

TASK SHEET 26: PROGRAM DESIGNS

Student's Name: _____

Date: _____

Objectives:

Upon completion of this lesson, you will:

1. Demonstrate an understanding of the elements in a program designed to increase muscular strength and size by passing a self-check test with a score of 100%.
2. Demonstrate an understanding of the elements in a program designed to increase muscular endurance and tone by passing a self-check test with a score of 100%.

Instructions:

This lesson consists of information describing the elements of two program designs. The first description describes a program designed to increase muscular strength and size. The second description concerns a program designed to increase muscular endurance and tone. You will study the elements of both programs prior to taking the self-check tests. You must score 100% on the test. If you fail to score 100%, review the lesson and retake the test until you can do so. The answer key for the self-check test is available from your instructor.

PROGRAM DESIGNS

A PROGRAM DESIGNED TO INCREASE MUSCULAR STRENGTH AND SIZE:

1. Consists of a program emphasizing LOW repetitions and HIGH weights.
2. Your overload is in the amount of weight lifted, not the number of repetitions performed.
3. Generally, any number of repetitions under ten can be considered as LOW.

A PROGRAM DESIGNED TO INCREASE MUSCULAR ENDURANCE AND TONE:

1. Consists of a program emphasizing HIGH repetitions and LOW weights.
2. Your overload is in the number of repetitions performed, not weight lifted.
3. Generally, any number of repetitions over ten can be considered as HIGH.

REVIEW THIS LESSON CAREFULLY, THEN TAKE THE SELF-CHECK TEST ON PROGRAM DESIGNS

SELF-CHECK TEST FOR: PROGRAM DESIGNS

Name: _____

Date: _____ Period: _____ Score: _____

Directions: Fill in the blank with the correct word. After completing the test, get an answer key from the instructor and correct your test. If you miss any questions, review the previous lesson, and retake the test. Continue this procedure until you score 100% on this test.

1. A program design consisting of _____ repetitions and _____ weight will improve muscular strength and size.
2. A program design consisting of _____ repetitions and _____ weight will improve muscular endurance and tone.
3. Nancy's program consists of performing fifteen repetitions of each upper body exercise and twenty repetitions of each lower body exercise. Nancy is trying to improve her muscular _____ and _____.
4. Rich's program consists of performing five repetitions of each upper body exercise and eight repetitions of each lower body exercise. Rich is trying to improve his muscular _____ and _____.

ANSWER KEY

1. A program design consisting of LOW repetitions and HIGH weight will improve muscular strength and size.
2. A program design consisting of HIGH repetitions and LOW weight will improve muscular endurance and tone.
3. Nancy's program consists of performing fifteen repetitions of each upper body exercise and twenty repetitions of each lower body exercise. Nancy is trying to improve her muscular ENDURANCE and TONE.
4. Rich's program consists of performing five repetitions of each upper body exercise and eight repetitions of each lower body exercise. Rich is trying to improve his muscular STRENGTH and SIZE.

TASK SHEET 27: SEQUENCING EXERCISES

Student's Name: _____

Date: _____

Objectives:

Upon completion of this lesson, you will:

1. Understand the concept of sequencing exercises.
2. Understand the advantages of working large muscle groups before working small muscle groups.
3. List exercises in the proper sequence according to the size of the muscle groups for both the upper and lower body.

Instructions:

This lesson is presented with paragraphs of information followed by questions pertaining to the material. The answers to the questions are found below the three asterisks (***) that follow each question. By folding a piece of paper and sliding it down the page, you keep the answers covered until you have made a response to the question. You are not to write on this lesson. Instead, write your answers on the programmed lessons answer sheets. After responding, slide the paper down and compare your answer with the answer given below the asterisks. If your answer is correct, then go on to the next question. If your answer is incorrect, then review the preceding paragraph and find out why your answer was wrong. Be sure to write the correct answer on your answer sheet. After completing the lesson, you must pass a self-check test with a score of 100%. If you do not score 100%, review the lesson and retake the test. The answer key for the self-check test is available from your instructor.

SEQUENCING EXERCISES

To achieve the desired results from a weight-training program, you must perform the exercises in the proper sequence or order. There are different methods of sequencing exercises. The order the exercises are performed will be determined by the desired outcome or goals. For this class, you will utilize one of the simplest and yet effective procedures for sequencing exercises. You will exercise the large muscle groups prior to exercising the small muscle groups. For example, you should work your back muscles before working your arm muscles. If you worked your arms before working your back, you would be limiting your very large back muscles to the limit of the weaker and now fatigued arm muscles.

Questions:

1. Sequencing refers to the (order/number) _____ of exercises to be performed.

order
2. The method of sequencing exercises is determined by:
a. the amount of time a person has to work out
b. the desired outcome or goals of the individual
c. the workout partner

b
3. For the purpose and goals of this class, you will sequence your exercises working your large muscle groups before your _____ muscle groups.

small
4. If you exercise the small muscle groups before the large ones, you are _____ the large muscle groups to the limit of the weaker and now fatigued small muscle groups.

limiting
5. While working your upper body, you should exercise you back muscles before your _____ muscle.
a. neck
b. chest
c. arm

c

(Sequencing, cont.)



Your arms are used in performing the bench press, lat pull down, and shoulder press, as well as every other upper body exercise. The smaller muscles (arms) will be getting worked very hard while you are working the large muscle groups (chest, back, and shoulders). This same principle of sequencing may be applied to the muscle groups of the lower body.

The suggested order of sequencing exercises for your UPPER BODY is as follows:

- | | | |
|----------------------|--------|------------------------------|
| 1. Bench press | and/or | Incline bench press |
| 2. Lat pulldown | and/or | Upright row |
| 3. Shoulder press | and/or | Behind the neck press |
| 4. Biceps curl | and/or | Low pulley curl |
| 5. Triceps extension | and/or | Low pulley triceps extension |
| 6. Abdominal crunch | and/or | Abdominal curl |

The suggested order of sequencing exercises for the LOWER BODY is as follows:

1. Leg press
2. Leg extension
3. Leg curl
4. Heel lift

Questions:

6. The bench press should be performed before the _____.
- a. lat pull down
 - b. triceps extension
 - c. biceps curl
 - d. all of the above
- ***
- d

7. The leg curl should be performed after the _____.
- a. abdominal crunch
 - b. leg extension
 - c. heel lift
- ***
- b

8. The lat pull down should be performed before the _____.
- a. leg press
 - b. bench press
 - c. shoulder press
- ***
- c

PROCEED TO TAKE THE SELF-CHECK TEST ON SEQUENCING EXERCISES.

SELF-CHECK TEST FOR: THE PRINCIPLE OF SEQUENCING

Name: _____

Date: _____ Period: _____ Score: _____

Directions: List the exercises in the proper sequence beginning with exercises for the larger muscles to the smaller muscles for each of the major muscle groups listed below. Write the number representing the order the exercise should be performed in the space provided. When you have completed the test, check the answer key to correct your test. If you miss any questions, review the previous lesson and retake the test. Continue this procedure until you are able to score 100% on this test.

EXERCISES FOR THE UPPER BODY:

GROUP 1:

- _____ barbell
- _____ bench press
- _____ abdominal crunch
- _____ lat pull down
- _____ triceps extension
- _____ should press

GROUP 2:

- _____ behind the neck press
- _____ low pulley curl
- _____ incline bench press
- _____ low pulley triceps extension
- _____ upright row
- _____ abdominal curl

EXERCISES FOR THE LOWER BODY:

- _____ leg curl
- _____ heel lift
- _____ leg press
- _____ leg extension

(ANSWER KEY) EXERCISES FOR THE UPPER BODY:

GROUP 1:

- (4) barbell
- (1) bench press
- (6) abdominal crunch
- (2) lat pull down
- (5) triceps extension
- (3) should press

GROUP 2:

- (3) behind the neck press
- (4) low pulley curl
- (1) incline bench press
- (5) low pulley triceps extension
- (2) upright row
- (6) abdominal curl

EXERCISES FOR THE LOWER BODY:

- (3) leg curl
- (4) heel lift
- (1) leg press
- (2) leg extension

TASK SHEET 28: LEG CURL

Student's Name: _____

Date: _____

Student Information: In this lesson you will learn the proper form for performing the leg curl. You will be working with a partner in this lesson. One person will act as the lifter (doer), and one as the observer/recorder. You will rotate with your partner after completing the lesson. All weight training exercises must be performed slowly and with the proper form to gain the maximum benefits and to ensure safety.

The leg curl exercises the hamstring muscles in the back of the upper leg.

Objectives: You will perform one set of ten repetitions of leg curls while using your maximum amount of weight and proper form.

Directions:

1. Choose a partner that you would like to work with while completing this lesson.
2. Go to the appropriate viewing station with your partner and view the videotape on performing the leg curl.
3. Go to the leg curl machine with your partner and decide who will be the doer and the observer.
4. The doer will practice performing the leg curl while the observer records and gives feedback. You will repeat this lesson until you have received "yes" responses at all of the checkpoints.
5. The observer will check the appropriate response (YES/NO) for each checkpoint for the leg curl. The observer should check only one checkpoint at a time and give verbal feedback to the lifter on each checkpoint marked "no."

	Yes	No
LEG CURL		
1. Select a weight that might be performed for a total of only ten repetitions.		
2. Assume a prone (on your stomach) position on the bench with your knees over the edge.		
3. Place your heels under the padded rollers.		
4. Keep your chest, hips, and thighs in contact with the bench at all times.		
5. Grip the sides of the bench for support.		
6. Inhale.		
7. Flex your legs, bringing your heels as close to your buttocks as possible.		
8. Exhale when the legs are approximately two-thirds extended.		
9. Slowly return the weight to the starting position.		
10. Inhale when the legs are approximately two-thirds flexed.		
11. Perform one set of as many repetitions as possible using proper form.		
12. Apply the principle of progression to find your maximum weight for ten repetitions.		
13. Perform one set of ten repetitions using your maximum weight and proper form.		

TASK SHEET 29: HEEL LIFT

Student's Name: _____

Date: _____

Partner's Name: _____

Period: _____

Student Information: In this lesson you will learn the proper form for performing the heel lift. The heel lift exercises the Gastrocnemius muscle in the lower leg.

Objective: While using proper form, you will perform two sets of heel lifts, performing the maximum number of repetitions in each of the sets.

Directions:

1. Go to the heel lift board and practice performing the heel lift.
2. Mark the appropriate response (YES/NO) for each checkpoint for the heel lift.
3. Repeat this lesson until you have responded "yes" to all the checkpoints.
4. After successfully completing this lesson, go on to the next Task sheet.

		Yes	No
HEEL LIFT			
1.	Assume a position with the balls of your feet on the heel lift board and your heels as low as possible or without a board stretching the gastrocnemius (calf) muscle. (See below photo.)		
2.	Point your toes straightforward.		
3.	Keep your back and legs straight.		
4.	Extend your arms to the wall or a permanent structure for support and balance.		
5.	Raise up on the toes as far as possible.		
6.	Exhale approximately two-thirds of the way up.		
7.	Slowly return to the starting position, fully stretching the calf muscles.		
8.	Inhale approximately two-thirds of the way down.		
9.	Perform as many repetitions as possible using proper form.		
10.	Perform a second set of as many repetitions as possible using proper form.		

