CTS Health Pathways –

Recreational Leadership (Rec)

Foundations For Training 1

(REC1040) http://education.alberta.ca/media/2205652/rec.pdf

Eastglen, Edmonton Christian High, Harry Ainlay, Jasper Place, J. Percy Page, McNally, Ross Shephard, Strathcona, Queen Elizabeth, Vimy Ridge, W.P. Wagner



**Teacher Team:**

Noreen Baker, W.P Wagner

Scott Bezubiak, Ross Sheppard

Danny Boily, Harry Ainlay

Jennifer Boldt, Eastglen

Christopher Douglas, Harry Ainlay

D’Anne Ewasko, McNally

AJ Facendi, Jasper Place

Brad Galloway, Jasper Place

Taso Garanis, J. Percy Page

Scott Gillespie, Vimy Ridge Academy

Rob Hofstede, Edmonton Christian High

Kirsten Kalynchuk, Queen Elizabeth

Norma Love-Pankonin, Strathcona

Jeff Tobert, Ross Sheppard

Tonya Yonge, Queen Elizabeth

**Facilitator:** Andrew Morgan (Consulting Services)

**Editor:** Rosemarie Koshman (Contracted)

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| **STAGE 3 Learning Plans** |

**Lesson 4**

**TYPE of the FITT Principle**

-by Christopher Douglas and Norma Love-Pankonin

|  |  |
| --- | --- |
|  | |
| **BIG IDEA**  When training to improve athletic performance and personal fitness, personal goal setting, proper technique and the application of fundamental training principles are crucial to success. | |
| **ENDURING UNDERSTANDINGS**   * Training principles are essential in increasing athletic performance. (Essential Learning Outcome 1) (1.1, 1.2, 1.3, 2.1, 2.2, 2.3) * Proper technique leads to safe and effective training. (Essential Learning Outcome 2) (1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 4.1, 4.2) * Training terminology is important as related to the components of fitness. (1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 4.1) * Personal goal setting is important to sports performance, fitness and health. (3.1, 3.2, 3.3, 3.4, 4.1, 4.2) * Exercising with others increases motivation and success. (4.1, 4.2, 4.3, 5.2) * Positive fitness experiences build confidence and intrinsic motivation to continue to lead an active and healthy lifestyle. (5.1, 5.2) | **ESSENTIAL QUESTIONS**   * Why do we train? * How can I make training fun and interesting? |
| **KNOWLEDGE**  Students will:  1. apply training and movement principles to the development of performance-related components of fitness  4. demonstrate basic competencies | **SKILLS**  Students will be able to:  **S.1**  1.1 summarize how training principles relate to developing performance-related components, including:  1.1.1 frequency, intensity, type, time  1.1.2 overload  1.1.3 specificity  **S.4**  4.1 demonstrate fundamental skills to:  4.1.1 communicate  4.1.2 manage information  4.1.4 think and solve problems  4.2 demonstrate personal management skills to:  4.2.1 demonstrate positive attitudes and behaviours  4.2.2 be responsible  4.2.3 be adaptable  4.2.4 learn continuously  4.2.5 work safely  4.3 demonstrate teamwork skills to:  4.3.1 work with others  4.3.2 participate in projects and tasks |

**Lesson Summary**

80 minute lesson

Students will investigate various energy systems in relation to training using the FITT principle specifically TYPE.

Review of the PowerPoint presentation regarding TYPE and the 3 energy systems – aerobic, anaerobic lactic, anaerobic alactic (ATP-CP)

Facility: Fitness Centre

Handouts and pencils are provided. In groups of 4, students complete the energy systems FITYPET Worksheet.

**Lesson Plans**

**Lesson 4**

**TYPE of the FITT Principle**

**Part A:**

**Part B:**

In groups of 4 complete the energy systems FITYPETWorksheet. (pages 9 and 10 in Resources)

 **Going Beyond**

 **Supporting**

**::Pictures:iPhoto Library:Originals:2009:Apr 23, 2009_2:Assessment-Div-4.gifAssessment**

**FORMATIVE ASSESSMENT:**

Formative assessment through teacher observation such as being on task.

Questioning and checking for understanding.

Probing Questions:

What sport are you training for?

What energy systems would you use to train for your sport?

What other types of activities use what energy sources?

What energy system would a \_\_\_\_\_\_ use?

Completion of the FITYPET Worksheet - (pages 9 and 10 in Resources).

-can be a class discussion of results

**SUMMATIVE ASSESSMENT:**

Completion of the FITYPET Worksheet - (pages 9 and 10 in Resources).

-can be taken in for an actual grade

**Rubric for Participation/Effort**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 **Poor** | 2 **Minimal** | 3 **Acceptable** | 4 **Excellent** | 5 **Outstanding** |
| -avoids participation  -consistently off task  -just not doing it | -going through the motions  -only plays the ball when it comes to them | -sometimes requires prompting  -good effort “if” teacher is watching | -effort is consistently high  -effort is not linked to the outcome of activity | -maximal effort demonstrated at all times  -high level of  co-operation |

 **Resources**

1. **Energy Systems** – PowerPoint Presentation

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Double Click to Play

1. FITYPET – Worksheet – pages 9 (answer key) and 10 (handout)

3. **F.I.T.T.** – handout to photocopy and post, pages 11 to 15

FITYPET

In groups of 4, you must complete the exercise at each station in the lab. Upon completion of each station, you must record the energy system being used in the chart below.

**HAVE FUN!**

You can choose between: Anaerobic alactic (ATP-PC), Anaerobic lactic, and Aerobic

|  |  |  |
| --- | --- | --- |
| **Station #** | **Exercise** | **Energy System** |
| 1 | Bike Intervals. 3 rounds:  30 sec. on, as fast as you can @ level 8, 30sec at level 1, repeat 3 times | Anaerobic Lactic |
| 2 | 5 Medicine Ball throws  with a partner as powerful  as you can | ATP-PC |
| 3 | Skip for one min | Anaerobic Lactic |
| 4 | As many pushups as you can  in 15 sec | ATP-PC |
| 5 | 4 min on the elliptical at  level 8 | Aerobic |
| 6 | 30 tape touches (side to side shuffle) | Anaerobic Lactic |
| 7 | 10 box jumps rest 2 min, 2 sets | ATP-PC |
| 8 | As many reverse rows as you can  in 15 sec. | ATP-PC |
| 9 | Superset bicep curls and tricep extensions, 2 sets of 10 | Anaerobic Lactic |
| 10 | Stair intervals, 1 minute on,  45 sec. rest, do 3 times | Anaerobic Lactic |

FITYPET

In groups of 4, you must complete the exercise at each station in the lab. Upon completion of each station, you must record the energy system being used in the chart below.

**HAVE FUN!**

You can choose between: Anaerobic alactic (ATP-PC), Anaerobic lactic, and Aerobic

|  |  |  |
| --- | --- | --- |
| **Station #** | **Exercise** | **Energy System** |
| 1 | Bike Intervals. 3 rounds:  30 sec. on, as fast as you can @ level 8, 30sec at level 1, repeat 3 times |  |
| 2 | 5 Medicine Ball throws  with a partner as powerful  as you can |  |
| 3 | Skip for one min |  |
| 4 | As many pushups as you can  in 15 sec |  |
| 5 | 4 min on the elliptical at  level 8 |  |
| 6 | 30 tape touches (side to side shuffle) |  |
| 7 | 10 box jumps rest 2 min, 2 sets |  |
| 8 | As many reverse rows as you can  in 15 sec. |  |
| 9 | Superset bicep curls and tricep extensions, 2 sets of 10 |  |
| 10 | Stair intervals, 1 minute on,  45 sec. rest, do 3 times |  |

F.I.T.T. PRINCIPLE

A formula in which each letter represents a factor important for determining the correct amount of physical activity.

F = FREQUENCY

• FREQUENCY is how often you do

the activity each week.

CARDIORESPIRATORY: aerobic exercise 3-5 times per week

MUSCULAR STRENGTH/ENDURANCE: weight

train 2-4 times per week

I = INTENSITY

􀂙 INTENSITY is how hard you work at the activity (per session)

CARDIORESPIRATORY: 60% to 85% of

maximum heart rate

MUSCULAR ENDURANCE: increase weight or repetitions

T = TYPE

􀂾 TYPE: the activities you select.

CARDIORESPIRATORY: any AEROBIC activity that keeps the heart rate up in the target heart rate zone over a period of time - i.e. mile run, pacer run, biking

MUSCULAR ENDURANCE: an activity that allows the muscles to perform a task over a period of time - i.e.

Push-ups, curl ups, yoga, pilates, resistance training

T = TIME

􀀹 TIME is how long you work out at each session

CARDIORESPIRATORY: 20-60 minutes per session recommended.

MUSCULAR ENDURANCE/STRENGTH: a

total workout can be 30-60 minutes.

FLEXIBILITY: hold each stretch 10-15 seconds

::Pictures:iPhoto Library:Originals:2009:Apr 25, 2009:Resources-Div-4.gif**Resources -general use**

**Learn Alberta**

http://education.alberta.ca/media/2205652/rec.pdf

**Websites:**

[http://www.learnalberta.ca/content/ssocirm/html/websitesaddressedintheccs/index.htm?grad](http://www.learnalberta.ca/content/ssocirm/html/websitesaddressedintheccs/index.htm?grade=121) e=121

**Assessment**

http://www.learnalberta.ca/Search.aspx?lang=en&search=assessment+linking+teaching+and+learning&grade=&subject=

**Assessment materials**

http://www.aac.ab.ca/

**Textbooks:**

**Foundations of Exercise Science – Studying Human Movement and Health**

**Peter Klavora, second edition**

**Exercise Science – An Introduction to Health and Phusical Education**

**Ted Temertzoglou and Paul Challen**

**Essentials of Strength Training and Conditioning**

**Thomas R. Baechle**

**Periodization – Theory and Methodology of Training**

**Tudor O. Bompa, Fourth Edition**