

## Session 3

### THE EXERCISE PROGRAM

#### A. Introduction

The exercise program is not just a set of activities that are performed in aiming for a certain level of fitness. The activities should be carefully selected and all depends on the entire fitness goals. The exercises you will be doing and the approach you take in performing these exercises will depend on whether you wish to gain muscle and strength, tone and lose weight or just stay in shape and be healthy.

#### B. Session Objectives

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

#### C. Session Content

##### 1. Topic 1

##### Four Phases of Exercise Program

1. Warm-up Exercise Activities
2. Flexibility Exercise
3. Strength and Endurance Exercise
4. Cool-down Exercise Activities

**1. Warm-up Exercise Activities.** This is the initial phase of an exercise program that starts with a light activity and gradually increasing to prepare the body in a more complex activity. This phase of exercise is also called limbering exercise or activity that are perform in a light and careful manner. . This can be done in 10 minutes or so. Warm-up activities may include:

- a. *Walking*
- b. *Brisk walking*
- c. *Stationary Jogging or jogging in place*
- d. *Light jogging*

**2. Flexibility Exercise.** This phase of exercise involves the stretching of the muscles or the muscle groups of the body that needs specific attention in preparation for a detailed activity / activities. This is should not be demonstrated before the warm-up exercises because the muscles need to be warmed before doing a stretching activities, otherwise the exercise progression to prepare the body for a more complex activity will not be met.

*Flexibility exercises involves basic body movements and these are:*

- a. Flexion – shortening or bending of a body segment or part.
- b. Extension – straightening of the body or a body part.
- c. Abduction – moving a limb away from the body.
- d. Adduction – moving a limb toward the body.

### ***Types of Stretching Techniques:***

- a. Statics stretch
- b. Ballistic stretch
- c. Passive assisted stretch
- d. Proprioceptive Neuromuscular Facilitation (PNF)

**Statics stretch** – this involves a stretching of a segment or part of the body that do not require a partner to do it. The stretching manner starts with a slow stretch and hold for a certain period in a pain-free position until a muscle reaches the maximum or desired range of elasticity.



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

**Ballistic stretch** – this type of stretching is combine with a little of a bouncy movement allowing the muscle to move dynamically. This is sometimes called dynamic stretch.

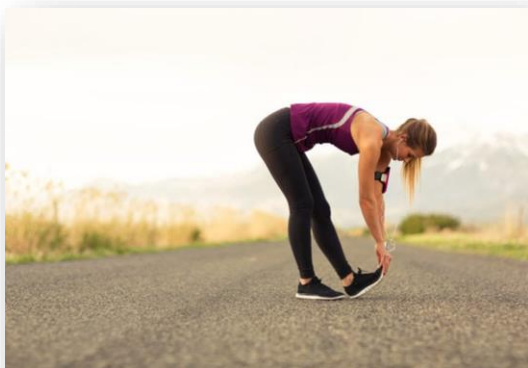


Figure 3: Ballistic Stretching – Good or Bad?  
(Source: Hoag, M. 2020:Online)

**Passive assisted stretch** – This type of stretching generally needs a partner to do it. The person being stretch allows the partner to move the target muscle groups to stretch passively. There is a risk of injury in this type

of stretching if both the person being stretch and the one assisting lacks the connection in terms of the range of movement being administer.



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

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

**1. Calisthenics Exercises:** these are body-weight exercises.

Example: push-ups , pull-ups, sit-ups.

**2. Free weights :** these activities utilize implements which provides extra weight compared to the body-weight exercises.

Some examples are: dumbells and barbells

**Proprioceptive Neuromuscular Facilitation (PNF)** – unlike the passive assisted stretch, the PNF involves a resistance in stretching the body segment, this is called a hold-relax approach.



**PreHab Exercises Examples of PNF STRETCHING**

**CONTRACT**  
 3-5 Seconds  
 3-5 Seconds  
 3-5 Seconds

**RELAX**  
 5-10 Seconds  
 5-10 Seconds  
 10-30+ Seconds



PNF Autogenic Inhibition

**Contract/Activate Reciprocal Muscle Group To Lengthen/Release Targeted Muscle Groups**



PNF Reciprocal Inhibition

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

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

**3. MUSCULAR STRENGTH and ENDURANCE** - This involves aerobic and anaerobic strength and endurance development.

- The capacity of muscle group/s to exert one maximum effort against a resistance is called *muscular strength*.
- When muscles are capable of exerting effort against a resistance for a prolonged period of time it is called *muscular endurance*.

### **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 following a rhythmic pattern.

### **4. COOL DOWN EXERCISES**

- Cool down exercises help the body to go back to its original state or relaxed condition. To slowly decrease pulse and breathing rates to return to normal.

### **PHASES OF COOL DOWN ACTIVITIES**

1. ***Body Cool Down:*** involves and 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 activity to students?*

1. **Introduce the exercise** – it is important to inform our students, athletes or dancers on the activity that they usually do in the training or class. Letting them to the skills or an activity is a good way of giving opportunity to explore movements, but it is better if we introduce the activity by providing the right terms.
2. **Demonstrate** – students are mostly visually inclined, so we take the opportunity to demonstrate the skills that is intended to be delivered during class sessions to the students can work on their imagination in terms of execution.
3. **Instruct the parts/whole** – when we command our student in doing activities or an activity, it is helpful if we do not just give the dos and don'ts rather explain it to them why we are instructing them of what to do or not to do.
4. **Practice under guidance** – in all physical activities and exercise, the guidance of the teacher or the coach is important to prevent students from doing what is not proper and to avoid getting injured.
5. **Synthesize** – after imparting all that what is needed to be given to students, we allow questions to address the “whys’ in the minds of our learners.

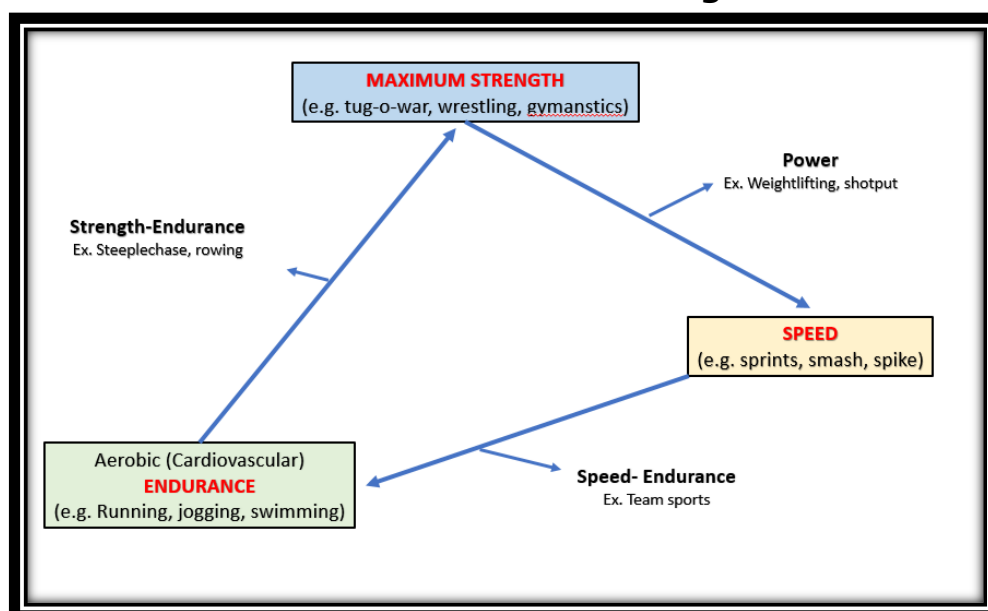
# The F.I.T.T. Principle



**F**requency  
**I**ntensity  
**T**ime  
**T**ype

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?

## Framework of an Exercise Program



## **D. Conclusion**

We can all design an exercise program for ourselves or to the people who we work with. There are some things that we need to consider first, warm-up-flexibility-strength & endurance and the cool-down activities are all equally important in the process. Start by warming-up the muscles and end with cooling it down to return to its normal condition. This way, we can value that the process in doing the exercise program or routine is helpful in the gradual increase of fitness level. Recovery is likewise important both for physical and mental.

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