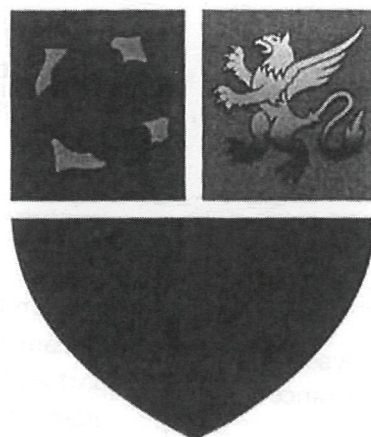


Personal Exercise Programme



Name: [REDACTED]

Candidate Number:

Centre Number:

Centre Name:

Planning and Aims of my PEP

About Me:

I am 14 years old and I enjoy doing sports. My main sport is gymnastics and I have been competing since I was around 7. I attend Bolton Gymnastics Club and train three times a week. I also enjoy playing netball, rounders and taking part in athletics competitions for my school.

Aims:

Something I would like to improve on in gymnastics is flexibility. This will help me during gymnastics when I am competing several different skills since flexibility is a key skill needed: Flexibility is important in gymnastics because it is a component that allows the right range of movement in order for a gymnast to perform a certain skill successfully. Also, points can be deducted off a score if a gymnast's flexibility isn't up to the high standard.

Another thing I would like to improve on in gymnastics is my muscular endurance. This will be an important component to improve on because it is required a lot during my routines. On the floor my arms can get quite tired during my routine since I need to keep them upright and fully stretched for most of the time. Improving my muscular endurance will result in me being able to be strong and stretched throughout my whole routine and achieve higher artistry scores.

My Fitness Tests and Results:

To perform well in gymnastics I need good flexibility, muscular strength, muscular endurance and body composition. I have carried out some fitness tests and my results are shown in the table below.

Name of Test	Fitness Component Tested	Rationale	Score	Rating
12 Minute Cooper Run	Cardiovascular Endurance	The reason I am including this component is because gymnastics is a very intense sport and cardiovascular endurance is needed for me to perform strongly throughout a full event	2400m	Average
Sit and Reach	Flexibility	This is a key component because it allows vital movement required in this sport	31	Good
Ab Curl Test (60 seconds)	Muscular Endurance	This component is included in my PEP because gymnastics requires a lot of core strength in order to complete certain skills	36	Good
Press Up Test (60 seconds)	Muscular Endurance	Needed to perform a lot of skills needed in gymnastics	29	Good
Standing Board Jump	Power	Power is important in gymnastics, it is a component that will allow a gymnast to perform a skill very well and successfully	1.80	Average
Illinois Agility Test	Agility	Used in a gymnastics routine when performing dance and achieving artistry points	19.75	Average

The table clearly shows that the rating for my flexibility is 'good', where as I would like for it to become excellent as a gymnast. This is why I have decided to base my PEP on improving flexibility, and also because it will have a very good impact on my performance in gymnastics and my overall scores. I would also like the muscular endurance in my arms to improve because it is not one of my strong components and it will help me a lot when performing and achieving points. My PEP will be focused on my flexibility and muscular endurance.

Methods of Training:

- To improve my flexibility I could complete circuit training throughout the 6 weeks that challenges flexibility in different parts of my body. Circuit training will be a good option to get the best results because it allows me to work on different movements so I can achieve the best outcome from my PEP. I will also have my regular gymnastics sessions where we spend some time working on our flexibility.
- To help my muscular endurance to become better, I could carry out some weight training. Weight training is perfect for improving my muscular endurance as I can use different weights and challenge myself to achieve my goals in my PEP. I will also be completing some muscular exercises at my gymnastics sessions and during my circuits.

My SMART Targets:

The targets for my exercise programme are:

1. To improve my flexibility in order to perform certain skills easily and neater in order to increase my score and improve my overall performances. I would like to improve my sit and reach result by 4cm.
2. To improve the muscular endurance in my arms within 6 weeks in order to keep strong and stretched throughout my floor routine and therefore receive a higher score. I would like to improve my press up test result by 3 press ups.

My targets are SMART because:

Specific- I have set a specific measurement of 4cm to improve my sit and reach so I have a clear goal and mind set. My press up test is specific for me to improve by 3 press up which allows me to have a clear understanding of my goal for improvement.

Measurable- I will easily be able to see my improvements at the end of my PEP by retaking the tests and seeing if my goals have been achieved. The measurement for my sit and reach test will be clearly shown in centimetres and an accurate count will be taken during my press up test.

Achievable- My targets are achievable as I should be able to increase my fitness test scores due to my planned 6 week programme. 4cm is an appropriate measurement to improve my flexibility by and 3 press ups is achievable if my PEP is planned accurately and well (this can be achieved by the FITT principle).

Realistic- It is a realistic aim to improve my flexibility by 4cm with my specially planned programme as it is not too much but is a challenging amount. 3 press ups is a realistic improving amount.

Time Bound- My PEP will be completed within 6 weeks and in time for my next gymnastics competition in May.

Principle of Training	How I have applied	Example from my Programme
Individual Needs	My PEP is planned to improve my weaknesses in my chosen sport. I have carried out several fitness tests and I also have my completed PARQ.	I have carried out some fitness tests to clearly show what areas of my fitness needs improvement. For example, I have carried out a sit and reach test which shows my flexibility rating is good, and I would like for it to become excellent as a gymnast.
Specificity	I have selected certain components of fitness to improve that are important in gymnastics and will help me to become better.	I am including circuit training instead of continuous training so I can work on different areas of flexibility in my body instead of just one. For example, in my circuit I have included a variety of stretches and tasks. See Appendix Two for my Circuit Training Plan.
Progressive Overload	I can gradually increase the intensity of my training programme in order to improve without the risk of injury.	My training sessions will get longer as my PEP goes on to make it harder. For example, in week one my circuit is only 15 minutes where as it becomes a 25 minute session by week 5. This gradual increase of intensity will allow me to improve without reversibility or injury.
FITT	I can use FITT to make sure I have the correct type of training and how frequent it should be. With the correct frequency, intensity, time and type planned out, my PEP should be successful and I should achieve the best results possible.	My frequency of training will increase, clearly shown in my 6 week plan by replacing rest days with training sessions. The intensity will be improved to make it more challenging and therefore allow improvement, and this will be done by making the sessions longer and making it harder (examples of this shown in appendix two). My type of training (circuit and weight) has been selected well to allow improvement in my chosen sport.
Rest and Recovery	Rest days are shown in my 6 week training programme, but are reduced as the weeks go on in order to apply progressive overload.	There will always be a rest day on Fridays and other rest days will occur less as the PEP goes on. This makes my sessions more challenging for me as my body and heart has less time to recover before another training session begins. This will result in my body and heart becoming stronger and more capable, meaning I will improve.
Thresholds of Training	A component I want to improve is muscular endurance so I will be working aerobically.	I will measure my heart rate and working heart rate on my Training Record Form, which is located in appendix three.

		By collecting data on my heart rate, it will be easier to see improvement in fitness, as my heart rate will return to normal quicker.
Reversibility	This principle of training hopefully won't apply throughout my PEP.	With a well-planned training programme with rest and recovery days included, the risk of injuries and reversibility should be reduced and not applied. The rest days shown in my training programme will give my body chance to recover from working hard, and therefore the risk of injury and reversibility will be low.

My 6 Weeks Training Programme:

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1	Circuit Training: 15 mins	Gymnastics Training: 2hours30mins	Rest	Gymnastics Training-Interval: 3 hours	Rest	Circuit Training: 15 mins	Rest
2	Rest	Gymnastics Training: 2hours30mins	Circuit Training: 15 mins	Gymnastics Training-Interval: 3 hours	Rest	Circuit Training: 15 mins	Rest
3	Rest	Gymnastics Training: 2hours30mins	Swim 20 mins	Gymnastics Training-Interval: 3 hours	Rest	Swim 20 mins	Rest
4	Weight Training: 15 minutes	Gymnastics Training: 2hours30mins	Circuit Training: 20 minutes	Gymnastics Training-Interval: 3 hours	Rest	Circuit Training: 20 minutes	Rest
5	Circuit Training: 25 minutes	Gymnastics Training: 2hours30mins	Weight Training: 20 minutes	Gymnastics Training-Interval: 3 hours	Rest	Circuit Training: 25 minutes	Weight Training: 20 minutes
6	Weight Training: 20 minutes	Gymnastics Training: 2hours30mins	Circuit Training: 40 minutes	Gymnastics Training-Interval: 3 hours	Rest	Weight Training: 20 minutes	Circuit Training: 40 minutes

- To see details about my Circuit and Weight training plans, please see appendix two.

Why are Warm Ups and Cool Downs needed?

The purpose of a warm up is to prepare your body for upcoming exercise. It gently increases the heart rate and blood flow to the muscles. A warm up is important before physical activity because it prevents injuries. A warm up should include 10-15 minutes of a cardiovascular pulse raiser, static and dynamic stretches, and then specific skill practices relevant to your sport. Please see my detailed warm up in appendix four.

After you have completed any exercise, a cool down is necessary to bring down your body's temperature and make sure your heart rate is back to normal. This therefore stops lactic acid building up. A cool down should include light exercise to return your heart rate to normal, 5-10 minutes of stretching and then relaxation exercises if wanted. For my detailed cool down, please check appendix four.

PEP Evaluation

This is my evaluation based on the results I collected during my PEP and after completing it.

Fitness Retesting Results:

Test	Component of Fitness Tested	Pre – Test Score	Rating	Post Test Score	Rating
Cooper Run	Cardiovascular Fitness	2400m	Average	2900m	Excellent
Press Up Test	Muscular Endurance	29	Good	33	Good
Sit and Reach	Flexibility	31	Good	35	Excellent
Standing Board Jump	Power	1.80	Average	1.85	Average

The table clearly shows that when I retested my fitness tests I have shown improvement, not only in the two components I was aiming to improve (flexibility and muscular endurance), but also in cardiovascular fitness and also there is a slight improvement in my power. My two aims for my PEP were:

- To improve my flexibility by reaching a further 4cm in my sit and reach test.
- To improve my muscular endurance by doing an extra 3 press ups in my press up test.

My training plan has been successful as I have achieved both of the specific aims I set before completing my PEP, meaning the training methods I selected were an appropriate choice in order to increase my fitness. By selecting to plan a circuit, I was able to include different stations that will all work effectively to improve my flexibility and achieve my specific PEP target. Circuit training also worked really well due to the fact I didn't get bored as my stations were varied. It was easy to set up as I didn't need a lot of equipment. I found that this helped me achieve my targets in an easier way. Weight training was a successful choice of training as it allowed me to use weights appropriately in order to improve my muscular endurance.

Due to my methods of training and stations being *specific*, it wasn't necessary for me to make any changes, as my training was selected appropriately for my PEP targets.

It was easy for me to **measure** my results as I had collected the data carefully and recorded my results, and therefore it was clear for me to see my improvements, you can see this in my graphs below. I have done graphs showing pre and post testing and they are really clear to see improvements. I was successful in making my targets **achievable** and **realistic** as I have been able to improve my pre fitness scores and achieve better results, which is clearly demonstrated in my graphs, again you can see these below. Finally, my targets were **time bound** as I have completed my PEP in perfect timing (a 6 week programme) for my next gymnastics competition next weekend. I will now hopefully be able to perform at a much higher level and achieve a better score.

The FITT principle was applied to my PEP by making each station more challenging for me and increasing the time, and also reducing the rest days to make my sessions more frequent and intense – I increased the number of days I trained for as the weeks went on. I applied progressive overload by including more stations after the first two weeks, and then adding an extra repetition of the whole circuit for the final week. Also, I added extra weight on after each week for my weight training, and applied an extra 3 reps for the final week (circuit and weight plans and additions shown in appendix three). The intensity therefore went up making me work a lot harder so that my body adapted to the training.

I had an appropriate amount of rest and recovery; shown by my rest days in my training programme and that I have not shown reversibility throughout my PEP. In order to continue to improve I also reduced the number of rest days from 3 a week to 1 a week. This made sure reversibility didn't take place.

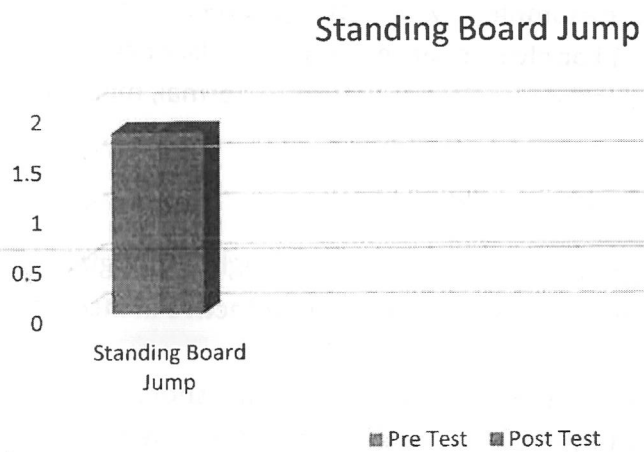
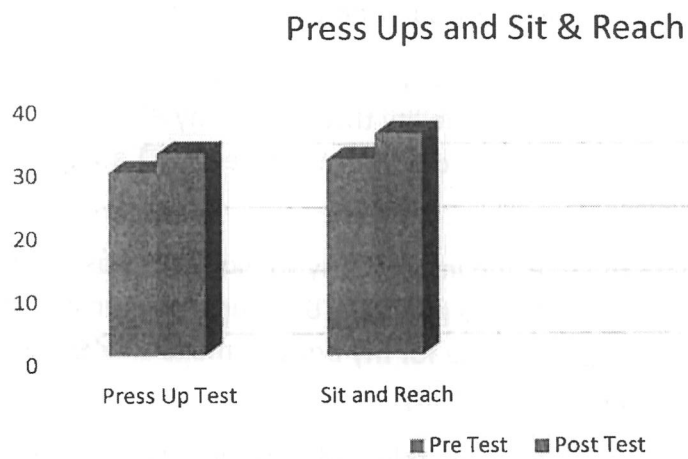
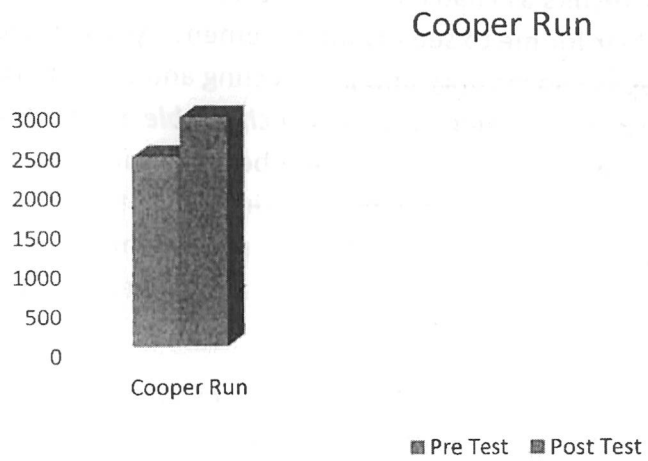
The time I allowed to complete the PEP and improve my weaknesses was sufficient because it gave me an appropriate amount of time to gradually build up the intensity and achieve successful results. 6 weeks was plenty of time for my body to make changes especially as I completed every session to the best of my ability.

Even though I showed improvements in all my selected components of fitness, I could have made some of the stations in my circuits harder so I would therefore have achieved a higher improved result. For example my standing broad jump results have stayed the same, you can see this in my graph, so I would look at this for next time to improve.

Due to my well planned training programme, I have showed better flexibility in my gymnastics training sessions, for example, my weaker leg splits are now flat, meaning I can take that quality of flexibility and apply it to more complex skills. In appendix three, you can see that my heart rate began to take less time to return to normal, meaning I have become fitter.

If I were to complete my PEP again, I would:

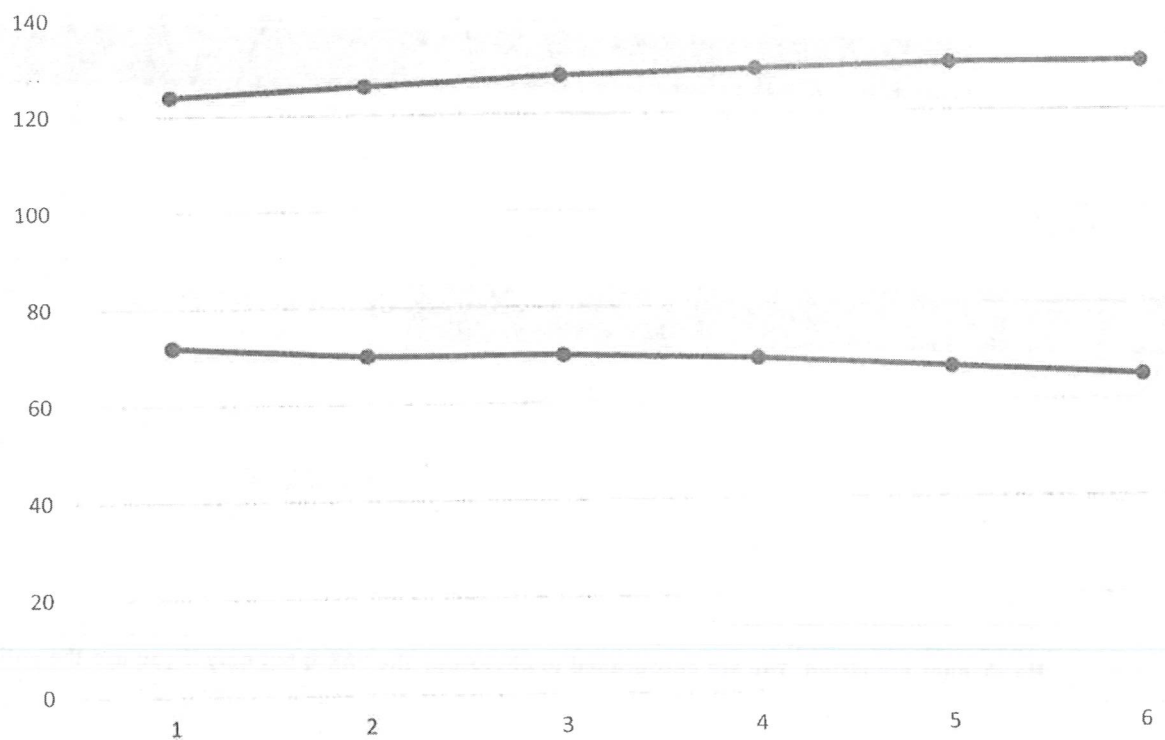
- Make sure that the stations in my circuit are challenging enough for me
- Keep the same methods of training as they were effective in increasing my fitness results
- Make sure I carry out the PEP in time to apply it to my sport, as now I have completed it in perfect time for my competition next weekend.



My Heart Rates:

The graph below clearly shows the successful changes of my resting and working heart rate. The orange line represents my working heart rate. As you can see its lowest point is at 124bpm and this was during my first week of training. The graph shows how my working heart rate increases, showing that I have applied progressive overload and more intensity to my training sessions as the 6 weeks went on. My highest working heart rate was 130bpm, shown in the graph, and this shows that my training sessions were challenging for my body and heart, and I have therefore improved my fitness. The blue line represents my resting heart rate, which was at 72bpm during my first week. My graph clearly shows that my resting heart rate has dropped (decreasing to 68bpm during my last week), which shows that I am fitter, my heart is stronger and that my heart muscle has achieved cardiac hypertrophy. Due to my well planned training sessions and achieving improvements in my fitness, my resting heart rate is lower, meaning my heart is stronger and can pump more blood around my body in less beats.

A Graph to Show my Resting and Working Heart Rate Over 6 Weeks



PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES

☐

NO

☒

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

☐☒

2. Do you feel pain in your chest when you do physical activity?

☐☒

3. In the past month, have you had chest pain when you were not doing physical activity?

☐☒

4. Do you lose your balance because of dizziness or do you ever lose consciousness?

☐☒

5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?

☐☒

6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

☐☒

7. Do you know of any other reason why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME

SIGNATURE

SIGNATURE OF PARENT

or GUARDIAN (for participants under the age of majority)

DATE

WITNESS

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

Appendix Two

Week 1 and 2 – Circuit

Each flexibility stretch should be held for 1 minute.

Complete twice.

- Left Leg Splits
- Japana Hold
- Right Leg Splits
- Pike Fold
- Box Splits
- Shoulder stretch
- Wall Splits

Week 3, 4 and 5 – Circuit

Stay at each station for 2 minutes then move to next station.

Complete once.

- Left Leg Splits
- Press Ups
- Right Leg Splits
- Tricep Dips
- Box Splits
- Japana Hold
- Side Plank
- Pike Fold
- Wall Splits
- Diamond Press Ups

Week 6 – Circuit

Stay at each station for 2 minutes.

Complete twice.

- Left Leg Splits
- Press Ups
- Right Leg Splits
- Tricep Dips
- Box Splits
- Japana Hold
- Side Plank
- Pike Fold
- Wall Splits
- Diamond Press Ups

Week 4 – Weight

- 5kg Weights – 20 reps

Week 5 - Weight

- 10kg Weights – 25 reps

Week 6 – Weight

- 15kg Weights – 28 reps

T R A I N I N G P L A N

Appendix Three: Personal Exercise Programme Training Record Form

Chosen Activity/Sport: Gymnastics

Chosen Method of Training:

Circuit

Number of Training Session:

1

Date: 30/3/17

Pre Exercise Heart Rate before Warm Up	Working Heart Rate	Immediate Post Exercise Heart Rate
72	124	126

Recovery Heart Rate at the Following Intervals (bpm)	1 Min	2 Min	3 Min	4 Min	5 Min	6 Min
	84	82	79	73	72	

Description of the Training Session

I included a variety of different movements that all challenged flexibility in different areas of my body.

Were there any Changes or Adaptions made to this Training Session? Why?

No

Appendix Three: Personal Exercise Programme Training Record Form

Chosen Activity/Sport: Gymnastics

Chosen Method of Training:

Circuit

Number of Training Session:

4

Date:

Pre Exercise Heart Rate
before Warm Up

Working Heart Rate

Immediate Post Exercise
Heart Rate

70

126

129

Recovery Heart
Rate at the
Following Intervals
(bpm)

1 Min

85

2 Min

82

3 Min

81

4 Min

78

5 Min

72

6 Min

Description of the Training Session

I kept my circuit the same as week 1. found in appendix two.

Were there any Changes or Adaptions made to this Training Session? Why?

No

Appendix Three: Personal Exercise Programme Training Record Form

Chosen Activity/Sport: Gymnastics

Chosen Method of Training:

Circuit

Number of Training Session:

7

Date:

Pre Exercise Heart Rate before Warm Up	Working Heart Rate	Immediate Post Exercise Heart Rate
70	128	129

Recovery Heart Rate at the Following Intervals (bpm)	<u>1 Min</u>	<u>2 Min</u>	<u>3 Min</u>	<u>4 Min</u>	<u>5 Min</u>	<u>6 Min</u>
	81	78	73	70		

Description of the Training Session

It was more challenging as I have spent more time at each station and changed some stations.

Were there any Changes or Adaptions made to this Training Session? Why?

Longer times to apply progressive overload and I have included tricep dips and press ups to help improve my muscular endurance

Appendix Three: Personal Exercise Programme Training Record Form

Chosen Activity/Sport: Gymnastics

Chosen Method of Training:

Circuit.

Number of Training Session:

9

Date:

Pre Exercise Heart Rate
before Warm Up

69

Working Heart Rate

129

Immediate Post Exercise
Heart Rate

132

Recovery Heart
Rate at the
Following Intervals
(bpm)

1 Min

80

2 Min

76

3 Min

71

4 Min

69

5 Min

6 Min

Description of the Training Session

I have kept the stations and time spent there the same to ensure reversibility doesn't take place.

Were there any Changes or Adaptions made to this Training Session? Why?

No.

Appendix Three: Personal Exercise Programme Training Record Form

Chosen Activity/Sport: Gymnastics

Chosen Method of Training:

Circuit.

Number of Training Session:

10

Date:

Pre Exercise Heart Rate
before Warm Up

67

Working Heart Rate

130

Immediate Post Exercise
Heart Rate

131

Recovery Heart
Rate at the
Following Intervals
(bpm)

1 Min

79

2 Min

77

3 Min

70

4 Min

67

5 Min

6 Min

Description of the Training Session

I found this session more challenging as I made some changes to further improve my flexibility.

Were there any Changes or Adaptions made to this Training Session? Why?

I used a small yoga block to elevate my front leg when at my splits station, making it much more challenging.

Appendix Three: Personal Exercise Programme Training Record Form

Chosen Activity/Sport: Gymnastics

Chosen Method of Training:

Circuit.

Number of Training Session:

12

Date:

Pre Exercise Heart Rate
before Warm Up

Working Heart Rate

Immediate Post Exercise
Heart Rate

65

130

132

Recovery Heart
Rate at the
Following Intervals
(bpm)

1 Min

74

2 Min

69

3 Min

65

4 Min

5 Min

6 Min

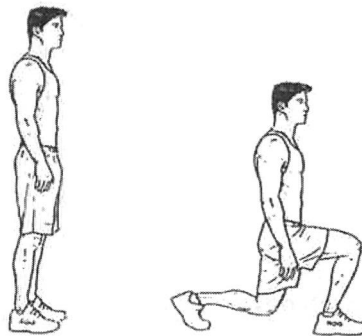
Description of the Training Session

This station was the most challenging as it was the longest and most intense

Were there any Changes or Adaptions made to this Training Session? Why?

I decided to repeat the whole circuit after I finished it to help achieve the best improvements and really challenge my body.

- Hamstring Stretch



- Bicep Stretch



Step Three – Specific Skill Practices

- Back Walkovers
- Forward Walkovers
- Handstand Pirouettes
- Spins
- Leaps
- Back Handsprings

I have these practices included in my warm up because they are light skills required in gymnastics that will prepare me physically and mentally for the more complex skills later to come in a training session.

Cool Down:

A cool down will gradually return my body to its normal temperature and resting heart rate. It will also prevent stiffness and soreness in my muscles, and get rid of any lactic acid.

Step One – Returning to Resting Heart Rate

- this can be done by doing simple light jog or walk



Step Two – Stretching

- You should spend 5 -10 minutes after exercise to stretch and relax your muscles. This will help to reduce stiffness as a later effect of your workout.



Step Three – Relaxation Exercises (meditation)

- Some may choose to mediate after exercise to relax your muscles further, and also your mind, after a workout. This allows you to be completely cool and calm after doing exercise.



