

Chapter Four

Guidelines for Exercise



***Exercise is to the body as
reading is to the mind.***

G. Legman

Objectives








- z What should you consider when beginning an exercise program?
- z What clothing considerations should be made for an exercise program?
- z What precautions should be taken when exercising in hot weather? In cold weather?
- z What are the symptoms of heat exhaustion & heat stroke?

Objectives








- z What other safety factors should you consider when you exercise?
- z How do you maintain a proper fluid balance during physical activity?
- z What are the steps in warming-up and cooling-down?
- z What injuries could you encounter when beginning an exercise program?

Vocabulary

-  **hyperthermia--** an increase in body temperature with a reduction of body fluids
-  **heat cramps--** heat-related problem in which certain muscles contract involuntarily and cause pain
-  **heat exhaustion--** condition characterized by profuse sweating, dizziness, and extreme weakness
-  **heat stroke--** medical emergency characterized by hot, dry skin and a rising body temperature
-  **hypothermia--** excessive decline in body temperature

Vocabulary

-  **warm-up--** a 10- to 15-minute period during which the body is prepared for vigorous exercise
-  **cool-down--** a 10- to 15-minute period of mild exercise following vigorous exercise that allows the body and heart rate to return to normal
-  **shin splint--** an inflammation of the membrane on the front of the bones in the lower leg
-  **diaphragm--** a large muscle in the upper abdomen
-  **stitch-in-the-side--** sharp pain in the side just under the ribs

Evaluate Goals



Getting Started

- z Consider current Health Status
 - y Medical history
 - y Present health
 - y Previous involvement in physical activity
- z Consider need for medical exam
- z Conduct fitness evaluation
- z Set goals

Objective



Answer



What to Wear

- z Comfortable, supportive _____
- z Good fitting _____
- z _____-colored _____ in breathable materials
- z Loose _____

Objective

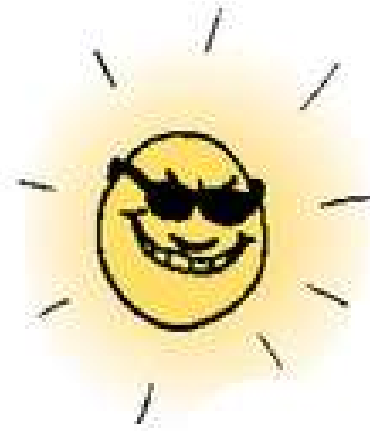


Answer



Exercising in _____ Weather

- z Exercise with caution to avoid heat illnesses



Vocabulary



Define

Objective



- z *Hyperthermia* -

Heat Cramps

- z T_____
- z Chills
- z _____ skin
- z Throbbing _____
- z Nausea



Heat Illnesses

z _____ - least severe

z *Heat exhaustion* - medium severity

Vocabulary



z _____ - serious
emergency situation

Heat _____

Z _____ Sweating

Z _____

Z Headache

Z _____ of Breath

Z _____ and _____ Pulse

Z Lack of _____

Z Extreme _____

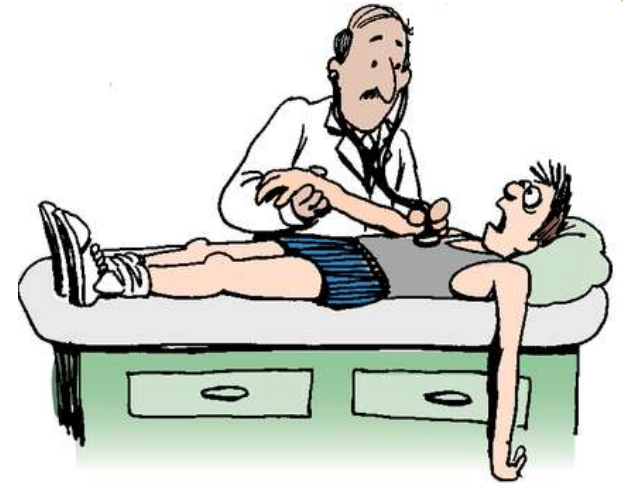


Objective



Heat _____

- z Lack of _____
- z Dry, _____ skin
- z Lack of _____
- z Hallucinations
- z Excessively _____ body temperature
- z Visual _____
- z Aggression
- z _____ Walking
- z Deafness



CALL 911

Objective



1 of 2

Preventing Heat Illnesses

- z Wear _____-colored, lightweight clothes
- z Do not wear _____ suits
- z Drink _____ often
- z Wear a _____



Objective



Preventing Heat Illnesses

- z Do not use _____ tablets
- z Exercise in a water environment or _____/_____ in the day
- z Watch for signs & get help

Objective



Exercising in Cold Weather

z Can lead to _____ and frostbite

z Increase _____-up time

z Start slower

z Don't expect to work at as high a level as normal

Vocabulary



Objective



Precautions in Cold Weather

z Wear thermal _____ - &

z Wear gloves, _____ masks, hats

z Layer clothing

z Don't overdress

Objective



z Wear _____-resistant
outerwear



Other Safety Precautions

- z Avoid _____ when you are ill or injured
- z Start back _____
- z Eat _____ meals before exercising
- z Avoid highly polluted areas
- z Respect dogs' territory
- z Exercise in groups

Objective



Warming Up

z Lasts _____ to _____ minutes

z _____ the body for action

Vocabulary



Benefits of Warming Up



z Mentally focus your effort & promote movement

z Increase _____ &
_____ supply to _____

How to Warm Up

- z General Stage 1 - _____ muscle groups
- z General Stage 2 - _____ stretching
- z Specific to the activity planned

Objective



Cooling Down

z Last _____ to _____ minutes

z Allows body to return to _____

Vocabulary



Benefits of Cooling Down



- z Prevents blood from pooling in muscles
- z Prevents muscle soreness

How to Cool Down

z Phase 1 – _____ activity

z Phase 2 - _____

z May add sit-ups



Objective



Common Injuries

Z _____

y light massage, easy stretching, mild exercise

Z _____

y gauze padding or foam discs

Z *Shin splints*

y _____, ice packs, _____, _____ legs

Vocabulary



Objective

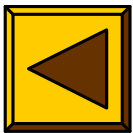


Common Injuries

z _____ *in the side*
(*diaphragm*)

y apply _____, stretch to
_____ side, deep

Vocabulary



z Sprained ankle

y stop _____,
_____, elevate,
immobilize

Objective



Answer



z True or False

y Selecting proper shoes is the most important consideration when choosing your exercise wardrobe. _____

y The color of clothing does not make any difference when you are exercising in hot weather. _____

Answer



z True or False

- y It is important that you evaluate your level of fitness prior to beginning a personal fitness program. _____
- y Dressing in layers during cold weather is an exercise myth. _____
- y It is best to limit fluid intake to people who are sweating profusely because the water may cause stomach cramps. _____

Study Question

z Discussion

y You live in Florida and a cousin from Cleveland comes to visit you in July. Your cousin has not been very active, but he wants to get started on a personal fitness program. He wants to exercise in the afternoon since he does not get up very early in the morning.

1. What are some important guidelines you should give him?

2. What should he wear?

Answer



Answer

1. What are some important guidelines you should give him?



See slide 6.

2. What should he wear?



See slide 7.