Lesson Plans for Chapter 4: *"Guidelines for Exercise"*

Introduction: 5 mins

What you should consider when beginning an exercise program?

What clothing should be considered?

What precautions should be taken for cold and hot weather?

What are the symptoms of Heat exhaustion and heat stroke?

What other safety factors should be considered?

What about fluid balance during physical exercise?

Warming up and cooling down?

Injuries?

Show video

Medical Exam

Goal Setting

What you wear can make a difference

Shoes

Socks

Shirt

Shorts

Exercising in Hot Weather

Hyperthermia – a reduction of body fluids or an increase in body temperatures

Heat Cramps – caused by hyperthermia, muscles cramp up (calf)

Heat Exhaustion – a condition characterized by profuse sweating accompanied by dizziness and extreme weakness.

Heat Stroke – Medical Emergency, This condition is characterized by hot, dry skin and a rising body Temp.Every attempt must be made to keep the body cool.

Preventive Measures for Heat Illness

Light weight clothing, Light colors

No Rubberized suits

Drink Fluids before exercise

Shade head

Exercise at cooler times of the day

Exercising in Cold Weather

Hypothermia – Excessive decline in body temperatures

Frost bite – freezing of the limbs and skin

Preventive Measures for Cold Weather activities

Thermal underwear

Gloves, face mask

Several layers, wind breakers

Don't over dress

Additional Safety Measures

Illness	Dogs
Eating	Personal Safety

Benefits of warming up: The more flexible your muscles are, the more you can minimize injuries.

Helps you focus, makes it easier to move
Increases your heart rate and blood supply to your muscles
Generates heat in your muscles and joint tissue

How to warm up:

Get the muscles warmed up – running, moving

Static Stretching

Benefits of Cooling Down: a 10 – 15 min. period of mild exercise that follows your training session and allows your body and heart rate to return to their resting states slowly.

How to Cool Down:

Light activity – to prevent your blood from pooling in the muscles, continue Until heart rate is 100 – 120 bpm

Static stretching

Common Injuries

Sore Muscles – this discomfort is thought to be due to chemical changes in the muscles and microscopic tears

Blisters – results of friction creating heat, tissue damage, and fluid accumulation.

Shin Splints – strain to one or several muscles in lower leg

Stitch in side - sharp pain in the side

Sprained Ankle -