

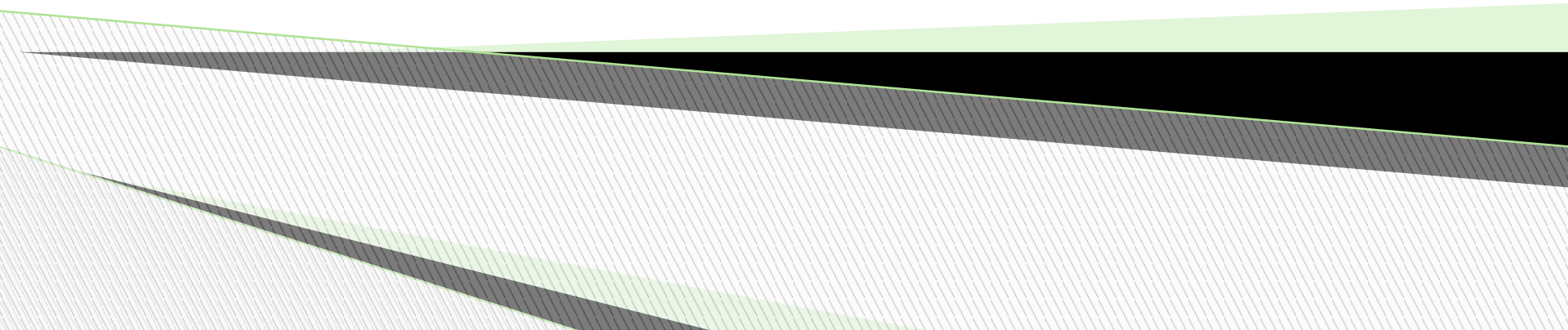
Creative Fitness

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Little Falls School #1

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February 28th, 2017



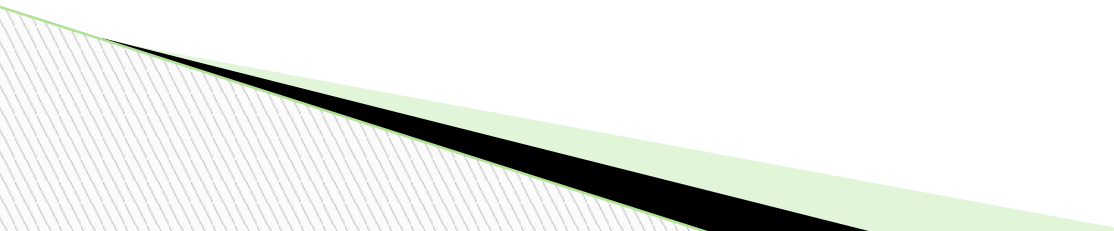
Fitness Levels in today's society

- ▶ Many adults do not exercise
- ▶ Too many people have unhealthy diets
- ▶ People want quick fixes
- ▶ No confidence when exercising
- ▶ Give up quickly
 - 67% of people with gym memberships never use them
(www.statisticbrain.com/gym-membership-statistics/)
 - 80% of people who join a gym in January usually quit within the first 5 months (www.creditdonkey.com/gymgym-membership-statistics.html)

What's the problem?

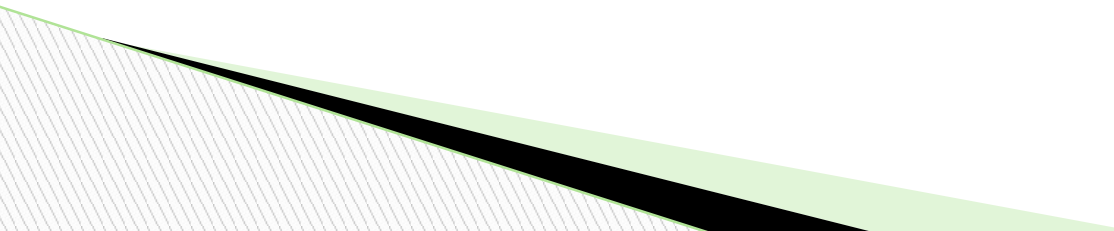
- ▶ Many adults do not have the base knowledge of their own bodies.
- ▶ Too many adults are not physically literate
- ▶ Physical literacy is too low for proper confidence and motivation when exercising.
- ▶ Excuses are made due to the lack of physical literacy.
 - Examples
 - Lack of time
 - Too expensive
 - Tired after a full day of work
 - No exercise partner
 - Gymtimidation

Is there a solution?

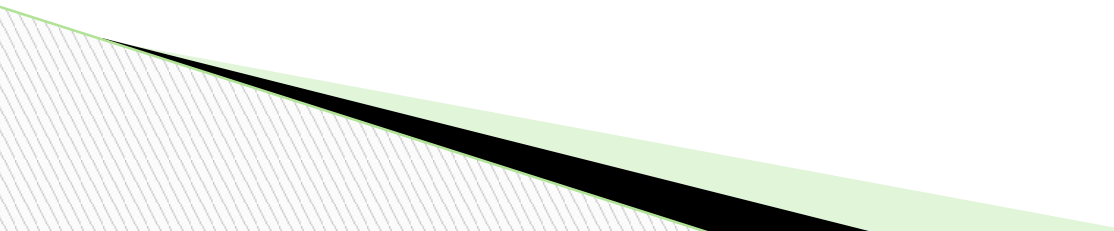
- ▶ We decided that to fix the lack of physical literacy in adults we needed to start with our students.
 - ▶ Having basic Anatomy and Kinesiology knowledge will help them with their future fitness goals.
 - ▶ Confidence levels will improve due to the increased knowledge of how the body moves.
 - ▶ They will be more motivated to exercise because they are now physically literate.
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Where to start?

(Prerequisite Knowledge)

- ▶ Basic knowledge of the skeletal system
 - ▶ Functions of the bones
 - ▶ Why is it important to have healthy bones?
 - ▶ Different types of joints and movements.(Ball and Socket, Hinge, Flexion, Extension etc.)
 - ▶ Types of muscles focusing on skeletal muscles
 - ▶ Names and actions of major skeletal muscles
 - ▶ Muscular strength and endurance
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At home exercises

- ▶ Students create exercises using their new found Physical Literacy
 - ▶ Utilize items that can be found around the house
 - ▶ Focus on specific muscles or muscle groups
 - ▶ Provide modifications to increase the difficulty of the exercise
 - ▶ Describe how to stretch the main muscles associated with the exercise
 - ▶ Present exercise to the class
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Presentation and grading

- ▶ [Presentation guidelines](#)
- ▶ [Grading rubric](#)

Example of Student's Exercises

At Home Exercises Class Presentation

Names: Connor, PT, Nick O, Nick M, Ryan Lee

Requirements:

- Three Muscles or Muscle groups (provide proper scientific names for the muscles worked)
- One exercise for each muscle or muscle group (Name the exercise that you create)
- One stretch for each muscle or muscle group
- Need to use everyday household items in exercise
- Provide at least one modification to increase the difficulty of the exercise

1. Exercise Name: Back pack Chair squat

-Muscles worked:

- Gluteus Maximus • hamstring
- Quadriceps • calves
- Gastrocnemius

-Household Materials Needed:

- backpack
- heavy or light items to go in the backpack
- chair

Description of how to perform the exercise:

1. Find a chair any kind but make sure you'll be able to use it for this exercise
2. Find a backpack and place books, ipads, etc. in the backpack, place the on the front of your body
3. Align your feet make sure their straight
4. Sit back onto the chair, make sure your knees don't go over your toes, also make sure your knees don't come in
5. Touch your butt on the chair but don't fully sit

Description of how to increase the difficulty of the exercise:

- Do more reps
- Put more weight into the backpack
- Add a jump when coming back into a standing position.

Description of how to stretch the muscles worked:

- Knee hugs - bring your knee to your chest, hug, hold for 10 seconds repeat a couple times.
- Walking straight leg kicks - take a step then kick your leg to the sky repeat.

At Home Exercises Class Presentation

Names: Lia Trehwella, Lily Zamora, Skylar Smith, Fiona Cathcart, and Cassidy Fraser

Requirements:

- Three Muscles or Muscle groups (provide proper scientific names for the muscles worked)
- One exercise for each muscle or muscle group (Name the exercise that you create)
- One stretch for each muscle or muscle group
- Need to use everyday household items in exercise
- Provide at least one modification to increase the difficulty of the exercise

1. Exercise Name: Mountain Climbers

-Muscles worked:

The muscles worked in the Mountain Climbers exercise include Rectus Femoris, Biceps Femoris, Tibialis Anterior, Soleus, Gastrocnemius, and Triceps Brachii.

-Household Materials Needed:

The household materials needed to perform the exercise Mountain Climbers include a chair or multiple chairs. You can also have a backpack and books to make it heavier to increase the difficulty of the exercise.

Description of how to perform the exercise:

1. Place a chair in front of you.
2. Step onto the chair one foot at a time and raise your hands.
3. Step back down.
4. Repeat

Team Mountain Climbers (up to four people): Everyone has their own chairs and then high five when everyone is standing on the chairs.

Example of Student's Exercises

