

Reproducible Master 3-6

For use with Lesson 5

Chapter 3

Designing a Sample Warm-up

Design a specific active warm-up program for softball. (*Hint: What body parts are most often used by a softball player?*)

Design a general active warm-up program for cycling in the space below.

Frequency	3-5 days per week
Intensity	Moderate to vigorous and continuous, if possible
Time/Duration	Accumulate 20-60 minutes each session
Modes	Walk/hike, run/jog, bike, cross-country ski, dance, skip rope, row, stair climb, swim, skate, in-line skating, endurance games
Resistance-Weight Training	8-10 exercises, 2-3 times per week
Flexibility	Include warm-up and cool-down stretches

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Directions

Write an exercise goal for the week. Write a nutrition goal for the week.
Record physical activity for 5 days. Include Intensity, Time and Type of each activity.
Record food and drink intake for 5 days. Include breakfast, lunch, dinner and snacks.
Answer the Reflection Questions on the next page.
Exercise Goal: _____

Nutrition Goal: _____

	Day 1	Day 2	Day 3	Day 4	Day 5
Physical Activity (Intensity, Time & Type)					
Breakfast (Food and Beverage)					
Lunch (Food and Beverage)					
Dinner (Food and Beverage)					
Snacks					

1. Did you meet your exercise goal this week? (Why? Why not?)
2. Reflect on the past week. How were your eating habits/meals influenced by school, work or practice?
3. How can you improve your nutrition next week? (example-drink more water, stay hydrated for practice.)

Design a specific warm up plan for your sport. Include a cardio activity, muscular stretches and the amount of time for each activity. Example – brisk walking (duration 2 minutes), sport specific agilities/dynamic stretching (7 minutes), muscular stretches (5 minutes)