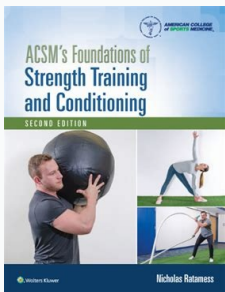
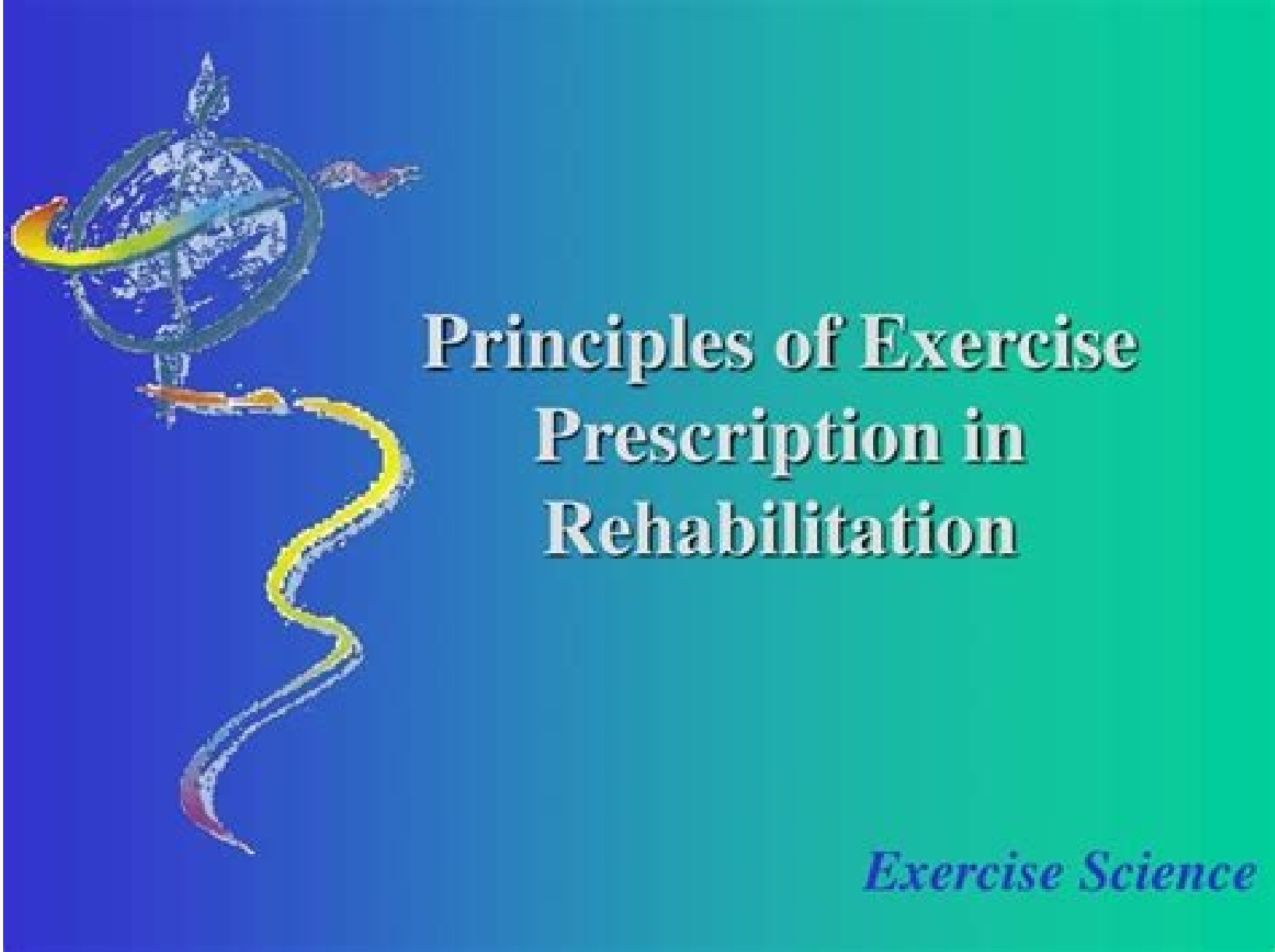
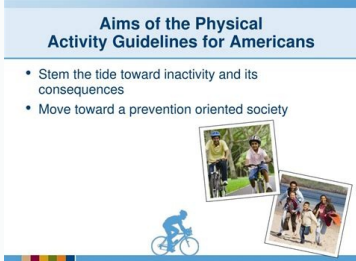


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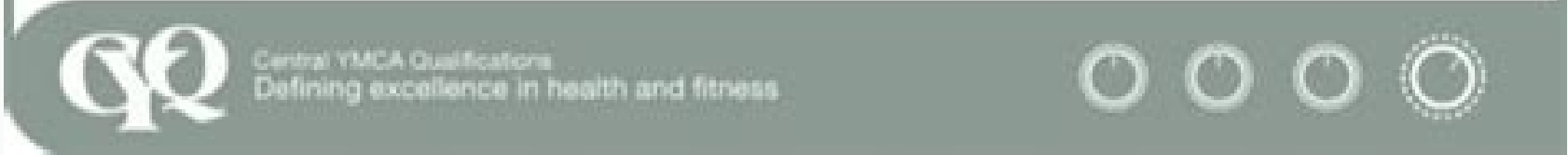
Next



Principles of Programme Design

Consider ACSM guidelines:
Muscular fitness

- F – 2-3 times a week
- I – 8-10 exercises (1 per main muscle group), 1 set of 8-12 reps on each exercise, resistance 75% 1RM
- T – 20 minutes
- T – resistance machines/free weights



Repeat each stretch two to four times, accumulating 60 seconds per stretch. Even so, many health benefits from physical activity can be achieved at lower intensities of exercise if frequency and duration of training are increased appropriately. Between 20 and 30 minutes per day is appropriate for neuromotor exercise. Pedometers are not an accurate measure of exercise quality and should not be used as the sole measure of physical activity. "The scientific evidence we reviewed is indisputable," says Carol Ewing Garber, chair of the writing committee and an associate professor of movement sciences at the Teachers College of Columbia University. In the interpretation of this position stand, it must be recognized that the recommendations should be used in the context of participant's needs, goals, and initial abilities. Sedentary behavior is distinct from physical activity and has been shown to be a health risk in itself. "It is no longer enough to consider whether an individual engages in adequate amounts of weekly exercise," Garber says. In general, the lower the stimulus the lower the training effect, and the greater the stimulus the greater the effect. Two to four sets of each exercise, with anywhere between eight and 20 repetitions, will help adults improve strength and power. Exercise recommendations can be met through 30 to 60 minutes of moderate-intensity exercise five days per week or 20 to 60 minutes of vigorous-intensity exercise three days per week. Health and fitness professionals must be concerned with these activities, as well." ACSM Position Stand on The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness, and Flexibility in Adults. In this regard, physical activity can be accumulated through the day in shorter bouts of 10-min durations. The American College of Sports Medicine released new recommendations Tuesday regarding the quantity and quality of exercise for adults. Although age in itself is not a limiting factor to exercise training, a more gradual approach in applying the prescription at older ages seems prudent. One continuous session and multiple shorter sessions of at least 10 minutes are both acceptable to accumulate the desired amount of daily exercise. "When it comes to exercise, the benefits far outweigh the risks. Neurometer Exercise: Neuromotor exercise, also referred to as "functional fitness training," is recommended two or three days per week. 2. "We also need to determine how much time a person spends in sedentary pursuits, like watching television or working on a computer. Meeting the guidelines for physical activity does not make up for a sedentary lifestyle. It has also been shown that aerobic endurance training of fewer than 2 d.wk-1, at less than 40-50% of VO2R, and for less than 10 min-1 is generally not a sufficient stimulus for developing and maintaining fitness in healthy adults. Consistent with the 2008 Physical Activity Guidelines for Americans, ACSM's overall recommendation is for most adults to engage in at least 150 minutes of moderate-intensity exercise each week. Very light or light intensity is best for older individuals or previously sedentary adults just starting to exercise. 3. Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training, and multifaceted activities (yoga) to improve physical function and prevent falls in older adults. Sci. An appropriate warm-up and cool-down period, which would include flexibility exercises, is also recommended. Emphasis should be placed on factors that result in permanent lifestyle change and encourage a lifetime of physical activity. Though exercise protects against heart disease, it is still possible for active adults to develop heart problems. 30, No. 6, pp. Flexibility Exercise: Adults should do flexibility exercises at least two or three days each week to improve range of motion. Resistance Exercise: Adults should train each major muscle group two or three days each week using a variety of exercises and equipment. The combination of frequency, intensity, and duration of chronic exercise has been found to be effective for producing a training effect. Each stretch should be held for 10 to 30 seconds, to the point of tightness or slight discomfort. A program of regular exercise - beyond activities of daily living - is essential for most adults." The position statement's purpose is to offer health and fitness professionals scientific, evidence-based recommendations that help them customize exercise prescriptions for healthy adults, and it is published in the July 2011 issue of Medicine & Science in Sports & Exercise®, the official journal of ACSM. All adults must be able to recognize the warning signs of heart disease, and all health care providers should ask patients about these symptoms. Here are the basic recommendations, by exercise category: Cardiorespiratory Exercise: Adults should get at least 150 minutes of moderate-intensity exercise per week. The interaction of these factors provide the overload stimulus. 975-991, 1998. In this regard, a sliding scale as to the amount of time allotted and intensity of effort should be carefully gauged for the cardiorespiratory, muscular strength and endurance, and flexibility components of the program. As a result of specificity of training and the need for maintaining muscular strength and endurance, and flexibility of the major muscle groups, a well-rounded training program including aerobic and resistance training, and flexibility exercises is recommended. In addition to outlining basic recommendations and their scientific reasoning, the position statement also clarifies three new points: 1. Med. So now when health club and fitness center staff members are asked by patrons, "How much exercise do I need?" they can respond definitively, the organization says. In a position statement titled "Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise," the ACSM provides current scientific evidence on physical activity and includes recommendations on aerobic exercise, strength training and flexibility. Sports Exerc., Vol. The important factor is to design a program for the individual to provide the proper amount of physical activity to attain maximal benefit at the lowest risk.

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