

Name:

PE 9A: Fit or Fat

In-Class Activity 1: Starting Out

This activity introduces you to the Fitlinxx system and CCSF's Fitness Center, and establishes a baseline for two basic fitness measures. It is my hope the center will help increase compliance with the activity portion of the course, since it provides a place to exercise, as well as immediate feedback.

Objectives

Become familiar with CCSF Fitness Center fitness equipment, the Fitlinxx kiosk and procedures and fitlinxx.com.

Determine baseline strength for wall sit and push-ups.

Materials

Wear comfortable clothing, and bring a pen or pencil

Fitness center questionnaire; add card; and orientation sheets.

Procedures

Fitness Pre-Tests. The wall sit and the push-up tests, along with body composition and aerobic capacity tests you will do in following weeks, give us baseline figures for comparison at the end of the semester.

Wall sit: "sit" against the wall, with your back flat against it, and your hips, knees and ankles bent to 90°. Maintain this position as long as you can and record the amount of time you're able to hold it here:

_____ min. / _____ sec.

Push-Ups: Complete as many standard push-ups as you can without pausing between repetitions. Lying on your stomach your feet together, place your palms on the floor beneath your shoulders. Push off the floor, with your toes and palms as contact points until your elbows are straight, but not hyperextended, and your body is straight. This is your start position. Bend your elbows until they are bent to a 90 degree angle, then push back up, keeping your body aligned. Record how many you can complete. This may be zero right now, but that's okay. We just want a baseline number. Do NOT do knee push-ups, they can put undue strain on your patellar tendon and pressure on your patella.

of push-ups: _____

The Kiosk. Your Fitlinxx ID will be a 5-digit number based on your student number. The first digit is most likely 9, followed by the last 4 digits of your student number. At the kiosk ID screen (the "Exit" button in the lower left corner will take you to the ID screen if it's not already there), type your 5-digit ID. The name appearing in the lower right corner should be yours. Hit "Select Workout" to view your assigned workouts, then "Start Workout" button to tell Fitlinxx you're ready to begin. There will be a few "OK" buttons before you leave the kiosk. When you return to the kiosk after your workout, enter your ID again and tap "Finish Workout". The pop-up displays your cardio minutes and pounds lifted for that session. Tap "OK" and "Exit" to conclude your session. **IF YOU ALREADY TOOK PE 50 OR 51, OR ATTENDED AN ORIENTATION AND FILLED OUT THE PAPERWORK, LET ME KNOW!**

Cardio Machines. The fitness center's cardio machines include stair steppers, recumbent bikes, elliptical trainers, and treadmills. Some of these machines can be pre-programmed with an assigned workout through Fitlinxx. Each machine has a unique method of logging in – stickers on each one will help you start, and from there follow the prompts on the screen if you can't remember my orientation, which can go by quickly.

Log into a cardio machine. Use a low setting to warm-up the first 3 minutes. When you feel comfortable, increase your intensity to where you can still talk, but not sing, and try to maintain that pace for 10 minutes. Use the machine's hand contacts to track your heart rate at regular intervals during this time. Cool down at a lower intensity the last 2 minutes. Record the following information:

Which machine did you use? _____

What were your pace/intensity settings during the 7-minute interval (level/speed/incline)? _____

What was your average heart rate during this time? _____ beats/minute

Strength Machines. The fitness center also has a variety of strength machines, which transmit your exercise data to the Fitlinxx network via computerized Training Partners, as well as manual-log Training Partners. We will cover strength machines in a later Activity.