse Injuries (stress fractures, shin splints, blisters, etc...)
- Activity Neurosis (when a person is overly concerned about getting enough exercise & are upset if they miss working out)
- Body Image Disorder
- Eating Disorders

ISPE Assignment #4-- *Self-Evaluation & Mid-Year Reflection*

Due: To the Inspire Office (IC-1) on or before Thursday, Dec. 13th, 2018 at 3:15PM

Physical Education Content Standard 3.4: Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities.

Learning Objective: To evaluate your use of the Independent Study Physical Education program thus far.

Step #1: Describe what worked this fall. Please make reference to the following:

- ISPE Requirements
- Chosen Activities
- Schedule Implementation
- Record Keeping
- Social Connections
- Best Practices Implementation
- The Accomplishment of Warm-up & Cool Down Activities
- Communication with Lisa & your Advisor
- Any additional comments you would like to make

Step #2: Evaluate what could have made the program more effective for you. Please make reference to the following:

- ISPE Requirements
- Access to Activities
- Record Keeping
- Assignments
- Social Connections
- Any additional comments you would like to make

Step #3: With regards to your own fitness plan for the semester; list two examples for each of the following:

- What are two specific goals you set for yourself?
- Give two examples of how you measured reaching or not reaching your goals.
- List two examples of why you felt these fitness goals were attainable.
- What were two reasons your felt these goals were realistic.
- Give two examples of time frames you set for attaining your fitness goals.
- List two goals for future physical fitness improvement.

NOTE: Please answer all questions with complete sentences. All responses must be typed, 10-12pt font with 1" margins.