



Session 3

C-PE 2 (3 units) **PATHFIT II Exercise-based Program**

Spring Semester 2024



The Exercise Program



Session Objectives:

- ✓ Identify the phases of exercise program and the activities under each phase.
- ✓ Discuss the F.I.T.T. principle of exercise the its practical application to actual exercise performance.



Session Objectives:

- ✓ Describe the significance of physical activities in promoting the holistic development of learners in school or at home.
- ✓ Highlight movement competencies through exercise routines, fitness exercise and exercise program in different class activities.



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The Exercise Program

- Warm-up Exercise
- Flexibility Exercise
- Strength and Endurance Exercise
- Cool-down Exercise



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Warm-up Exercises

- It is also called limbering exercise
- The first phase of any exercise program
- Consists of light activity to increase body temperature
- Helps to prepares the body for a more intense PA
- Normally held in 5-10 minutes



General Body Warm-Up Activities:

- Walking
- Brisk walking
- Stationary jog
- Light jogging



*What are the benefits of doing
warm-up activities prior to a more
complex PA?*



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Flexibility Exercises

the ability of the muscles and joints to go through a range of motion.

Example:

- 1. Flexion** – bending a body segment
- 2. Extension** – straightening a body segment
- 3. Abduction** – moving a limb away from the body
- 4. Adduction** – moving a limb toward the body



*How can one achieve
the desired body flexibility?*



TYPES OF STRETCHING

- Static Stretching
- Passive Assisted Stretching
- Ballistic Stretching
- Proprioceptive Neuromuscular Facilitation (PNF)

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Static Stretching- involves slow and progressive stretch on a segment of the body to the farthest point and holding that position for a certain period of time without additional movement.



Figure 1: What is Static Stretching?
(Source: Walker, B. .2023:Online)



It involves muscles that do not change in length during contraction.

Ex. Isometric contraction

What are the dos and don'ts?

Passive Assisted Stretching –

involves relaxing of specific body part and just allowing the partner to move the limb of the Stretcher to gain a new range of movement.



Figure 2: Passive & Active Exercises: Customizing Rehabilitation to your Ability Level
(Source: Kellogg, M.. 2023:Online)

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Ballistic Stretching – this involves a sudden, bouncing or jerking rhythmic movement of a specific part of the body.



Figure 3: Ballistic Stretching – Good or Bad?
(Source: Hoag, M. 2020:Online)



It involves muscles that change in length during an exercise.

Ex. Isotonic contraction

What are the dos and don'ts?



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***Two Basic Approaches to develop
Muscular Strength through Isotonic Exercises***

1. Calisthenics Exercises: push-ups , pull-ups, sit-ups.
2. Free weights : dumbbells and barbells

Proprioceptive Neuromuscular Facilitation (PNF)

- Involves the hold-relax (HR) approach to stretching. During the HR, the partner attempts to move the limb at its lengthened motion and is isometrically resist the partner's attempt to move the limb into a deeper stretch.

PreHab Exercises Examples of PNF STRETCHING



Figure 5: What is PNF and how can it benefit you?
(Source: PEAK Sports & Spine Center. 2022:Online)

Figure 4: What is PNF stretching and how should you use it?
(Source: Ellerton, H. 2018:Online)



*What benefits that we can
get on Flexibility exercises?*



"NO PAIN, NO GAIN"

"KNOW PAIN, KNOW GAIN"



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MUSCULAR STRENGTH and ENDURANCE

- The capacity of a group of muscle to exert one maximal effort against a resistance **(muscular strength)**
- When muscles are capable of exerting effort against a resistance for a prolonged period of time **(muscular endurance)**

Isokinetic contraction: similar to isometric contraction but the muscles are exposed to fixed machines with varying degrees of resistance.

X Use of equipment is expensive and limited



Figure 6: Isokinetic Exercise
(Source: Duclos, M.. 2000:Online)



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CARDIOVASCULAR ENDURANCE ACTIVITIES

- 1. *Continuous running:*** a relax intensity of a long distance run.
- 2. *Fartlek:*** an activity involve a different type of activity like run-jog-walk cycle covering a long distance with a relax phase.
- 3. *Aerobic activities like dance:*** an exercise routine with music accompaniment.
- 4. *And any more***



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COOL DOWN EXERCISES

- Cool down exercises help the body to go back to its original state or relaxed condition.



PHASES OF COOL DOWN ACTIVITY

- 1. *Body Cool Down:*** involves an activity to allow one's heart rate to gradually return to its normal rate.
- 2. *Cool Down Stretch:*** involves stretching an specific parts of he body to prevent muscle contraction and maintain body flexibility.

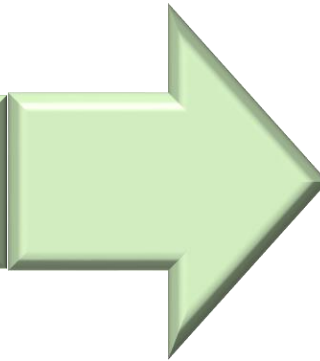


HOW TO INSTRUCT AN EXERCISE?

1. Introduce the exercise
2. Demonstrate
3. Instruct the parts/whole
4. Practice under guidance
5. Synthesize



Think F.I.T.T.



Frequency

Intensity

Time

Type



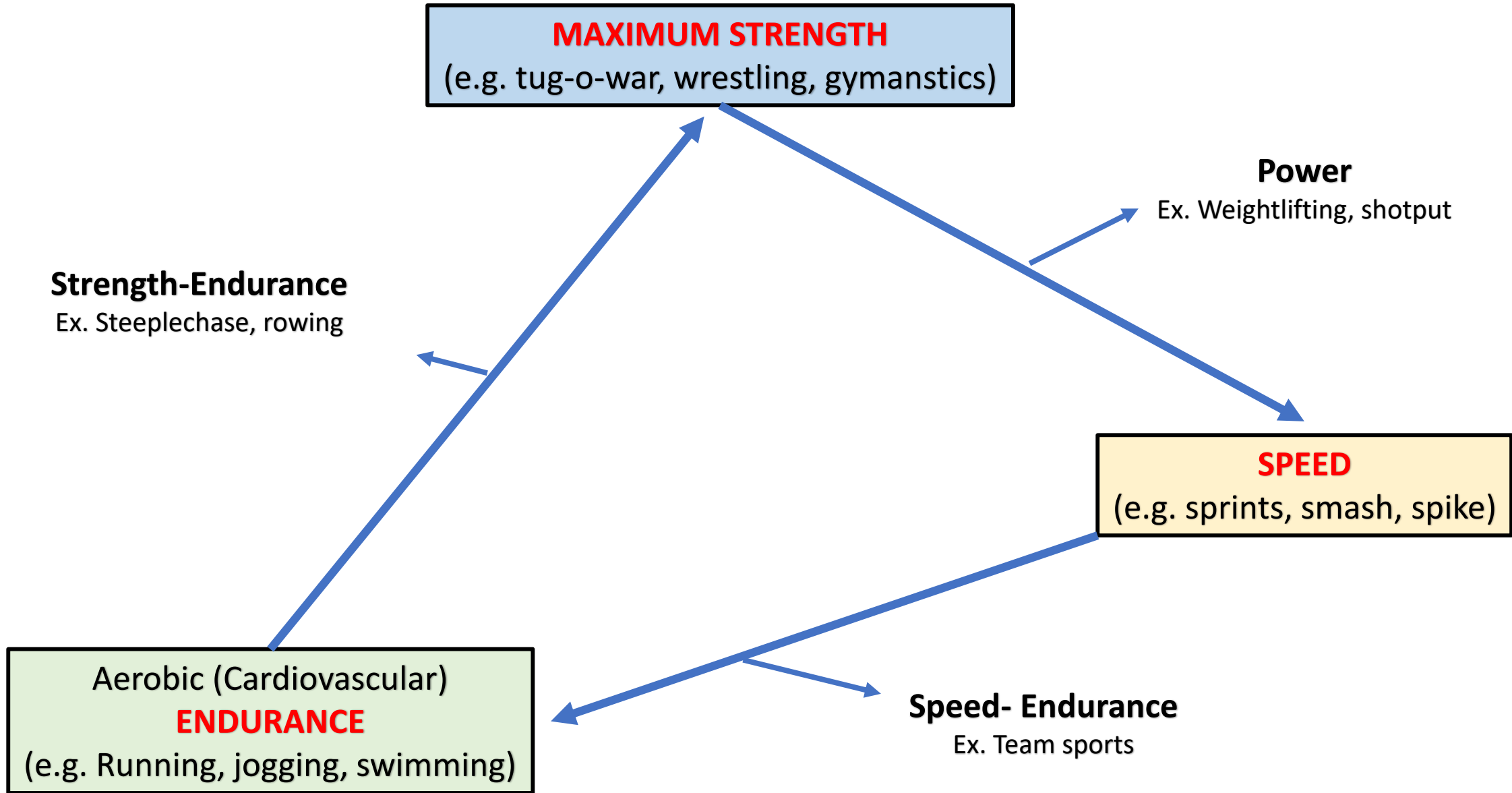
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Think F.I.T.T.

- 1. Frequency:** How often you exercise. For beginners, consider starting with 2-3 sessions per week.
- 2. Intensity:** How hard you exercise. For example, the pace you walk or run, the amount of weight you lift, or your heart rate count.
- 3. Time:** How long you perform an activity. "Time" can also refer to the number of sets or repetitions you perform in weight training.
- 4. Type:** What are the kinds of exercise activities to be selected?



Phases of an Exercise Program





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