

Student Name _____

Mansfield City Schools

At Home Learning Packet



School:	Mansfield Senior High School
Grade:	High School General Physical Education
Teacher(s):	Mrs. Matney (matney.amanda@mansfieldschools.org) Mr. Soliday (soliday.jeff@mansfieldschools.org)

Tabata Training History

What does tabata mean?

Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

Where did tabata come from?

Tabata training (also called Tabata protocol) is a type of HIIT (high-intensity interval training). It originated in the research of Japanese scientist Dr. Izumi Tabata and his team from the National Institute of Fitness and Sports at Kagoshima Prefecture, Japan, on high-intensity exercise during the early 1990s. Their objective was to find out if short bursts of high-intensity exercise followed by shorter rests might condition the body better than a continuous moderate-intensity exercise.

To determine this, they worked with two test groups—one doing moderately intense exercise and the other high-intense. Moderate-intensity exercising consisted of a one-hour workout, five days a week, for six weeks. The high-intensity exercising consisted of a four-minute workout, four days a week, for six weeks; each workout consisted of eight sets of 20 seconds of exercise at maximum effort each followed by a 10-second rest. To do the math: $(8 \times 20) + (8 \times 10) = 240$ seconds (4 minutes).

The results of the study showed that the moderate-intensity workouts improved the aerobic (or cardiovascular) fitness of test subjects but did little anaerobically (that is, in muscle strengthening). The high-intensity workouts, on the other hand, benefited the test subjects more significantly both aerobically and anaerobically, which, evidently, was due to the unbalanced exercise-to-rest ratio. The reasoning behind this is that a shorter period of rest in between longer periods of intense exercise during a workout does not allow the body to fully recover. By the second half of the workout, the body is forced to work at maximum capacity physiologically, causing the heart to pump faster and the rate of metabolism to increase. In the end, the high-intensity routine builds endurance and muscle, and burns lots of calories—and it only takes four minutes of pushing yourself to the absolute limit four or five days a week. Hence, we have the popularity of the Tabata 20-10 workout (20 seconds of exercise, 10 of rest—and repeat).

How is tabata used?

Tabata has evolved since the 1990s, not in execution, but in the exercises that are incorporated in training. They are now more intense than pedaling a stationary bike at full speed, which was the main exercise in Dr. Tabata's research. Nowadays, a combination of advanced exercises—such as burpees, medicine ball slams, lunges, and kettlebell swings—are performed at maximum effort, making the 4-minute session of self-inflicted torture that much more intense.

Tabata Training History Questions

1. Tabata training is a form of HIIT training. What does HIIT stand for?

H-

I-

I-

T-

2. What is the definition of Tabata?

3. Who invented Tabata?

Name: _____

Single Exercise Tabata (5 Pts)

Directions: The video is an example of a tabata routine. Do the routine with them.

https://www.youtube.com/watch?v=aUYRVSNz_VY

After you are done with the routine complete your own single exercise tabata routine. This means you will create a tabata routine only using one exercise. So for example I could do a jumping jack tabata. I would complete jumping jacks for 20 seconds and have a 10 second rest period before completing 20 seconds of jumping jacks. I would do 8 sets of jumping jacks followed by 8 sets of rest.

**Create 8 rounds: 20 Seconds High Intensity
10 Seconds Rest**

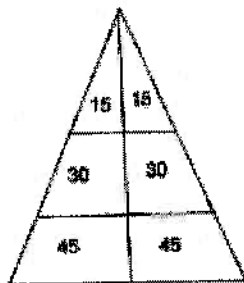
Tabata Chart

[illegible]

Name: _____

Pyramid Tabata (5pts)

Directions: The video is an example of a tabata routine. Do the routine with them.



https://www.youtube.com/watch?v=rk_PPAYX21w

After you are done with the routine complete your own pyramid tabata routine. This means you will create a tabata routine only using two exercises. The difference between double tabata and the pyramid is time increases each round on the pyramid.

Create 2 rounds: 15 Seconds High Intensity
15 Seconds Rest
30 Seconds High Intensity
30 Seconds Rest
45 Seconds High Intensity
45 Seconds Rest

Example: Lunges Right Leg/Lunges Left Leg

15 seconds lunges right leg
15 second rest
15 second lunges left leg
15 seconds rest

30 seconds lunges right leg
30 second rest
30 second lunges left leg
30 seconds rest

45 seconds lunges right leg
45 second rest
45 second lunges left leg
45 seconds rest

(repeat for round two)

Pyramid Tabata Chart

[illegible]

My 30-Minute HIIT Workout

Directions: Using the information below you are going to create your own workout. The workout must include:

1. A warm-up that ranges from 5-10 minutes (3 points) (1 point for time and two points for the activities listed)
2. 2 single Tabatas (4 points for each) (2 points for exercises, 1 point for time intervals - time in between exercises, 1 point for total time)
3. Double Tabata (4 points) (2 points for exercises, 2 points for time intervals)
4. Pyramid Tabata (4 points) (2 points for exercises, 2 points for intervals)
5. Additional activity to fill the required time frame (3 points) (1 point for exercises, 2 points for time)
6. Cool Down that ranges from 3-5 minutes (3 Points) (1 point for time, 2 point for activities)
7. Reflection Question

Name: _____

Date: _____

My 30 Minutes= HIIT Workout

Warm-up: (List activities/exercises)

-
-
-

Total Time: _____

Single Tabata #1

-
-
-
-
-
-
-

Total Time: _____

Single Tabata #2

-
-
-
-
-
-
-

Total Time: _____

Double Tabata

-
-
-
-

Total Time: _____

Pyramid Tabata

-
-
-
-
-
-

Total Time: _____

Additional Activities: Single Tabata, Double Tabata, or Pyramid Tabata (Circle or highlight one)

-
-
-
-
-
-
-

Total Time: _____

Cool Down: (List activities/exercises)

-
-
-

Total Time: _____

Total Workout Time: _____

Reflection Question: Do you think completing this workout at home would be practical? Why or why not?

Self Love Challenge

Take this time to reflect on YOU. For 10 days select one of the tasks to complete on a seperate google doc. After completing the task I want you to reflect in at least 3-5 sentences how it made you feel or how it will help you to grow.

1. Write down 5 things you are grateful for.
2. Go on a long walk (1 mile +)
3. Do something you enjoy (by yourself or with family/friend)
4. Spend a day off of social media (I know this is difficult)
5. Drink at least 8 glasses of water
6. Clean out your closet and donate the items you do not want or need.
7. Pamper yourself. Paint your nails, do a face mask, have someone fix your hair.
8. List your long term and short term goals (Use the SMART goal model - Specific, Measurable, Attainable, Relevant and Time based) Ex. I will stop biting my nails 5 out of 7 days so I can get a nice manicure by May 17th.
9. Read a chapter in a new book
10. Write down one personality trait you love about yourself. Personality not physical.
11. Go to bed early.
12. Go phoneless during all meal times for one day.
13. Write this down: Dear (Your Name), You are beautiful (handsome). You are courageous. You are unique. You are amazing. You are worth it. Post it up for you to see daily.
14. Enjoy the sunshine and boost your vitamin D
15. Try a new recipe or a new kind of food
16. Exercise for one hour
17. Take a selfie just as you are. Find one or more things you love about it. No filter.
18. Complete a random act of kindness
19. Call a friend or relative that you have not spoken to in a while
20. Doodle, draw, color or make some kind of art
21. Enjoy a sunset or sunrise
22. Have a game night
23. Print your favorite photo and hang it up in your room
24. Create a new playlist
25. Write down three things you have accomplished today
26. Do something outside your comfort zone
27. Wear something that makes you feel fantastic (and take a picture)
28. Take a deep breath once an hour.
29. Try Yoga

I am awesome

You are awesome, you are amazing. Complete these prompts I like who I am because...

- I'm super at...
- I feel good about my...
- My friends think I have an awesome...
- Somewhere I feel happy is...
- I mean a lot to...
- Others reckon I'm a great...
- I think I'm pretty good at...
- Something I really enjoy is...
- I really admire myself for...
- My future goals are...
- I know I can achieve them because I'm...
- I'm naturally gifted at...
- Others often praise my...

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Emotional Health and Wellness Reflection

1. Did you participate in the Emotional Health and Wellness Challenge (Self Love) for 10 days?
2. Which task did you enjoy the most and why was it your favorite?
3. Did you notice a difference in your overall state of mind after completing the challenge?
Explain
4. Would you consider doing the Emotional Health and Wellness Challenge for another 10 days? Why or why not