Assignment

Self-Assessment and Client Assessment-Carl

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EF310 Current Trends in Exercise and Fitness- Aging Well Across the Life Span

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For an individual to get the best out of his or her workout routine, a routine must be established. It is important to address aerobic activity, resistance or weight training, and training for flexibility. These components are the main aspects of a fitness program. Additionally a program must address frequency, intensity, time and type (the FITT principles) for it to be the most effective.

**Self-Assessment: FITT**

The recommended time for aerobic activity for active adults is 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity. Strength training should occur at least two times a week and should incorporate the major muscle groups. (2008 Physical Activity Guidelines for Americans). Utilizing this criteria and as well as my own assessment that I have completed, I created a detailed plan that includes aerobic training, resistance training and flexibility training. My aerobic activity will include the minimum of 75 minutes of vigorous activity and will be interchangeable depending on the situation. (ie. The weather) According to the National Strength and Conditioning Association (n.d.), “Creative use of the principles of aerobic endurance training program design should focus on reducing the risk of overtraining and enhancing endurance performance.” (para. 1)

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| **Day of the Week** | **Aerobic Activity** | **Strength/Resistance Training** | **Flexibility Training** |
| **Sunday** |  | Chest and Triceps workout. Abdominal workout (Moderate level)  45 minutes | Yoga Training Video (20 minutes) |
| **Monday** | Light warm up. Running intervals for 30 minutes. Rotate 30-second sprint followed by 4 minutes and 30 seconds of jogging. Do this for a total of 30 minutes. (Vigorous activity) |  | 15 minute all over body stretch after training |
| **Tuesday** |  | Back and Biceps and Shoulders workout (Moderate level) 45 minutes | Flexibility Stretches |
| **Wednesday** | Light warm up. 30 minutes of HIIT training (Vigorous activity) or 45 minutes of aerobic dance activity at a moderate to vigorous activity level. |  | Flexibility Stretches |
| **Thursday** |  |  |  |
| **Friday** | Light warm up. Running intervals for 30 minutes. Rotate 30 second sprint followed by 4 minutes and 30 seconds of jogging. Do this for a total of 30 minutes. (Vigorous activity) |  | Yoga Training Video (20 minutes) |
| **Saturday** |  | Leg workout (Moderate level) 30 minutes | Flexibility Stretches |

For the strength training, I will accomplish each exercise listed below in rounds and for eight to ten repetitions and three sets each. After each set, I will complete a 30-second rest. Then I will begin the set again. Once I have completed each set three times, I will take a one-minute rest and then move to the next round.

Sunday will include chest and triceps as well as an abdominal workout. The first round of exercises will include push-ups, inverted rows, and triceps cable pulldowns. The next round will include bench dips, bench press, and alternating arms plank row. The last round of exercises will include seated tricep press, butterfly extensions, and modified push-ups. For the abdominal workout, I will do 25 repetitions of the following exercises, but only complete one round. I will take breaks as needed. These exercises will include alternating toe reaches, Russian twists, side-to-side crunches, one-minute front plank on forearms, bicycle crunches, v-sit-ups and 30-second side planks on each side.

Tuesday’s workout will rotate the following exercises as explained in the above paragraph. The exercises will be seated cable row, bent over dumbbell raise, and deadlifts for round one. Round two will include straight-arm pull down, seated lat pull downs and upright rows. Round three will include bicep curls, overhead shoulder press, and one-armed dumbbell row.

Saturday will be leg day. Each exercise will be completed 15 repetitions and will include the following exercises. Round one will include side lunge, glute bridges, and one minute of wall sits. Round two will be walking lunges, 25 pulsing squats and one leg deadlifts. Round three will be curtsey lunges, jumping squats and hip thrusts.

**Client Assessment- Carl**

Carl’s BMI was a 25.2 and he is considered overweight. Carl’s 12-minute run was a 52 and he scored in the average range. His sit and reach was a score of 44 and he is considered average. Carl’s bench-press was a score of 29, which was a fair rating and his push-ups score was a 13 which was poor.

Carl stated that he works out for a PE class one time a week so that is included in the week’s workout. Additionally since Carl does not have a lot of extra time during the week to walk to the gym, I incorporate workouts that can be done at home with the purchase of dumbbells and around campus during the week while having his gym workouts during the weekends.

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| **Day of the Week** | **Aerobic Activity** | **Strength/Resistance Activity** | **Flexibility** |
| **Sunday** | 30 minute run. Broken up into 2 15- minute runs to and from the gym. | Back and Bicep Workout. 45 minutes at moderate intensity level | Long stretch session after return home from run |
| **Monday** | 30 minute interval running. 30 second sprinting and 4 and a half minutes, light jog. |  | After workout stretch |
| **Tuesday** |  |  |  |
| **Wednesday** | PE Class 30 minute run (Vigorous Activity) |  | 20 minute yoga stretching |
| **Thursday** |  | Shoulders and abdominal workout. 45 minutes at moderate intensity | After workout stretch |
| **Friday** |  |  |  |
| **Saturday** | Intermural Sports 1 hour (Moderate intensity) | Leg workout. 30 minutes at moderate intensity | After workout stretch |

For each day of strength and resistance training, Carl will be doing each exercise three times with a 30-second rest in between. He will be doing 10 repetitions on each exercise. After completion of the third set, he will move on to the next move. His moves for Sunday will be biceps curls, bent over rows, shoulder press, bent over rows, dead lifts, wide grip lat pull down, upright dumbbell rows, and hammer curls. The shoulder and abdominal workout will consist of plank with a shoulder touch, dumbbell lateral raise, reverse fly, military press, seated dumbbell press, and front raise. Abdominal workout will be 25 of each exercise and will consist of crunches, v-ups, scissors, knee to elbows, Russian twists, and leg raises. The leg workout will consist of squat jumps, side lunges, single leg hip raise, box jumps, donkey kick, glute bridges, calf raises and squats. Tuesday and Friday will be rest days for Carl’s plan.

It is important for a workout routine to incorporate aerobic activity, resistance and strength training and flexibility training, for it to be the most effective. Additionally the exercises should include the FITT principles, so that the goals set can be reached. The best workout routine for anyone is the one that is sustainable for his or her lifestyle!

**Reference**

National Strength and Conditioning Association (n.d.) *Aerobic Endurance and Training*

*Strategies.* Retrieved from:[**https://www.nsca.com/education/articles/kinetic-select/aerobic-endurance-training-strategies2/**](https://www.nsca.com/education/articles/kinetic-select/aerobic-endurance-training-strategies2/)

U.S Department of Health and Human Services. (2008). *2008 Physical Activity Guidelines for*

*Americans.* [**https://health.gov/sites/default/files/2019-09/paguide.pdf**](https://health.gov/sites/default/files/2019-09/paguide.pdf)