

MODULE B

ALTERNATIVE ASSIGNMENTS:

ASSIGNMENT #1

Pick a training/fitness trend to do research on. Answer the guiding questions given when putting your information together.

CORE TRAINING

STABILITY BALL TRAINING

STRENGTH TRAINING

PILATES

HOT YOGA

KETTLE BELL TRAINING

Guiding Questions to answer as part of your write up:

1. Describe this type of training.
2. What component of fitness does it incorporate?
3. What are the fitness/health benefits of this type of training?
4. What age group should use this?
5. Where can you use this type of training
 - a) at home
 - b) at the gym
6. How long will it take to see significant changes when using this form of training?
7. What skills do you need to use this form of training?
8. What are the safety precautions one should follow?

MODULE B FITNESS MANAGEMENT

ALTERNATIVE ASSIGNMENTS:

ASSIGNMENT #2

▪ **How to evaluate a piece of equipment before buying it.**

Fitness equipment is manufactured for the general population; therefore, the equipment must be fully adjustable to suit individual body characteristics. The machine or equipment should be sturdy, smooth, and easy to use. When shopping for fitness equipment, go to the store dressed for exercise, and give the equipment a full workout. Measure the area at home where you will put the equipment and note all dimensions (length, width, height). In addition, consider questions such as the following:

Pick a piece of fitness equipment to research. Answer the following questions when putting your information together.

What is the name of the equipment

- What main fitness component is trying to be improved/achieved with this piece of equipment?
- Will the equipment need a source of power?
- How heavy is it?
- Is noise a factor?
- Are you paying for features you will not need?
- Will the equipment need assembly?
- What maintenance will it require?
- What are the safety considerations?

Aerobic Equipment (Cardiorespiratory and Muscular Endurance)	Strength Training Equipment (Muscular Strength and Endurance)	Miscellaneous Fitness Equipment (Training, Core and Flexibility)
<ul style="list-style-type: none">▪ Treadmills▪ Stationary bicycles▪ Ski machines▪ Steppers/climbers▪ Elliptical trainers▪ Rowing machines▪ Aerobic riders	<ul style="list-style-type: none">▪ Free weights▪ Multi-station machines▪ Bands and tubing	<ul style="list-style-type: none">▪ Heart-rate monitors▪ Pedometers▪ Stability balls▪ Specialized equipment (e.g., medicine balls, agility ladders, balance boards)