

Session 6

PATHFIT II-Activity 1 Endurance-based Exercise

A. Introduction

This session will provide a basic idea on designing an endurance-based exercise. The attachment images are taken from my personal youtube channel where you can find the video-demonstration of the given exercise activities.

B. Session Objectives

- ✓ Identify the two types of body endurance.
- ✓ Differentiate the two types of endurance according to physical activities.
- ✓ Provide variety of activities related to physical endurance.
- ✓ Provide sample scoring rubric in grading students' performance.

C. Session Content

1. Topic 1: TYPES OF BODY ENDURANCE

1. **Cardiovascular Endurance** – it is also referred to as stamina and aerobic endurance.

Cardiovascular Endurance – refers to the ability of the heart, lungs, and vascular system to supply oxygen and nutrients to muscles during or while performing an activity in a long period. Getting a high level of cardiovascular is a process. It takes time to improve one's aerobic capability. Several physical activities that we can choose from like brisk walking, jogging, dancing, cycling, swimming and a lot more. These activities are great way to start exercise regimen starting with a low

intensity and low volume packs of activities. It is also important to not forget the exercise program that starts with warm-up and ends in cool down activities to avoid getting easily tired and to prevent possible injuries as well.

2. Muscular Endurance

Muscular Endurance – *this refers to the ability of the muscles to exert force for a long period of time. This can be attained by progressive repetition design of an exercise and gradually increasing its load. Some of the activities that can help improve muscular activities are strength training exercise like: weight lifting, planks, squats, push-ups and pull-ups.*

2. Topic 2: MUSCULAR AND CARDIOVASCULAR ENDURANCE ACTIVITIES

1. Jogging in Place *-the slower pace of running. Jogging is a locomotor movement but this can be held in a stationary place. When doing this simple exercise activity, one must ensure that the landing of the foot is light and bouncy during the process to avoid stress on the knees and ankle of the foot that carries the weight of the entire body.*

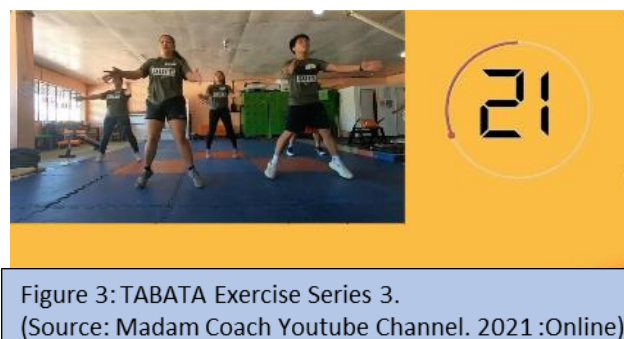


2. Jumping Jacks *- this exercise is one of the simple activity that can develop both muscular and cardiovascular endurance aside from the coordination of body movements that we can benefit from it. It take a*

lot of stamina and muscle endurance to execute a number of repetitions.



3. Butterfly Jacks - *this is another variation of jumping jacks where there is additional arm movements on the anterior.*



4. Double High Knees - *a double jump-tap movement of the feet on the floor to continuously and alternately perform the raising of the knee in motion. This movement is inspired by jog in place movement.*



5. Front to Side Knee Raise - *another variation of high knee raise with an alternate front and side raise. Repetitive execution helps to improve the endurance of the leg muscles.*



6. Side Jumps - *a lateral jumping movement that helps develop endurance on the legs and thighs. From a comfortable standing feet together position, lightly jump to left and right alternately ensuring lightness of movement on the knees and ankle to avoid pain after execution.*



7. Jerking Movement- *the aim of this exercise is to mobilize the hip region and in doing so it also develop endurance both aerobic anaerobic.*



8. Stamping Exercise -a series of minced alternate movement of the feet that is usually done to improve muscular endurance of the legs if done in a longer period of time. This also improves speed.



9. Lateral Jumping Jacks - a combined movement of jumping jacks and lateral movement of the feet. Three (3) jumping jacks and three (3) lateral feet movement.



10. Lateral High Knees - alternate execution of high knee raise and lateral movement of the feet. Three (3) high knee raise and three (3) lateral feet movement.



3. Topic 3: TAE BO

Tae Bo is a form of high impact aerobic and anaerobic activity that combines the basic movements of Tae Kwon Do, Karate, Boxing, and Dance. It provides an cardiovascular workout to also improve balance, coordination, and flexibility.

Basic Movement Skills that Enhance Efficiency of Movement

A. Stances



Four Point Stand



Iron Horse Stand



Iron Horse Guard Stand



Left/Right Fighting Stand



Walking Stand



Hour Glass Stand

A. Punches

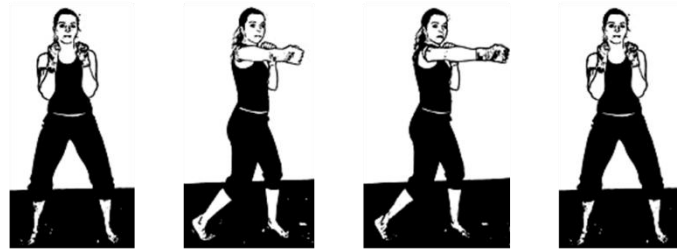
1. Jab – extended knuckles and punch return.



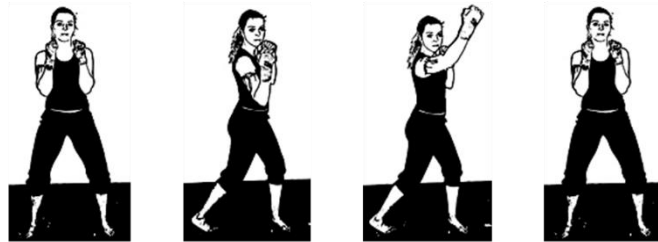
1. Cross



1. Hook



1. Upper Cut



A. Kicks

1. Front Kick



1. Roundhouse Kick



1. Side Kick



1. Back Kick



Figures 11-19: Female boxing silhouette.
 (Source: Vector Image. ND :Online)

Suggested Learning Activity/Routine in Tae Bo (Punches)

| | | |
|----------|---|--------------------|
| Figure 1 | Position: Four point stand a. Execute right and left Jab alternately b. Execute two right Jabs and two left jabs alternately..... | 16 cts. 16 cts. |
| Figure 2 | Position: Four point stand a. Execute Cross punch right and left alternately..... b. Execute two right cross punch and two left cross punch alternately..... | 16 cts. 16 cts. |
| Figure 3 | Position: Four point stand a. Execute Hook punch right and left alternately..... b. Execute two right hook punch and two left hook punch alternately..... | 16 cts. 16 cts. |
| Figure 4 | Position: Four point stand a. Execute Upper Cut right and left alternately..... b. Execute two right upper cut and two left upper cut alternately..... | 16 cts. 16 cts. |
| Figure 5 | a. Repeat (a) of figures 1 to 5 with 4 counts each..... b. Repeat (a) of this figure..... | 16 cts. 16 cts. |

D. Conclusion

The given activities above are endurance-based but observe that other physical fitness components like flexibility, balance and agility are also included because in doing so they are already embedded in the execution of the activities. One fitness component is hard to develop by itself, it usually accompanied by other fitness component.

Repetitions, volume and intensity is design separately and is person-based in terms of readiness. Always consider gradual progression and proper overloading of activity.

E. References

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