



PAF30-PAF40

PERSONAL FITNESS

## **WEIGHT ROOM RULES**

- Do not use equipment without supervision
- No food or drink permitted in this area
- No jewelry
- Proper athletic attire required
- Collars must be used with all free weights
- Weights must be placed on racks after use

## **WEIGHT ROOM RULES**

- No horseplay
- No jewelry
- No food, drink or gum
- No loitering
- No personal electronics
- Proper athletic attire required
- Always use a spotter
- Do not put weights or bar on benches
- Rack your weights before leaving

# SAFETY CONSIDERATIONS



## PROCEDURES

- PAR-Q should first be filled out by each participant.
- Policies and procedures should be clearly understood by ALL students.
- Appropriate clothing and footwear should be worn during workouts. T-shirts, shorts, tights and athletic shoes.
- NO running or misbehaviour in the weight room.
- Proper procedures should be followed for all exercises and equipment.
- “SPOTTING” should be taught and practiced by all students, especially when using free weights.
- If you are unsure of a piece of equipment or exercise ask the teacher for proper instruction.

# SAFETY CONSIDERATIONS



## EXERCISE TECHNIQUE

- Perform a proper warm-up before, and a cool-down after each workout.
- Make sure to keep your back flat on the bench for all supine (lying down) exercises.
- When performing exercises in a standing position, always keep a strong base of support and keep your knees slightly bent.
- Breathe regularly - exhale as you lift or push the weight, inhale when you lower the weight.
- Concentrate on what you are doing: “ALWAYS” lift in a controlled fashion.
- Work from larger muscle groups to smaller ones throughout your workout.
- Never forcefully “LOCK” out a joint (ie. during leg extensions)
- Use a full range of motion with each exercise.
- Stretch before and after each workout.
- Don’t lift more weight that you can control.

# SAFETY CONSIDERATIONS



## GUIDELINES AND PRECAUTIONS

- Use slow, smooth, controlled, **NON-BOUNCY** movements; control the momentum of all your movements so that you can prevent injury.
- Use a **FULL RANGE OF MOTION** to help develop the strength of the muscle throughout its contraction range and to maintain normal flexibility (don't "cheat" in your exercise movements).
- Breathe **RHYTHMICALLY** during weight lifting, exhaling when lifting or pushing and inhaling on the lowering phase.
- **CONCENTRATE** during all exercises, focussing on doing the movement correctly.
- Keep your knees slightly bent for **ALL** standing exercises.
- Make sure you maintain a **NEUTRAL BACK POSITION** during the lifts (erect posture with normal slight curvature in the lower back).
- Lift weights to build strength, not demonstrate it!!!

# SAFETY CONSIDERATIONS



## SPOTTING TIPS

- The spotter should establish a solid base of support with proper posture.
- When spotting overhead or back-racked exercises, stand behind the lifter and assist in bar stability throughout the movement.
- When spotting over-the-face barbell exercises, the spotter should use an alternate grip to pick up the bar, but supinated grip to spot the bar.
- For dumbbell exercises, spot as close to the dumbbells as possible or actually spot the dumbbell itself.
- Always make sure that you help the lifter secure the weight back to the starting position.

# SAFETY CONSIDERATIONS



## COMMUNICATION

- THE LIFTER SHOULD ALWAYS TELL THE SPOTTER HOW THE BAR WILL BE HANDLED, AND HOW MANY REPETITIONS THEY ARE AIMING FOR.
- ALWAYS TELL THE SPOTTER WHEN YOU ARE STARTING AND WHEN YOU ARE HAVING TROUBLE WITH THE LIFT.

# SAFETY CONSIDERATIONS

[GUIDELINES](#) | [PROCEDURES](#) | [TECHNIQUES](#) | [PRECAUTIONS](#) | [SPOTTING](#)

## PROCEDURES

- PAR-Q should first be filled out by each participant.
- Policies and procedures should be clearly understood by ALL students.
- Appropriate clothing and footwear should be worn during workouts. T-shirts, shorts, tights and athletic shoes.
- NO running or misbehaviour in the weight room.
- Proper procedures should be followed for all exercises and equipment.
- "SPOTTING" should be taught and practiced by all students, especially when using free weights.
- If you are unsure of a piece of equipment or exercise ask the teacher for proper instruction.

## EXERCISE TECHNIQUE

- Perform a proper warm-up before, and a cool-down after each workout.
- Make sure to keep your back flat on the bench for all supine (lying down) exercises.
- When performing exercises in a standing position, always keep a strong base of support and keep your knees slightly bent.
- Breathe regularly - exhale as you lift or push the weight, inhale when you lower the weight.
- Concentrate on what you are doing: "ALWAYS" lift in a controlled fashion.
- Work from larger muscle groups to smaller ones throughout your workout.
- Never forcefully "LOCK" out a joint (ie. during leg extensions)
- Use a full range of motion with each exercise.
- Stretch before and after each workout.
- Don't lift more weight that you can control.

### WEIGHT ROOM RULES

1. DO NOT USE EQUIPMENT WITHOUT ADULT SUPERVISION.
2. NO FOOD/DRINK PERMITTED IN THIS AREA.
3. COLLARS MUST BE USED WITH ALL FREE WEIGHTS.
4. ALL WEIGHTS SHOULD BE NEATLY STACKED AFTER USE.

## STRENGTH TRAINING GUIDELINES and PRECAUTIONS

- Use slow, smooth, controlled, NON-BOUNCY movements; control the momentum of all your movements so that you can prevent injury.
- Use a FULL RANGE OF MOTION to help develop the strength of the muscle throughout its contraction range and to maintain normal flexibility (don't "cheat" in your exercise movements).
- Breathe RHYTHMICALLY during weight lifting, exhaling when lifting or pushing and inhaling on the lowering phase.
- CONCENTRATE during all exercises, focussing on doing the movement correctly.
- Keep your knees slightly bent for ALL standing exercises.
- Make sure you maintain a NEUTRAL BACK POSITION during the lifts (erect posture with normal slight curvature in the lower back).
- Lift weights to build strength, not demonstrate it!!!

## SPOTTING

A spotter is someone who assists the lifter in the execution of an exercise and helps ensure their safety.

### Spotting Tips

- The spotter should establish a solid base of support with proper posture.
- When spotting overhead or back-racked exercises, stand behind the lifter and assist in bar stability throughout the movement.
- When spotting over-the-face barbell exercises, the spotter should use an alternate grip to pick up the bar, but supinated grip to spot the bar.
- For dumbbell exercises, spot as close to the dumbbells as possible or actually spot the dumbbell itself.
- Always make sure that you help the lifter secure the weight back to the starting position.

### Communication

- The lifter should always tell the spotter how the bar will be handled, and how many repetitions they are aiming for.
- Always tell the spotter when you are starting and when you are having trouble with the lift.





# FITNESS TESTING AND BODY COMPOSITION ANALYSIS

## Why do we fitness test and measure body composition?

- Identify strengths and weaknesses
- Identify areas for improvement
- To monitor progress
- Give you a starting point for setting goals
- Talent identification/program placement
- Evaluate a Training Program
- To aid motivation



# STRENGTH TESTING

STRENGTH TESTING

STRENGTH TESTING SHEET:

Body Weight \_\_\_\_\_ lbs

TEST	WEIGHT	TEST 1 REPS	TEST 2 REPS	TEST 3 REPS
<b>BENCH PRESS</b> (75% of body weight)				
<b>LEG PRESS</b> (1.75% of body weight)				
<b>PULL-UPS</b> (full body weight)				
<b>DIPS</b> (full body weight)				

1. Calculate the amount of weight that you have to lift using the appropriate percentage of your body weight.
2. Write this number down so that you can use it for all your tests.
3. Try to lift as many reps as you can using proper form.
4. You can choose to do 3 additional tests that are not included on the sheet.



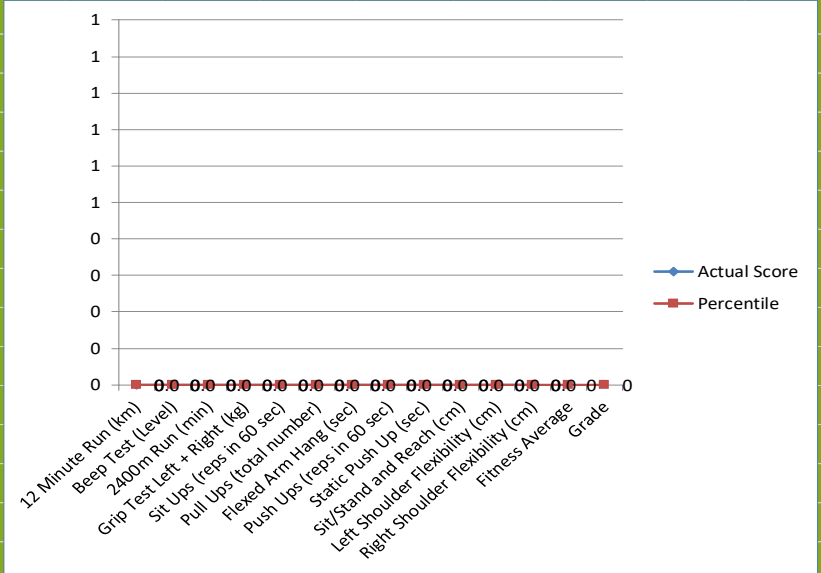
# FITNESS TESTING

RMC MALE FITNESS CALCULATOR		
Fitness Tests	Actual	Percentile
Name		
12 Minute Run (km)	0.00	N/A
Beep Test (Level)	0.00	N/A
2400m Run (min)	0.00	N/A
Grip Test Left + Right (kg)	0.00	N/A
Sit Ups (reps in 60 sec)	0.00	N/A
Pull Ups (total number)	0.00	N/A
Flexed Arm Hang (sec)	0.00	N/A
Push Ups (reps in 60 sec)	0.00	N/A
Static Push Up (sec)	0.00	N/A
Sit/Stand and Reach (cm)	0.00	N/A
Left Shoulder Flexibility (cm)	0.00	N/A
Right Shoulder Flexibility (cm)	0.00	N/A
Fitness Average		#DIV/0!
Grade		#DIV/0!

VIEW

LOG

CLEAR



# EXERCISE MYTHS

- “Weight training reduces body fat.”

There is only a moderate reduction in body fat solely due to weight training. Aerobic activities are more effective at reducing body fat.

- “Weight training can ..... take fat off specific body parts.”

Spot reduction is impossible. Fat stored near working muscles is not actually used; rather, fatty acids in the blood and fat droplets in muscles are utilized.

- “Aerobic fitness improves with weight training.”

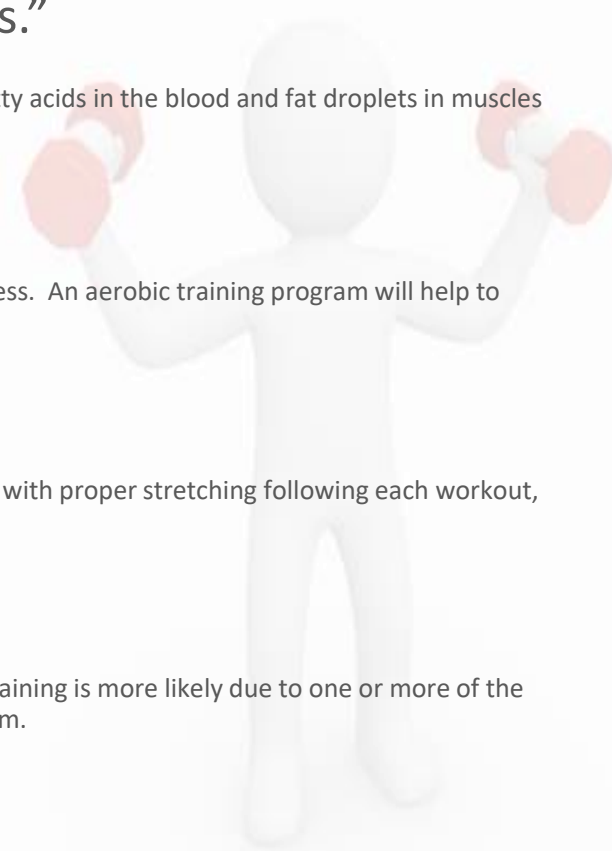
There is actually a low correlation between weight training and improvements in aerobic fitness. An aerobic training program will help to achieve this goal.

- “Weight training makes you muscle-bound.”

A weight training program that combines exercise done through a full range of motion, along with proper stretching following each workout, will in fact improve flexibility.

- “Muscle turns to fat if you stop training.”

One type of tissue cannot turn into another type of tissue; an increase in fat after a stop in training is more likely due to one or more of the following reasons: poorer eating habits, decrease in caloric expenditure, or slower metabolism.





# EXERCISE TRUTHS

- “Progressive Overload Training”, which has you steadily increasing the **LOAD** (weight, frequency, intensity, recovery) you are using over a period of time, is the most effective way to increase fitness levels and strength.

During the first several weeks of a training program, initial increases in **strength** (accompanied by the ability to lift progressively heavier weights) are due to **neuromuscular adaptations**. The brain, nerves and muscle coordinate more effectively as they become familiar with the movements; this enables you to use more motor units in a muscle for a particular movement, and you thus become more effective at it. However, **hypertrophy**, or an increase in muscle **size**, occurs after this adaptation, so be patient, and continue to train properly. During training, muscle tissues microscopically “break down”, and then rebuild themselves if appropriate nutrition and recovery is ensured. As this continues, *increases in muscle size will occur, typically with 4-6 weeks.*

A lot of regular, intense resistance training is required to obtain steady increases in muscle mass. Most people will not get as big as professional body builders simply because they do not have the genetics. You can realistically expect to see some increase in size, strength, muscle definition and flexibility as a result of training.

To reach your potential you need to apply a continuous load on the muscle over a prolonged period of time, that produces microscopic damage to the myofibrils. In addition to this, you need to provide 48-72 hrs for repair and recovery of the muscles, and consume the appropriate amount of nutrients. The nutrients (protein, carbohydrates and fats) are the building blocks for muscle growth.