

Running Head: TERM ASSIGNMENT

Beth Clause

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RECL 3P45

RECL 3P45 PROPOSAL: Fitness Assessment

Fitness today, is an integral part of everyday live. Everywhere we turn we see ads and products that promote fitness, health and well being. Fitness should be important to everyone in today's society because of the health risks that prevalent with leading an un-healthy lifestyle. There is more and more emphasis with becoming and staying fit with anything and everything turning towards becoming more health beneficial. Even video games have followed these trends by creating WII fit and other useful games. As athletes we feel that leading a healthy lifestyle is crucial in order to be successful in any given sport. That being said, as athletes leading a health driven lifestyle is not always easy, besides diet the other important factor to becoming a better athlete is getting yourself into the best physical shape possible. The problem with this is space; currently at "the zone" which is the Brock Fitness center reaches capacity daily. This brings up two main problems. There are people who cannot enter the zone and participate in any physical activity

LITERATURE REVIEW

Thompson, J.L. et al(2010). “Physically active families – de-bunking the myth? A qualitative study of family participation in physical activity”. *Child Care Health and Development*: vol.36, 2, p265-274.

This study proves the importance of family participation within leisure activity, proving the quote “a family that plays together stays together. This backs up our idea because it shows that when people can partake in physical activities together they can push each other to constantly participate.

Metzger, J.S. et al(2010). “Associations Between Patterns of Objectively Measured Physical Activity and Risk Factors for the Metabolic Syndrome”. *American Journal of Health Promotion*: vol.24, 3, p161-169.

This article speaks about the health benefits of physical activity and how it can rapidly improve different systems within your body, but if overdone than it can also harm individuals who go over board when working out. These situations occur when individuals do not eat correctly or get enough sleep while doing an intense workout cycle.

Deepak, N. et al(2010). “The Association Between Medical Costs and Participation in the Vitality Health Promotion Program Among 948,974 Members of a South African Health Insurance Company”. *American Journal of Health Promotion*: Vol 24, 3, p199-204.

This article gives an example of a group of people within South Africa who are part of an insurance company. It shows the costs of Medicare as well as the participation within a health promotion program. The country has to pay for health care where we as Canadians do not.

Smith, L. (2010). "Oversized young athletes: a weighty concern". *British Journal of Sports Medicine*: Vol 44, 1, p45-49.

This article speaks about young athletes who are overweight, showing the health concerns although they are participating within physical activity. Even if children do not eat correctly they are still able to contract illnesses due to poor health. This article speaks about the importance of eating correctly as a youth.

Vansickle, J. et al(2010). "Designing a University-wide *Fitness* Program to Promote Campus Health and Department Image". *The Journal of Physical Education, Recreation & Dance*: Vol 81, 1, p27-32.

This article relates to our topic tremendously as it speaks about campus fitness. It demonstrates an idea for a campus wide fitness program that would be in effect for all students. This in turn would positively represent the school itself and promote health at the same time.

Buffart, L.M. (2009). "General practitioners' perceptions and practices of physical activity counselling: changes over the past 10 years". *British Journal of Sports Medicine*: Vol 43, 14, p1149-1153.

This article speaks about how physical activity has come over the years, how it has progressed. The changes that have been made to workout programs and the benefits of working out are endless. Everyday researchers are discovering new techniques as well as different benefits of physical activity.

TenBrink, D. et al(2009). "Project U-Turn: Increasing Active Transportation in Jackson, Michigan". *American Journal of Preventive Medicine*: Vol.37, 6, p329-335.

This article speaks about the transportation opportunities within Michigan. These transportation opportunities are to leisure opportunities around the city of Jackson. Many people use lack of transportation as an excuse as to why they are not physically active.

Bazzano, A. et al(2009). "The Healthy Lifestyle Change Program: A Pilot of a Community-Based Health Promotion Intervention for Adults with Developmental Disabilities". *American Journal of Preventive Medicine*: Vol. 37, 6, p201-208.

This article speaks about adults with disabilities who benefit from positive health choices. Not only partaking in healthy choices, but involving themselves in positive physical activity as well. This article demonstrates that people with disabilities are not discriminated against when it

comes to physical activity. The article shows the advancement of recreation facilities when speaking of the involvement of disabled people. Over the years numerous things have been done in order to improve facilities when it comes to disabled individuals.

DOCUMENTS

1. Information from The University of Western Ontario.

Personal Training Services



Bored with your workout? Not achieving the results you want? Just starting out? Make the most of your time and efforts in fitness training by getting help from a certified personal trainer.

All Campus Recreation Personal Trainers are certified through national agencies. Many trainers also possess degrees in Kinesiology or Physical Education. Our certified Personal Trainers provide safe and effective services for all fitness levels.

PERSONAL TRAINING SESSIONS (offered to members only)

Personal Trainers are available to Campus Recreation members. Packages can be purchased at the following rates:

	1	4	8	12	20
Hour	\$35	\$132	\$248	\$348	\$520

All prices listed above include GST.

[Click here](#) to view what the above packages include and general client expectations.

SHARE-A-TRAINER

Don't want to start a training program on your own? Take advantage of our Share-A-Trainer program. Purchase one of the above packages, bring your friend along, and share the cost.

Having a workout partner helps to increase motivation and makes exercising more enjoyable. Here are some things to keep in mind when choosing a workout partner:

Be sure to choose a partner with similar fitness goals. This will allow the Trainer to utilize the time to benefit both participants.

Make sure that you and your partner's schedule coordinate. It will not only ensure that you can make the commitment together, but also makes scheduling an appointment with a Trainer easier.

12-WEEK FIT SYSTEM

Our 12-Week Fit System, available to Campus Recreation members only, promotes exercise adherence, motivation, and correct technique. System includes:

- Initial consultation with Trainer to determine goals and design a program (1 hour)
- Bod Pod Assessment (15 minutes)
- Three 30-minute personal training sessions per week for 12 weeks (18 hours total)
- Final consultation with Trainer to evaluate progress (30 minutes)

Cost: \$460 (20 hours total)

APPOINTMENTS

All personal training services must be paid for at Membership Services. Once payment is received, a personal training staff will contact you within two business days to schedule an appointment. Phone payments can be made (519 661.3090) with credit card information.

Clients must complete a Lifestyle Questionnaire and Par-Q. If the client answers "yes" to any questions on the Par-Q, a medical clearance (Par Med-X) is required before the appointment can occur.

CANCELLATION POLICY

A minimum of 48 hours' notice is required to change or cancel appointment. Failure to provide 48 hours' notice and/or show up for a scheduled appointment will result in the forfeiture of the appointment.

GIFT CERTIFICATES

Gift certificates are available upon request for any Campus Recreation service. Personal training gift certificates are a great gift for Campus Recreation members. When redeeming a gift certificate for a personal training service, the gift certificate must be presented when booking appointments. Therefore, appointments must be booked in-person.

BENEFITS OF HIRING A CERTIFIED PERSONAL TRAINER

- Receive one-on-one attention and specific workouts tailored to your needs.
- Develop a more efficient and effective workout.
- Learn proper techniques and training methods.
- Improve performance and motivation.
- Develop a program specific to your goals.
- Learn how to exercise on your own.

2. Information from Trent University.

Sculpt N' Burn

Lift, squeeze and sculpt using a variety of equipment and a whole lot of muscle. If you want to define your body this class is a must.

Hard Core

Engage your abs and strengthen your back muscles. Instructors help you to tone up, flatten and tighten your abs to maintain balance and stability through your "core".

Crunch Time

You will feel AB-normally jacked after completing this twenty-minute fitness class. The focus is on tightening your deepest ab muscles

Aqua Fit

This safe, fun, multi-level cardio and muscle toning class is sure to give you a fullbody workout. A qualified aquatic instructor will guide you through the exercises in chest-deep or deep water. Bring your bathing suit!

20.20.20

This class has a little bit of everything including: 20 minutes of Cardio, 20 minutes of Muscle Conditioning and 20 Minutes of Abs and Back! This amazing class will increase your cardio, stamina, sculpt your muscles and tone your tummy.

Athletic Training

With three minutes of Cardio followed by a three minutes of strength training, your instructor will motivate you through an excellent interval training class! This class

will melt calories, sculpt your body and get your metabolism burning.

ZUMBA

The latest fitness trend and a great cardio workout that is tons of fun! Your instructor will have you dancing merengue, reggaeton, cumbia and salsa to exhilarating Latin music. Come on out and “Ditch the Workout- Join the Party!”

Strip Down Firm Up

Embrace yourself! This tastefully put together workout will have you laughing while you work your way to a sexier, fitter you!

Plyometrics

A high-intensity full-body workout combining power and endurance training for people new to fitness or experts looking for athletic improvement; includes jumping, skipping, throwing, pushing and pulling.

Bootcamp

This results oriented class is simple, intense and a great workout! Your instructor will lead you through challenging alternating segments of cardio and strength.

Hi/Lo

Hi/Lo aerobics improves the cardiovascular system while strengthening all major muscle groups. Look forward to a 40 minute Cardio routine followed by core stability training and stretching/relaxation.

Cardio Crunch

This class is designed to keep all participants challenged. The class includes high intensity moves to boost your energy level, improve your Cardio and keep you on track to a healthy lifestyle.

Hatha Yoga

De-stress, relax and rejuvenate in a class designed to lengthen all of the muscles you have worked so effectively during the week.

Power Yoga

Find your strength, build stamina and sweat it out! In this class Hatha postures and breathing techniques are used at a faster pace for personal self-challenge.

Pilates

This class combines strengthening, flexibility, mobility and relaxation. A must for anyone wanting balance in their workouts!

- ☞ Modifications are given in every class to make sure everyone has fun and works at their own fitness level
- ☞ Limited schedules run over reading week and during exams, if a class is cancelled a notice will be posted
- ☞ Private bookings accepted, please contact the athletic complex with any

extra questions/concerns or comments 748-1257 or fitness@trenu.ca

3. Information from The University of Victoria.

Health & Fitness Programs



Balance yourself with our Health & Fitness programs

Whatever your goals, [membership](#) with Vikes Recreation allows you to:

- Participate in the physical activity of your choice – [group fitness](#), [bootcamp](#), [free weights](#), [yoga](#), [pilates](#) [and more](#) - find out more in the program tabs below.
- Enjoy a friendly and welcoming environment where you can connect with other people in the UVic community.
- Enhance your spirit, mind and body by building self-confidence and reducing stress.

Join our [UVic Yoga/Pilates group](#) on Facebook:



Personal training

Vikes Recreation provides convenient personal training services for beginners and those looking for suggestions to enhance their existing programs. Our knowledgeable instructors will help you achieve your goals. To book a personal trainer, please contact the Vikes Recreation office at 250-721-7282 or by [email](#).

Health & Fitness Programs and Classes:

***New*TRX Bootcamp**

Need a nudge? How about a push? This Boot Camp style program will run you through a variety of TRX strength exercises fused with cardio intervals - leaving you feeling accomplished and strong. This class will help you reach your fitness goals! Suitable for all levels of fitness. [Registration Details](#)

Pilates Fitness

Get it all in one class! Starting with 20 minutes of aerobic activity, the heart gets pumping through use of the steps and athletic drill-type moves. Then transitioning to the floor with a 5 minute stretch, this class ends with 30 minutes of Pilates catered to the beginner or intermediate participant. [Registration Details](#)

Pilates Strength

Join us for 55 minutes of strengthening and lengthening to music. An integration of pilates, body-weight exercises and stretches, this class will leave you feeling connected to the power house of your body - the core. Move more efficiently, relieve tight postural muscles and strengthen the entire body from the inside out. Please wear workout attire with running shoes. You may bring your own pilates mat if you wish. [Registration Details](#)

Bootcamp

Come join the adventure NOW!!! Outdoor Bootcamp will give you confidence in your athleticism while providing a total body conditioning workout. There is no pressure and no competition, just KICK BUTT WORKOUTS and no one will feel left behind or incapable in any way. All levels will be challenged, beginner to advanced. [Registration Details](#)

TRX Suspension Training

TRX Suspension Training is a new category of exercise for athletes and beginners of all abilities that leverages one's own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously. This class is open to all sports, ages and is co-ed. No matter if you're a high level athlete or a weekend warrior, suspension

training will help improve your game and quality of life. The workout is designed for all fitness levels - no one will be left behind. [Registration Details](#)

RECOMMENDATIONS

Health is a very broad topic and can involve many aspects of human's lives. The benefits of health are endless and participating in leisure activities can result in an extremely healthy lifestyle. Being physically active burns calories, which means the more you participate in physical activity, the greater health benefits you will receive. Many people exercise in order to lose weight and generally feel good about themselves, however there are other people who need to exercise in order to stay ahead of the competition. At Brock there are two different areas offered to athletes.

Every person has improvements that they would like to see as workout programs are very personal. These are some recommendations for everyday workouts, and for overall positive health. Firstly, when your trainer, who is designing your program talks to you, let them know certain activities you would enjoy more than others. This makes it easier to complete an over exerting exercise if you enjoy parts throughout. Second, try using things such as a pedometer to keep track of your daily steps, this gives you a feeling of accomplishment even when you're just walking around, being an athlete you have drive, meaning that the feeling to out due yourself will be present. This is a simple workout technique and although it is not as intense as your personal workout you have designed it is still physical activity to keep you moving. Third, try

and piece your workout together, if you do not have time to do your entire workout at one time, space it out through the day. This will result in still doing your workout even if you have an overly busy day, it can result in much of the same outcomes as doing it all at once. Fourth, try and find someone on your team who has the same workout structure as you and become workout partners. This is great to help keep you on track and to push you as both are battling for positions on the team. Lastly, try not to sit around, try and keep yourself moving and active all day. This will keep you from lying around and snacking on bad foods (Brown, 2010). All of these will help to improve your workout techniques as well as your overall health.

The recommendations to improve workout programs for varsity athletes are changing regularly. This being said one recommendation that should be done is that the individual designing the program needs to assess their client in full detail in order to decide what kind of workout program their client needs. Not only this, but the precise repetitions that the individual needs to do in order to reach their final goal. The trainer will need to decide if the client should start off in a lower beginner workout, or go right into an intense one. The trainer has a very hard job to do as he/she needs to design programs for every person on the team. Every player within a team has their own strengths and weaknesses, as well as their position needs them to excel in different aspects. All of these aspects of a workout plan depend on the trainer; because of this a coach needs to rely on their trainers to give their players the opportunity to be a competitor. The overall choice of whether the workout is done or not is up to the athlete.

After speaking with multiple coaches at Western University, University of Victoria and Trent University; there is one thing that remains constant. It is not how much space an athlete has, but how the athlete makes use of the space provided. At the University of Western Ontario

they have a rich rugby tradition at both the men's and women's level winning multiple OUA championships. The University of Victoria is a very prestigious athletic school, offering positions to those who are in the Rugby Canada system and have the best Rugby program in the country. Trent on the other hand is at the opposite end of the spectrum. They are a university that can only compete at the college level. Both Western and UVIC have the option for a varsity gym if the athletes choose to train in those areas; Trent does not have a varsity gym. The main point that coaches kept focusing on was the importance for each athlete on their team to have an individual specialized workout program to suit the needs of each specific athlete. The coaches have attempted in the past to pass on a generic work out to their players but came back unsuccessful. Players were less likely to commit and finish a workout that was no designed for them because they felt it was a waste of their time. Players want to feel like their program is going to benefit them directly, and a generic program does not meet the requirements.

Every athlete is different; every athlete needs a personalized program because athletes are trying to accomplish different tasks in order to be ready for their upcoming season. Having a personalized workout plan is extremely important to elite level athletes because it is important to stay ahead of the competition and gain any advantage possible. After talking to each coach I have taken their recommendations on work out tips and exercises that they pass along to their athletes in order to get ready for the upcoming season. I focused on a wide variety of exercises that include all the major muscle groups. I created a four day cycle that left room to add more exercises. Each coach made it simple that it does not matter how much space and what equipment you have but rather how you dew with what equipment you have. All of the included exercises can be completed in any standard work out facility.

REFERENCES

Brown, P. (2010). Staying Active. Retrieved from: <http://www.hsph.harvard.edu/nutritionsource/staying-active>.