

Session 11

Total Body Exercise (TABATA)

A. Introduction

There are many ways to choose from when it comes to selecting the exercise program for PATHFIT classes. The PATHFIT program of courses offer variety of activity menu, from different school sports to different array of dance. The main objective of the PATHFIT courses is to promote fitness and well-being to students. It is in this reason why the PATFIT program has a number of activity menu to choose from. This session focuses the exercise activity using the principle of Tabata Exercise.

B. Session Objectives

- ✓ Describe the development background of Tabata exercise.
- ✓ Identify the benefits and drawbacks of Tabata exercise workout.
- ✓ Design a beginners' and advanced Tabata exercise workout for PATHFIT-II class.

C. Session Content

1. Topic 1: BACKGROUND INFORMATION ON CIRCUIT EXERCISES

The Tabata Exercise Work-out by developed by a Japanese Physician and a Dean in the Graduate School of Sports and Health Science in Ritsumeikan University, Dr. Izumi Tabata. He developed a research study together with his team in National Institute of Fitness and Sports in Japan. His research suggested a short but intense



Figure 1: Where does Tabata come from?
(Source: Vanya Fitness. 2023:Online)

exercise work-out outlining the High Intensity Interval Training (HIIT). It was also claimed that Tabata exercise is as effective as the High Intensity Interval Training (HIIT) in which both aimed at improving the cardiometabolic system.

Just like any other exercise program, Tabata has also its advantages and disadvantages. Tabata can be challenging in a positive way where an individual will be challenge to complete the designed work-out. This way, both the aerobic an anaerobic components of fitness will be improved overtime. This can also be fun when exercising with peers or with a group of people, although this might be a little boring when done alone especially for beginners. Although Tabata is similar to High Intensity Interval Training (HIIT), we can also be flexible in designing the sets of exercise in which we consider starting at a low intensity particularly for beginners to avoid negative effects or impact to the body.

In the PATHFIT II class, it is suggested that a low impact exercise

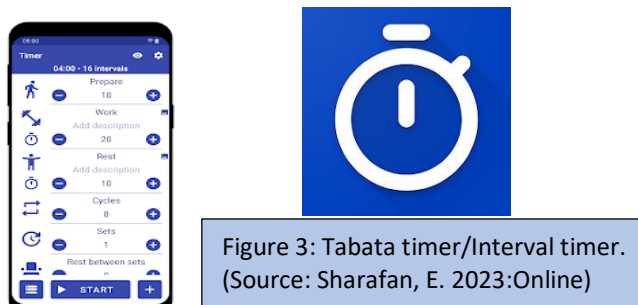


activities may consider at the introductory part of the exercise lessons and gradually increasing the intensity, volume and sets. Since students have diverse level of fitness, it will be best to start the class with a warm-up activities followed by stretching then the tabata exercise plan and end up with a cool down activities.

How do we design a Tabata exercise for PE Class?

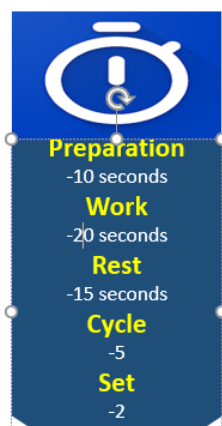
- Determine the intensity of the target exercise.
- Identify the type of exercises.
- Select the desired volume.
- Set the duration of the tabata work-out

Suggested timer to use for the Tabata Exercise Work-out



2. Topic 2: SAMPLE TABATA EXERCISE DESIGN FOR PATHFIT CLASSES

1. Activity introduction using Tabata Principle



Tabata work-out for beginners

1. Jog in place
2. Jumping Jacks
3. Hexagon Jumps
4. Butt kicks
5. Jog in place

2. Activity 2:

1. Jog in place
2. Knee Raise (Left)
3. Knee Raise (Right)
4. Mountain Climber
5. Plank Jack
6. Squat Jump
7. Tekken

- Preparation** -10 seconds
Work -30 seconds
Rest -15 seconds
Cycle -7
Set -2

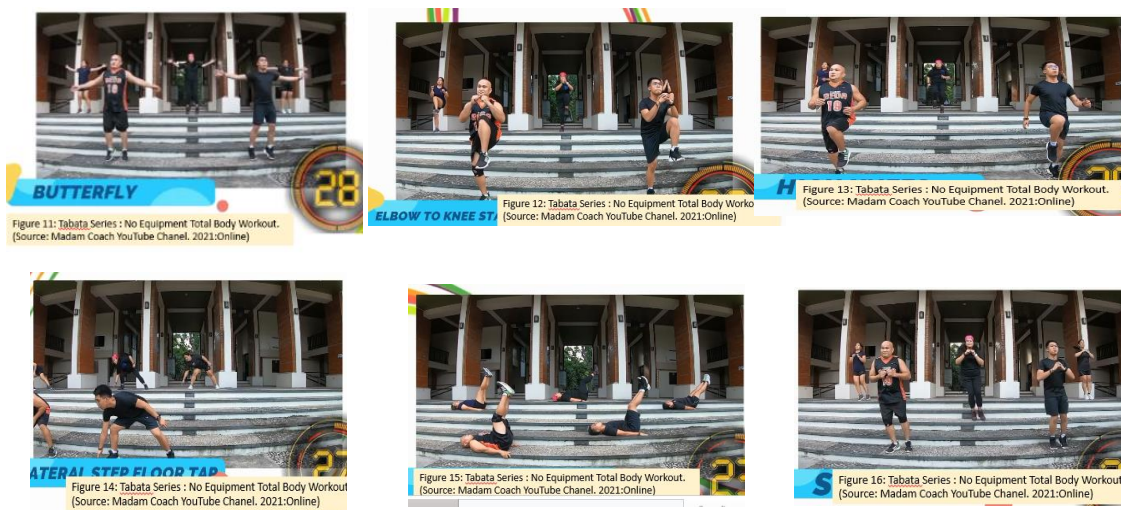
Sample illustrations of the exercise plan:



3. Activity 3:

1. Butterfly Jack
2. Elbow to knee standing crunch
3. High knee raise
4. Lateral step floor tap
5. Leg raise
6. Ski Jump

Sample illustrations of the exercise plan:

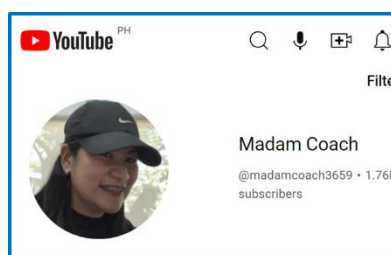


4. Activity 4: Sports/Activity-Specific Tabata (Taeko)

Basic Punches and Kicks



NOTE: You can visit this YouTube channel for more Tabata Exercises



E. Conclusion

Tabata Exercise is designed for HIIT but can be customized based on the purpose of the activity in PATHFIT classes. We can customize the exercise design base on the target competencies that are set for the day lesson. This is an exciting group activity especially when accompanied with music.

E. References:

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