



Unit 8 Assignment Part 2

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EF310 Current Trends in Exercise and Fitness

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Unit eight, assignment, Part Two by Emma Jean Hoang for the current exercise and fitness class trends. Since this presentation is supposed to be as though I'm presenting information to a client, I will address this to Jason throughout the presentation since he is my hypothetical client. The layout will proceed with the slide presented at the top and the corresponding transcript being typed below the slide.

Summary Fitness Results & SMART Goals

Fitness Results

Aerobic Health- Exceptional, there are no concerns in regard to your aerobic health

Muscular Health- Exceptional; there are no concerns in regard to your muscular health

BMI- Your BMI is within the healthy range

SMART Goals

Incorporate Stretching- Incorporate 15 minutes of stretching into each workout session

Incorporate More Compound Exercises- Twice a week incorporate bone building, full-body weighted exercises.



If you remember, previously, we did a bunch of tests together. We tested your aerobic and muscular, and then we also looked at your BMI, so your aerobic health, no surprise, is very good. All the basketball is paying off. Your muscular health is also very good. There are no concerns with this, and your BMI is within the healthy range. So overall, everything in your test results looks really good. No huge improvement is needed in any of those areas, which is great. I know when we talked about what you were hoping to accomplish, you didn't really bring anything quantifiable, such as adding a few pounds or adding five pounds to your bench. Most of your goals were just about increasing your longevity and your overall health. And so for me, I wanted to make sure that the goals I set for you

really took into account what you are trying to accomplish. And so looking at what you currently have in place, and then what you don't have in place, the SMART goals I came up with is for you to incorporate stretching. So, incorporate 15 minutes of stretching into each workout session. I say 15 minutes per workout session just because I think this will help you to get into the habit. It's not. It's very feasible because it's just 15 minutes, it's not too restrictive, and I think it could just get you into the right headspace, into the right habit. And, of course, this is going to help you with your long-term mobility, and your long-term overall. Range of motion. And so I think this is just a good habit for you to get into now and then. The next part is to incorporate more compound exercises. I do know that you already do participate in weightlifting. However, most of it is very isolated to different individual muscle groups. And I would like to see you incorporate more compound exercises. This doesn't necessarily mean that you need to replace your more isolated muscles like weight lifting routine with compound but just incorporate these more in there, just because compound exercises are known for being more effective at building bone density, which is one of the biggest things that we want to do, especially since you're in your 20s, it's the prime time for building bone density. And in general, this is just with the rise of osteoporosis and everything. We just want to make sure that we have this in place for you.

Recommended Physical Activity Guidelines

- Get at least **150 minutes per week** of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

YOU'RE MEETING ALL THESE GOALS

100%



Recommended Physical Activity Guidelines for somebody in their 20s. They recommend that you get at least 150 minutes per week of moderate to intense aerobic activity, 15 minutes per week of vigorous aerobic activity or a combination of both, preferably spread throughout the week, moderate to high-intensity muscle strength training activity, so that's resistant training or weight training at least two times per week. And then they also recommend that you spend less time sitting. I know you have a desk job, so it's really important that you regularly just take breaks, walk around, stretch, or do anything to get yourself a little bit more active throughout the day. And then if you exercise for more than 300 minutes per week. Of course, the benefits just multiply, and they recommend

gradually increasing the amount and intensity over time. All of these are from the American Heart Association editorial staff who wrote it. Reviewed by science and medical advisors. Okay, you are currently meeting all of these schools. So again, just like your test results are not too concerned, you're doing a great job already.



FITT-VP Principles

- Frequency: how many days per week the client works out
- Intensity: how hard the client works
- Time: duration of each session
- Type: kind of activities performed
- Volume: Frequency x Intensity x Time
- Progression: how the exercise prescription evolves over time.



All right, so going over fit, VP principles, so that's frequency. So how many times per week you work out, intensity, how hard you work out time, how long you work out for, type, what kind of workout you do, and then there's volume, so that's frequency times intensity times time, and then progression, how the exercise prescription evolves over time. So these are all factors which will play into how you progress, basically, all right, because you already do have a routine in place. I'm leaving this pretty simplistic. I'm not really filling in aerobic exercises at all, because I know you already participate in two hour long boxing classes per week, and those are very cardio intensive. I also know that you participate in basketball multiple times throughout the week. It suggests your form of

fun, but it is also aerobic. We stimulate in. So that's good. So I'm really not worried about that you're already crushing all of your aerobic goals. And honestly, I think it's just wonderful that you're doing it in a way where you enjoy it so thoroughly. So I really don't feel a need to really write in anything besides what you're already doing muscle strengthening. So basically, once again, you already kind of have some stuff in place. So I'm not going to write too much in but I would like to see you incorporating compound exercises at least three times a week.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobic Activity	<i>Rest Day</i>	*Boxing Class*	* <u>Basket Ball</u> *	<i>Rest Day</i>	*Boxing Class	* <u>Basket Ball</u> *	* <u>Basket Ball</u> *
Muscle Strengthening	<i>Rest Day</i>		<u>Compound Exercises</u>	<i>Rest Day</i>		<u>Compound Exercises</u>	<u>Compound Exercises</u>



Since you already are physically active. I don't think it's a problem to start off with three times a week. I know with your boxing classes, you're out of gym while on your basketball days, you do. I mean, you are already in the gym, so I feel like it would be very doable for you to incorporate it on those days. I did also notice that you don't really have set rest days, necessarily. And I think just for your overall health, I think it would be because you are very, very physically active with weightlifting and boxing and hours of basketball and such. I think it would be very beneficial for you to have full rest days. So I did also map out time for your body to just heal itself, to have some downtime. It's just as important as being physically active is to have enough time for your body to fully recover.

Possible Compound Exercise Splits

Dumbbell Day

- Weighted Step Ups
- Squat and Press
- Reverse Lunges
- Planking Rows

Barbell Day

- Full Body Squat
- Good Mornings
- Dead Lifts
- Calf Raises

No Weights Day

- Plank Variations
- Platform Jumps
- Pull-ups (Assisted or Not)
- Superman's



All right. So possible compound exercise splits. So I didn't really ride in specific things to do for compound exercises each day. I would like to see for each day that you do compound exercises, that you do at least three and here are some possible splits. So we have a dumbbell day, so that's weighted, step-up squats and compresses, reverse lunges, plank throws, or no. Weight days, so plank variation, platform jumps, pull-ups, assisted or not. Superman's barbell day, full body squats, good mornings, dead lifts, calf raises. Of course, there's a wide variety of things we could do, and it's not like you have to go by day. You could pick and choose which ones, but in general, I feel like this would be a pretty good split to go by.

Progression Principle

“Initially, if a client performed a movement for 3 sets of 12 repetitions, but now performs 15-20 repetitions, an appropriate action might be to increase the weight by 5-10% until the client can only perform 8-12 reps with good form to keep them in the Hypertrophy phase” (Adams, 2024)



All right, so let's go over the progression principle. So I really liked this quote. I think it honestly explains the principle much more clearly than I can so basically, initially, if a client performed a movement of three sets for 12 repetitions, but now can perform now performs 15 through 20 repetitions, and appropriate action might be to increase the weight by five through 10% until the client. Can only perform eight through 12 repetitions with good form to keep them in hyper I'm sorry, I don't know why I'm having a struggle with this. It's been a long day. Hyper, hyper chip. Oh goodness. Pretend I know how to say this face Adams 2024, and that's by Andrew

Adams, published by NASA. Anyways, so basically, you shouldn't be just staying stagnant if you start to feel like and it's not just with weights, for example, if you're doing an aerobic activity, and you realize do, like your heart monitor, watch whatever it is that your heart rate just isn't increasing the way it used to, or with the weights, if you realize that you can do much more reps, basically the idea is to keep increasing whenever you do reach those obvious, that obvious date of no longer being in hypertrophy. Oh, no, I can see hypertrophy. So basically, I'm sorry me stumbling over that word has really, really, really brought me off anyway. So basically, you always want to be progressing to the next level. And so once you get into a state where it's become too comfortable is no longer really pushing you, that's when you should increase whatever it is you're doing by five to 10% more or less. And that's basically how you keep advancing in your exercise regimen.

Summary

Continue The Good Work!

Stretch for 15 Mins Each Session!

Practice Progressive Over-Load!

Take Rest Days!



All right, so summary, first of all, you're doing well. You're hitting all of your fitness goals. Your aerobic health is already great. Your muscular health is already great. You're in lies within health, so the healthy range. So good job. Keep up the great work. Of course, let's reiterate your goals. Let's try to incorporate stretching for 15 minutes a day. This is very easy to keep track of is very if you just get into the habit. It's kind of like when you go into the bathroom in the morning, you just know you're going to go to the bathroom and then you're going to brush your teeth, whatever, like I want it to become as second nature as that practice progressive overload. And so of course, we'll be working together during this so if we notice that your exercises are becoming too easy, if you can do a lot

more reps than you used to, if your aerobics are no longer challenging. And of course, we can always increase the amount, and we can work on really helping you to progress. Take rest days. For sure you are definitely you're doing a great job, but definitely we need to make sure we're giving our bodies enough downtime to fully heal, to rejuvenate, so that way they can fully recover. This is also when you actually rebuild your muscle tissue, so you won't actually see, you won't really see any kind of gains, for lack of a better way of putting it without proper rest days. So definitely take your rest days. And again, like I said, Great job. And then here are my references for this presentation. Thank you. Bye. can you take this audio script and organize it to being under slides

References

- American Heart Association editorial staff and reviewed by science and medicine advisors, Last Reviewed: Jan 19, 2024, Retrieved From, <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults#:~:text=Get%20at%20least%20150%20minutes%20per%20week%20of,2%20days%20per%20week.%20Spend%20less%20time%20sitting.>
- ANDRE ADAMS, NASM CPT, WFS, PES, WLS, GPTS, FNS, MPT, NASM, PROGRESSIVE OVERLOAD EXPLAINED: GROW MUSCLE & STRENGTH TODAY, RETRIEVED 2/25/2024, RETRIEVED FROM [HTTPS://BLOG.NASM.ORG/AUTHOR/ANDRE-ADAMS](https://blog.nasm.org/author/andre-adams)

This concludes this hypothetical scenario of creating an exercise plan for “Jason”.