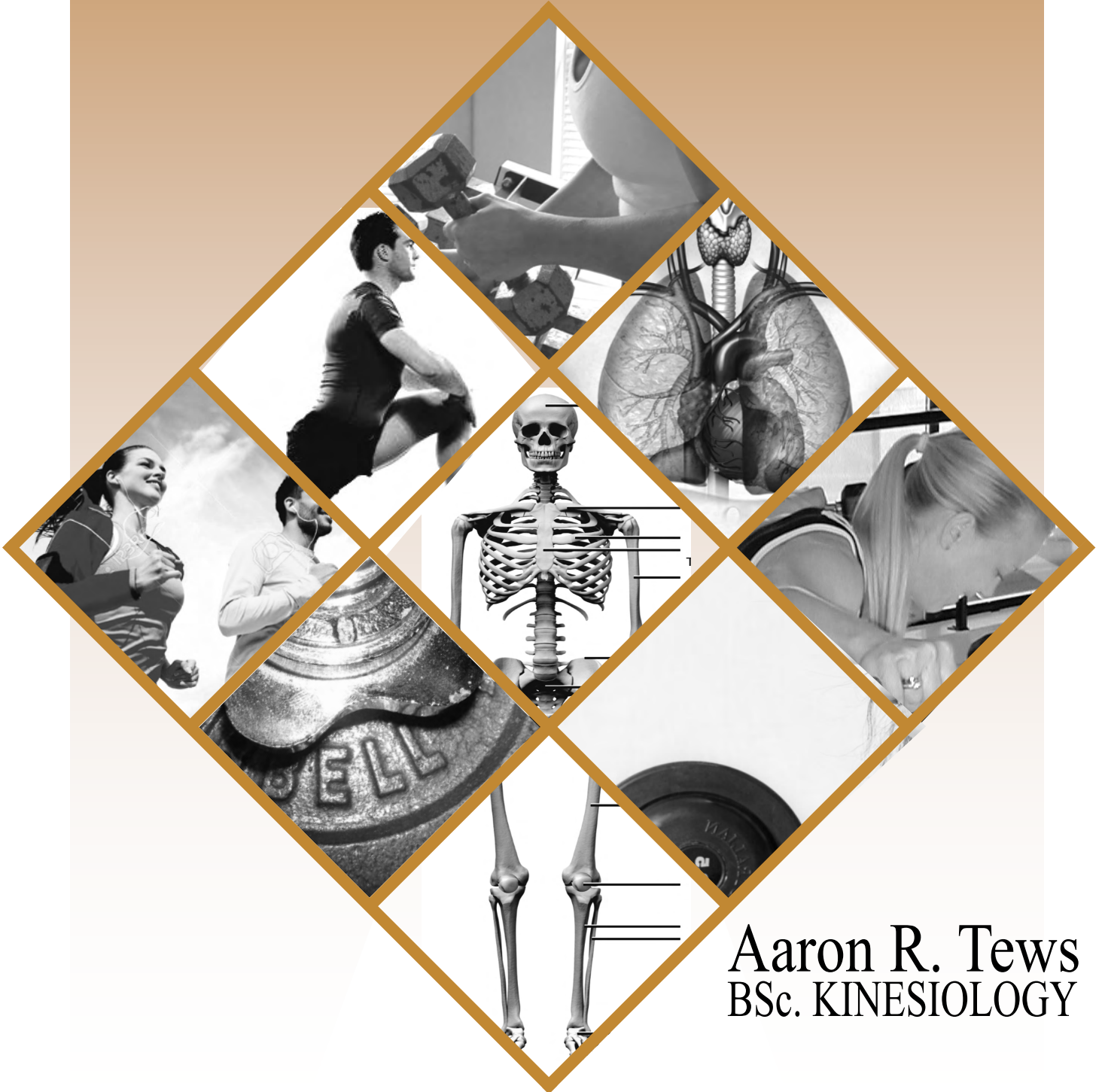


FITNESS THEORY MANUAL



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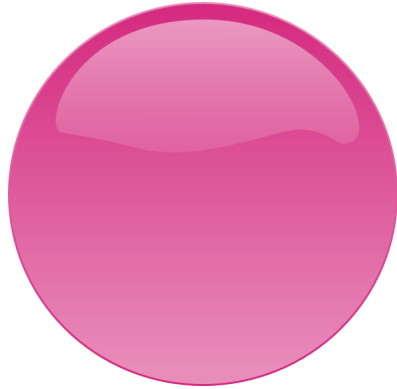


Table of Contents

Table of Contents

Chapter 1 - Introduction to Health & Fitness	1-1
• Brief History.....	1-2
• Obesity in Canada	1-3
• Leaders in Fitness.....	1-3
• Reasons to Train.....	1-5
• Key Terminology in Fitness.....	1-6
• Components of Physical Fitness.....	1-7
• Skill Related Components of Fitness	
• Holistic Approach to Health and Wellness	1-8
• Reasons to Train.....	1-8
• Training Goals	1-8
• Sedentary Lifestyles.....	1-8
• Becoming a Certified Trainer	1-9
Chapter 2 - Health & Fitness Basics	2-1
• Components of Fitness	2-2
• Anatomical Positions of the Body	2-3
• Anatomical Regions of the Body.....	2-3
• Directional Terms	2-4
• Monitoring Exercise Intensity	2-4
• Rate of Perceived Exertion (RPE) Scale	2-4
• BORG Scale.....	2-5
• PAR-Q or Physical Activity Readiness Questionnaire	2-6
• Four Essential Phases of Every Workout	2-7
• Common Exercise-Attributed Muscular Soreness	2-10
• Training Principles	2-11
• Resistance Training	2-12
• Regular Aerobic Training	2-13
• Interval Training	2-14
Chapter 3A - Human Anatomy - Skeletal	3A-1
• Human Skeleton.....	3A-2
• Composition of Bone.....	3A-2
• Axial Skeleton	3A-4
• Common Bones of the Body	3A-7
• Diseases of the Bones	3A-8
• Anatomy of the Knee	3A-8
• Common Injuries to the Knee	3A-10
Chapter 3B - Human Anatomy - Skeletal - Movements of Synovial Joints	
• Articulations (Joints) of Bones	3B-2
• Types of Articulations (Joints).....	3B-2
• Planes of the Body.....	3B-3

- Movements of Synovial Joints 3B-4
- Summary of Synovial Joints 3B-5
- Flexion and Extension 3B-6
- Abduction and Adduction 3B-8
- Definition of Basic Movements of Synovial Joints 3B-9
- Plantar Flexion 3B-10
- Inversion and Eversion 3B-10
- Circumduction 3B-10
- Supination and Pronation 3B-10
- Protraction and Retraction 3B-11
- Depression and Elevation 3B-11
- Rotation 3B-12
- Lateral Flexion 3B-13
- Shoulder Joint (Transverse Movements) 3B-14
- Hip Joint (Transverse Movements) 3B-15

Chapter 4 - Human Anatomy - Muscular4-1

- Muscles of the Human Body 4-2
- Skeletal Muscle 4-2
- Human Muscular System 4-3
- Human Anatomy - Muscular 4-4
- Muscle Actions 4-6
- Sliding Filament Theory of Muscle Contraction 4-7
- Delayed Onset Muscle Soreness 4-9
- Factors Affecting Strength and Force Development 4-9
- Detailed Muscular Anatomy 4-11
 - Anterior Compartment Muscles of Thigh 4-12
 - Posterior Compartment Muscles of Thigh 4-14
 - Anterior and Posterior Compartment Muscles of Lower Leg 4-16
 - Muscles of the Chest 4-18
 - Muscles of the Back 4-20
 - Muscles of the Arms 4-22
 - Muscles of the Shoulder - Deltoids 4-24
 - Muscles of the Shoulder - Rotator Cuff 4-26
 - Muscles of the Shoulder - Scapula 4-28
 - Muscles of the Abdominal Wall 4-30

Chapter 5 - Human Physiology5-1

- The Body's Sources of Energy 5-2
 - Forms of Energy 5-2
 - Energy Measurement 5-2
 - Sources of Energy 5-3
- ATP Production and Storage 5-4

Table of Contents

• Three (3) Sources of ATP Production.....	5-4
• Aerobic System.....	5-4
• Anaerobic Lactic System	5-6
• Anaerobic Alactic System	5-7
• Energy Systems During Exercise	5-7
• Classification of Skeletal Muscle Fibres	5-9
• Slow Oxidative (SO)	5-9
• Fast Oxidative Glycolytic (FOG)	5-9
• Fast Glycolytic (FG).....	5-10
• Neural Adaptations	5-10
• Morphological Adaptations.....	5-13
• Hypertrophy	5-13
• Hyperplasia.....	5-13
• Factors Influencing Muscle Mass Increases.....	5-14
• Connective Tissue Adaptations	5-14
• Bone Adaptations.....	5-14
• Physiological Process of Muscle Size Increases.....	5-15

Chapter 6 - Cardiovascular Physiology..... 6-1

• Cardiovascular System	6-2
• Anatomy of the Heart	6-2
• Components of the Heart.....	6-3
• The Cardiac Cycle.....	6-3
• Blood Flow through the Body.....	6-3
• Blood Pressure.....	6-4
• Blood Pressure Response to Exercise	6-7
• Cardiac Output.....	6-8
• Respiratory System (Lungs)	6-9
• Components of an Aerobic Exercise Program.....	6-10
• Warm-up	6-10
• Cool Down	6-10
• Exercise Mode	6-11
• Cardiovascular Exercise Classifications	6-11
• Frequency of Cardiovascular Exercise	6-11
• Duration of Cardiovascular Exercise	6-12
• Intensity of Cardiovascular Exercise and Heart Rate	6-12
• Methods of Measuring or Monitoring Intensity.....	6-12
• Rate of Perceived Exertion (RPE) Scale.....	6-12
• BORG Scale	6-13
• Talk Test.....	6-13
• Heart Rate Calculations.....	6-13
• Maximum Heart Rate (MHR)	6-13
• Standard Target Zone (MHR) Method	6-14

- Heart Rate Reserve (HRR) Method 6-14
- Edwards Age & Weight Predicted MHR Calculation..... 6-14
- Roberts & Landwehr Age Predicted MHR Calculation..... 6-15
- Resting Heart Rate 6-15
 - Resting Heart Rate (RHR)..... 6-15
 - Ambient Heart Rate (AHR)..... 6-16
 - Delta Heart Rate (DHR)..... 6-16
 - Factors Affecting Heart Rate 6-16
- Understanding Heart Rates and Cardiovascular Training Zones 6-16
- Three Stages of Cardiovascular Training Progression 6-17
- Cardiovascular Training Cautions..... 6-18
- Valsalva Maneuver 6-19

Chapter 7 - Principles of Conditioning 7-1

- Incorporating the Training Principles 7-2
 - Progressive Overload Principle 7-2
 - Specific Adaptations to Imposed Demands Principle (SAID)..... 7-2
 - FITT Principle 7-2
 - Rest Principle..... 7-2
 - Maintenance Principle 7-2
 - Sequencing Principle 7-3
 - Taper Principle..... 7-3
 - Ceiling Effect Principle..... 7-3
 - Warm-up and Cool-Down Principle 7-3
 - Priority Principle..... 7-4
 - KISS Principle..... 7-4
- Cardiovascular Training Equipment..... 7-4
- Resistance Training Equipment..... 7-6
 - Fixed Resistance Machines..... 7-6
 - Free Weights 7-7
 - Variable Resistance Equipment 7-8
 - Isokinetic Resistance Equipment..... 7-8
- Determining Training Loads with Resistance Training 7-9
 - Trial and Error Method..... 7-9
 - 1 Repetition Maximum (1 RM) Method..... 7-9
 - 1 Repetition Maximum (RM) Prediction Charts 7-9
- Grip Techniques & Hand Positions 7-10
- Ergogenic Training Aids..... 7-11
 - Weight Training Belts..... 7-11
 - Knee Wraps 7-12
 - Wrist Straps and Hooks 7-12
 - Chalk..... 7-13
- Exercise Rating System..... 7-13

Table of Contents

• Common Training Injuries	7-14
• Safety Considerations	7-14
• Shoulders	7-15
• Neck	7-15
• Lower Back	7-15
• Knees	7-16
• Elbows	7-16
• Wrists	7-16
• R.I.C.E. Method of Injury Treatment	7-17
• Injury Prevention Techniques	7-17
• Training Guidelines & Etiquette	7-18
• General Training Room Safety	7-19
• Spotting Safety	7-21
• Stretching & Flexibility	7-22
• Factors Affecting Flexibility	7-22
• Stretching and Activity	7-23
• Age / Gender and Stretching	7-23
• Stretching and Pregnancy	7-24
• Stretching and the Lack of Warm-up	7-24
• Stretch Reflexes	7-25
• Myotatic Stretch Reflex	7-25
• Inverse Myotatic Stretch Reflex	7-25
• Stretching Methods	7-26
• Static Stretching	7-26
• Dynamic Stretching	7-26
• Active Stretching	7-26
• Passive Stretching	7-27
• Ballistic Stretching	7-27
• PNF Stretching (Contract-Relax Stretching)	7-27
• Flexibility Development	7-27
• Elastic vs Plastic	7-27
• Basic Stretching Technique	7-28
• Flexibility and Performance	7-28
• General Training Stretches	7-29
• Physical Activity Guide to Healthy Living	7-30
Chapter 8 - Fundamentals of Kinesiology	8-1
• Biomechanical Principles: Lever System Overview	8-2
• Class I Lever	8-2
• Class II Lever	8-2
• Class III Lever	8-3
• Centre of Gravity (CoG)	8-3
• Base of Support	8-3

- Practical Application 8-4
- Posture 8-5
 - Upper Crossed Syndrome 8-7
 - Lower Crossed Syndrome 8-7
- Posture: Being in Alignment for Good Health 8-7
- Good Posture and Typical Postural Deviations 8-9
- Poor Postures 8-10
 - Kyphosis 8-10
 - Excessive Lordosis 8-10
 - Flat Back 8-10
 - Scoliosis 8-11
 - Head Forward Posture 8-11
 - Sway Back 8-12
- Chapter 9- Adherence, Motivation and Communication 9-1**
 - Factors Affecting Adherence 9-2
 - Motivation 9-3
 - Professional Leadership Qualities 9-3
 - Scope of Practice for BCRPA Trainers 9-4
 - Weight Training Leader 9-5
 - Personal Trainer 9-5
 - Group Fitness Leader 9-5
 - Methods for Enhancing / Maintaining Motivation 9-6
 - Intrinsic and Extrinsic Motivation 9-6
 - Motivating Participants - Group versus Individual 9-7
 - Communication 9-7
 - Stages of Relationship Building 9-8
 - Basics of Behaviour Change and Health Psychology 9-8
 - Principles of Behaviour Change 9-10
 - Adult Learner 9-11
- Chapter 10 - Basic Nutrition 10-1**
 - Basic Nutritional Considerations 10-2
 - Nutrients 10-2
 - Carbohydrates 10-2
 - Glycemic Index 10-7
 - Fats 10-8
 - Protein 10-9
 - Vitamins 10-12
 - Minerals 10-12
 - Water 10-13
 - Vegetarian Nutrition 10-14
 - Drugs 10-15

Table of Contents

- Steroids..... 10-15
- Eating Disorders..... 10-16
 - Bulimia 10-16
 - Anorexia Nervosa 10-16
- Canada Food Guide History (Pre-2019) 10-17
- Canada Food Guide 2019..... 10-18
- New Canada Food Guide Summary..... 10-19
 - Healthy Food Choices 10-19
- Reading Nutritional Labels..... 10-26
- Fat Loss Calculation 10-32

Chapter 11 - Body Composition and Special Considerations 11-1

- Body Composition..... 11-2
- Leading Causes of Weight Gain and Obesity..... 11-3
- Assessment of Body Composition 11-4
 - Body Mass Index 11-4
 - Metric Calculation Method 11-5
 - Easy Calculation Method (aka Imperial)..... 11-6
 - Waist to Hip Ratio 11-7
 - Skinfold Measurements 11-7
 - Bioelectrical Impedance..... 11-8
 - Hydrostatic Weighing..... 11-8
- Acceptable Body Fat Percentage 11-8
- Health Benefits of Being Physically Active 11-9
- Benefits of Physical Activity are Limited 11-9
- Health Risks Associated with Sedentary Lifestyle 11-10
- Energy Balance Equation 11-10
- Common Gym Myths 11-11
 - Muscle Weighs more than Fat..... 11-11
 - Muscle Turns to Fat when you Stop Exercising 11-12
 - It is Possible to Spot Reduce Fat 11-12
- FITT Principle as Applied to Special Populations 11-12
 - Diabetes..... 11-12
 - Osteoporosis..... 11-13
 - Low Back Pain 11-14
 - Arthritis..... 11-15
 - Older Adult..... 11-15
 - Children..... 11-16

Chapter 12 - Exercise Analysis and Practical Application..... 12-1

- Agonist and Antagonist Muscles..... 12-2
- Pairing of Agonist and Antagonist Muscles 12-3
- Synergist Muscles..... 12-4

- Exercise Analysis 12-4
 - **Concentric Movements** **12-5**
 - Dumbbell Biceps Curls 12-5
 - Push-ups 12-5
 - Trunk Curl or Sit-up 12-6
 - Lying Hamstrings Curl 12-6
 - Squat 12-7
 - Seated Row 12-7
 - Supinated Chin-up 12-8
 - Dumbbell Shoulder Press 12-8
 - Lunge 12-9
 - Leg Press 12-9
 - **Eccentric Movements** **12-10**
 - Dumbbell Biceps Curls 12-10
 - Push-ups 12-10
 - Trunk Curl or Sit-up 12-11
 - Lying Hamstrings Curl 12-11
 - Squat 12-12
 - Seated Row 12-12
 - Supinated Chin-up 12-13
 - Dumbbell Shoulder Press 12-13
 - Lunge 12-14
 - Leg Press 12-14
- Contraindicated Exercises and Stretches 12-15
 - Unsupported Bent-over Row or Posterior Deltoid Flyes 12-15
 - Flutter Kicks 12-15
 - Upright Row to Clavicle 12-16
 - Prone Back Extension with Arms and Feet off Floor 12-16
 - Burpee 12-16
 - Mountain Climbers 12-17
 - Lat Pulldown behind Head / Neck 12-17
 - Seated or Standing Barbell Shoulder Press behind Head / Neck 12-17
 - Straight (Stiff) Leg Deadlift 12-18
 - Bench Dips 12-18
 - Seated Leg (Knee) Extension 12-18
 - Seated Adduction and Adduction Machine 12-19
 - Hurdler's Stretch 12-19
 - Kneeling Double Quadriceps Stretch 12-19
 - Standing Floor Touch Stretch (Standing Hip Flexion) 12-20
 - Yoga Plow Stretch 12-20
 - Dynamic Neck Rolls Stretch 12-20
 - Donkey Kicks Exercise 12-21
 - Deep Squats and Starbursts 12-21



Table of Contents

- Deep Knee Lunges 12-21
- Windmills..... 12-22




fitness theory manual

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Chapter 1 - Introduction

Brief History

The physical activity in our daily lives has significantly decreased in the last half century. In some cases, our physical activity has been all but eliminated. We no longer have to fight or work physically for our food. Instead, we fight our way through traffic in our vehicles to go to the grocery store.

Since the 1900's, the amount of physical activity in the average person's life has decreased by approximately 50%. In fact, today we are less than 1% as active as our early ancestors and as a result, suffer from hypokinetic (lack of movement) diseases. In the 1960's, people began dying from heart disease in epidemic proportions due to sedentary lifestyles, over-fatness, high blood pressure, and mental stress. Regular physical activity was not prescribed as the treatment for heart disease in the sixties. The 1970's represented an era dependent upon doctors to make people well. Doctors developed treatments for the *symptoms* of health problems - heart transplants, bypasses, angioplasty, angiograms, pacemakers, blood pressure medication - instead of finding *solutions* to the health crisis. In the 1980's and through the 1990's, the healthy lifestyle concept emerged. To promote healthy lifestyles, phrases such as 'you are what you eat' and 'healthy body, healthy mind' were used in advertising and fitness slogans. Today, regular physical activity is recommended as a treatment for problems ranging from chronic fatigue and fibromyalgia to stress and diabetes.

There is some good news from the British Columbia Ministry of Health - the government would like to see individuals supported in their efforts to maintain and improve their health through health promotion and disease prevention. Some of the strategies are:

- Work with health authorities, family doctors, primary care providers, community partners and others to advance the health of women and children through comprehensive and effective programs and services.
- Support communities, including schools, workplaces and municipalities, to strengthen healthy living opportunities with a focus on healthy eating, physical activity, reduced salt and sugary drink consumption, tobacco reduction and responsible alcohol use in order to reduce childhood obesity and the prevalence of chronic disease.
- Support families and individuals to invest in their own health through programs and incentives that lead to healthy lifestyle choices.
- Provide supports for older people and frail seniors, including supports to prevent falls and injuries, and to promote independence.
- Improve health outcomes for Aboriginal people and communities and provide culturally safe health services to all Aboriginal people in British Columbia.
- Protect the health of families and individuals, and support healthy communities through policies and programs such as food safety and drinking water quality practices.

British Columbia's leads the country in a number of health indicators including:

- Highest life expectancy at birth
- Lowest mortality rate from heart attack, stroke and all cancers
- Lowest incidence rate for cancer
- Lowest smoking rate
- Lowest obesity rate

Source: Statistics Canada

Obesity in Canada

As of 2017, research done by the Public Health Agency of Canada has reported that 64% of Canadian adults over the age of 18 are overweight or obese, and 60% of children aged 5-17 are overweight or obese. An independent study in the same year by Renew Bariatrics, a bariatric center for obesity treatment in the United States and Canada, reports 650 million adults and 135 million children and adolescents as obese. In children, obesity has substantially increased between 1978 and 2017, with obesity rates in children increasing from 23% to 30%. As of 2016, 16% of British Columbians are obese, making it the province with the lowest rate of obesity in Canada.

Since 1979, the rates of childhood obesity have tripled. According to the Public Health Agency of Canada in 2017, 60% of children aged 5-17 are overweight or obese. As a result of this increase, childhood obesity places children at a higher risk of developing health problems ranging from asthma, Type-2 diabetes, high blood pressure, and depression. This risk remains elevated throughout adulthood.

The economic and psycho-social costs of obesity continue to increase. The prevalence of obesity in Canadian adults is expected to continue to increase over the next 20 years. Healthcare cost of obesity, which includes physician, hospitalization and medication costs, is estimated to be between \$5 billion and \$7 billion yearly. This cost is projected to rise to nearly \$9 billion by 2021. This estimate only accounts for healthcare costs related to obesity and does not account for productivity loss and reductions in tax revenues.

Leaders in Fitness

Over the years, many people have promoted the endless benefits of regular physical activity. This could be considered a very subjective list. In particular:

Dr. Kenneth Cooper wrote the book 'Aerobics' and, in so doing, coined the term used to describe the activity so many are involved in. Dr. Cooper promoted the importance of physical fitness and became respected in the process.

Bonny Pruden introduced the concept of combining exercising and music together.

Jane Fonda has been credited with starting the whole fitness video craze although her old videos lacked some important concepts of fitness safety (e.g. the danger of ballistic stretching). Ms. Fonda has literally sold *millions* of fitness videos.

Charles Atlas (born Angelo Siciliano) has long been associated with the mail-in fitness course advertising campaign in magazines and comic books. Remember the ads - skinny kid gets sand kicked in his face, takes Atlas' course, beats up

Chapter 1 - Introduction

bully and reunites with girl? This ad gave every young boy hope of becoming a man that nobody would mess around with – a concept many ads today use to sell products!

Arnold Schwarzenegger is responsible for mainstreaming strength training and bodybuilding. What else can really be said about this legend?

Marc LaLonde, the Honourable Minister of Health, published a book in the 1970's titled *A New Perspective on the Health of Canadians*. In the book, the Canadian government recognized that the medical profession was not providing the needed approach to health. The book's focus was on the prevention of disease as opposed to the medical profession's treatment of disease.

PARTICIPACTION was a positive health related advertising campaign that began in the 1970's and had a major impact on Canadians. One of the early promotions equated the "average 30 year old Canadian at the same fitness level as a 60 year old Swede."

Jillian Michaels, a personal trainer on the TV show *The Biggest Loser*, has been an influential figure in health and fitness. She not only focuses her energy on helping overweight people eat healthier and exercise, she also has workout videos as well as speaking engagements. Because she suffered from obesity herself, she understands where people are coming from and the challenges people are facing when it comes to exercise, eating healthy and enjoying life. She realizes that along with physical workouts, people must conquer their emotional issues. She helps people understand themselves and what led them to their obesity or their inactivity. Once this understanding is there, they can move towards a healthier lifestyle.

Beto Perez, is the creator of Zumba Fitness, a Latin inspired dance fitness program. The goal behind Zumba "is to spread the philosophy of health & happiness and loving everything you do, especially your workout!" Beto created Zumba in 2001 and now over 6 million people participate in this fitness program all over the world. Zumba has helped millions reach their fitness goals.

Mark Sisson was a pioneer in the field of Paleo / Primal nutrition and exercise practices which have now garnered major public acclaim and support from the scientific community. The trends of modified Paleolithic eating and minimum effort, maximum gain training have proven effective for millions and Mr. Sisson did much to foster this movement.

Michelle Obama created the "Let's move" initiative to teach children the importance of eating healthy and staying active. She has been recognized as a children's health advocate as she has been bringing awareness to childhood obesity all across America through her lets move initiative. She provides parents and children with helpful information and tips to living a healthier life. She also provides schools with healthier foods as well as encouraging physical exercise.

Greg Glassman and Lauren Jenai founded **CrossFit, Inc.** in 2000. It has been promoted as an exercise philosophy crossed with a competitive sport. Crossfit incorporates many fitness elements such as high-intensity interval training

(HIIT), Olympic-weightlifting, plyometrics, powerlifting, gymnastics, and calisthenics. In an article in the *Globe and Mail* (January 11, 2008), Dr. McGill was quoted saying the risk of injury from some CrossFit exercises outweighed the benefits when they are performed with poor form in timed workouts. There are inherent risks with all activities, but increases with high-risk activities. There is a definite crossfit dichotomy - you are either a believer in crossfit or are anti-crossfit.

Scientific research has debunked myths surrounding current fitness training. For example, scientific evidence has proven that flexibility can be maintained and even improved if a proper strength training program is coupled with a stretching program. In addition, scientists have proven that any sports performance for professional and recreational athletes can be improved when a well designed training program is followed.

Since the scientific research community has become interested in fitness training, findings have resulted in dramatic facility and equipment improvements. Dark, damp basements with old rusted steel plates and poorly designed aerobic equipment has given way to bright and modern facilities with fully computerized equipment. As well, the trial and error method of training has been replaced with university graduates applying modern scientific training principles to produce safe and effective training programs. Fitness training instructors however, must strive to continually improve training techniques through practice and by keeping up to date with the current *scientific* literature.

It is important, as an instructor, to remember that the reason for training is to improve personal health. People should be treated as individuals and their training program design should be based on the premise of individuality. Generic resistance training programs only reflect the lack of imagination, training and skill of a certified instructor.

As more scientific research is conducted in the area of resistance training, many theories and ideas will change. Even current scientific information has more than one theory to explain certain biological processes. For example, there are two theories which attempt to scientifically explain the process of muscle size increases - Hyperplasia Theory and the Hypertrophy Theory (more detail in Chapter 5). This book does not attempt to dictate what theories or methods should be accepted, but attempts to provide unbiased information, enabling the certified fitness instructor to make his or her own decision.

Reasons to Train

Millions of people are training, but what are their reasons for doing so? People train for improvements in general health, visual impact, injury prevention, injury rehabilitation, and athletic improvement.

Specifically, improving general health through training will make everyday efforts easier to perform, improve job performance in physical jobs, make you look and feel better (very closely related), decrease the chance or severity of an injury, shorten the recovery time from surgery or injury, improve coordination, increase mobility and range

Chapter 1 - Introduction

of motion, and regain muscle balance, foster healthy growth and development, prevent chronic diseases like cancer, Type-II diabetes and heart disease, increase energy, decrease stress, and extend independence when entering the later years.

It is important to train both efficiently and effectively, and to avoid injury. For training programs to be effective and efficient, it is wise to follow certain guidelines (Figure 1-1: Guidelines for Sensible Training). Guidelines are *suggestions* for sensible training only - certain training regimes will require a variation of these guidelines.

Key Terminology in Fitness

It is important to understand the definitions when it comes to fitness and exercise.

Physical Activity is

defined as “any bodily movement produced by skeletal muscles that requires energy expenditure.” Regular physical activity reduces risks of developing hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer, depression and increasing the risk of falls. Physical activity should not be interchanged with the term “exercise”. Physical activity is often classified as occupational, leisure time or household. It is done as part of playing, working, active transportation, household chores and recreational activities. Examples of physical activity are walking to the office, folding laundry, taking the stairs, gardening, stocking shelves, riding a bike to work or mowing the lawn.

Figure 1-1: Guidelines for sensible training.

Establish strength training goals. Be aware of what is to be accomplished through the training program - lose weight, improve muscular strength, muscular power and/or muscular endurance, get huge, rehabilitate an injury or improve cardiovascular fitness.

Engage in an effective and efficient training program. Ensure the program is based upon scientific principles, time and energy are not wasted, exercises are appropriate, and training equipment (modality) is appropriate for ability and knowledge.

Safety must be of utmost concern. Perform exercises that do not hurt. Be sure to have medical clearance before beginning an exercise program. When unsure, err on the side of caution. Perform exercises properly - technique, technique, technique!

Have a fitness assessment prior to beginning a training program. An assessment sets your fitness baseline and determines weak and strong areas. Do not have assessments too regularly to avoid discouragement when dramatic results slow down.

Aim for total fitness. Strength training is only one area of overall fitness. Remember to train for cardiovascular fitness, muscular strength, muscular endurance, and flexibility. Be well balanced!

Develop sound nutritional habits. If you do not eat sensibly, results will be slow. Remember that you are what you eat!

Avoid over-training. Too much too soon makes exercise uncomfortable and decreases interest. Over-training decreases performance and slows results. Exercise should be enjoyable and not feel like a contest.

Keep a training journal. A detailed training journal will help evaluate a program's effectiveness. In times of plateaus, a journal may serve as an excellent motivator!

Train for the health of it! If driving to a gym across town takes up lots of time and raises stress levels think about exercising at home. Exercise for the health benefits. Make exercise a lifestyle component.

Ensure your strength training program is enjoyable. A boring training program results in, well, boredom! A professionally designed program is creative, maintains interest levels, and is safe and effective.

Physical Exercise. Movement performed in a scheduled, consistent manner.

When engaged in regular physical exercise, there is a potential to increase the level of overall physical fitness.

Hypokinesis. A general decrease in muscular function or movement from a sedentary lifestyle and lack of physical activity.

Physical Fitness. The state of general well-being, physically sound and healthy along with mental stability. There are four (4) components of physical fitness related to health and overall well-being - cardiovascular fitness, muscular strength, muscular endurance, and flexibility. Training programs are designed to change specific components of physical fitness and each component will be examined in detail throughout the book.

Four (4) Components of Fitness. These components will be discussed in detail throughout the course and specifically in Chapter 2.

1. **Cardiovascular Fitness**
2. **Muscular Strength**
3. **Muscular Endurance**
4. **Flexibility**

Anaerobic Power. The amount of work performed in a specific amount of time (usually maximal) anaerobically (without oxygen).

Anaerobic Capacity. The ability to perform high-intensity anaerobic (without oxygen) activities (i.e. HITT Training).

Six (6) Skill Related Component of Fitness. These skill related components will be discussed in detail throughout the course and specifically in Chapter 2.

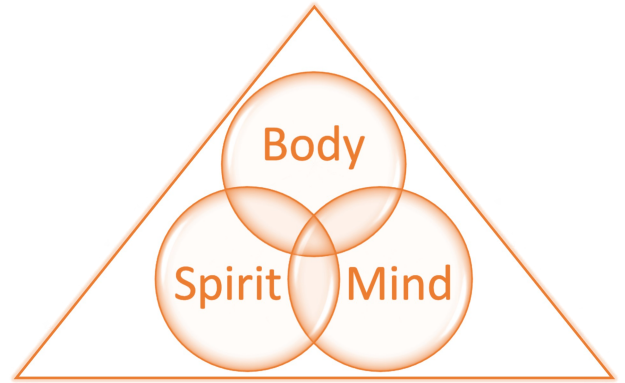
1. **Speed**
2. **Agility**
3. **Reaction Time**
4. **Coordination**
5. **Balance**
6. **Power**

Holistic Approach to Health Wellness

The common approach to health and wellness these days often referred to as the holistic health approach which addresses not only the physical body, but also the mind and spirit (Figure 1-2). The spirit or spiritual aspect does not specifically mean religious - it is referring more to the essence of who you are as an individual.

The holistic approach views the physical body, mind and spirit as intertwined components. Examples of each category are included in Table 1-1.

Figure 1-2: Holistic approach.



Reasons to Train

Millions of people are training, but what are their reasons for doing so? People will train for improvements in general health, visual impact, injury prevention, injury rehabilitation, and athletic improvement.

Specifically, improving general health through training will make everyday efforts easier to perform, improve job performance in physical jobs, make you look and feel better (very closely related), decrease the chance or severity of an injury, shorten the recovery time from surgery or injury, improve coordination, increase mobility and range of motion, and regain muscle balance.

Training Goals

Once the purpose for training is established, it is important to determine specific training goals. Training programs can be designed to improve the overall fitness components or skill related components.

It is important to train both efficiently and effectively, and to avoid injury. For training programs to be effective and efficient, it is wise to follow certain guidelines (Figure 1-1: Guidelines for Sensible Training). Guidelines are *suggestions* for sensible training only - certain training regimes will require a variation of these guidelines.

Sedentary Lifestyles

A sedentary lifestyle is a type of lifestyle involving little or no physical activity. A person living a sedentary lifestyle is often sitting or lying down while engaged in an activity like reading, socializing, watching television, playing video games, or using a mobile phone/computer for much of the day. A sedentary lifestyle can potentially

Table 1-1: Examples of body, mind and spirit.

Body	Mind	Spirit
Exercise	Education	Love
Nutrition	Career	Family & Friends
Fresh/Clean Air	Personal Interests	Meditation
Personal Care	Hobbies	Socializing
Recreation	Intellectual Pursuits	Inner Peace

contribute to ill health and many preventable causes of death. People that sit still more than 4 hours per day have a 40 percent higher risk than those that sit fewer than 4 hours per day. However, those that exercise at least 4 hours per week are as healthy as those that sit fewer than 4 hours per day.

Screen time is a modern term for the amount of time a person spends looking at a screen such as a television, computer monitor, or mobile device. Excessive screen time is linked to negative health consequences. Pre-pubescent children should not have more than 2 hours per day of screen time.

The health risks associated with

inactivity or a sedentary lifestyle are heart disease, obesity and related issues, high blood pressure, maturity onset diabetes (Type-II) and stroke.

Although many health risks are associated with a sedentary lifestyle, there are controllable and uncontrollable risk factors. It is also wise to remember the benefits of physical activity are limited - heredity plays a significant role. For example, being physically active will not cure diseases such as rheumatoid arthritis or liver disorders, but being in shape will allow your body to work at an optimal level. Table 1-2 identifies some of the controllable and uncontrollable risk factors:

Table 1-2: Controllable and Uncontrollable risk factors.

Controllable	Uncontrollable
Smoking	Gender (Male / Female)
Physical Inactivity	Age
Stress	Genetics
Eating Habits	Environment
Hypertension	Race and Ethnicity
Alcohol consumption	Family history
High LDL ('bad' cholesterol)	
Low HDL ('good' cholesterol)	
Uncontrolled diabetes	

Becoming a Certified Trainer

There are many choices for certifying bodies for trainers. Every province has their own distinct certification in Canada. Within each province, there are also many other fly-by-night companies. Like any other educational pursuits, it is buyer beware. It is highly recommended a person interested in becoming a certified trainer ask friends and companies they would like to work at for their recommendations. For example, in British Columbia, community recreation centres recognize the British Columbia Recreation and Parks Association (BCRPA) certification as the Gold Standard. You may be hired with another recognized certification, but BCRPA certified trainers are first choice due to the testing and insurance standards.

In addition to the BCRPA, here are a few other fitness training certifying bodies:

- **ACE (American Council on Exercise)** offers several health and fitness

Chapter 1 - Introduction

certifications. Many BCRPA certified personal trainers successfully challenge and pass the ACE exam.

- **ACSM (American College of Sports Medicine)** is one of the oldest and well recognized personal training certifications (1954) in North America. There are many fitness certification streams you can take through this certifying body.
- **AFAA (Aerobics and Fitness Association of America)** claims to be the world's largest fitness educator - certifications in 73 countries.
- **AFPA (American Fitness Professionals and Associates)** does not have any prerequisites for their personal training certification. Some consider the AFPA-CPT designation one of the easiest to obtain. Additional specialty certifications are offered.
- **ISSA (International Sports Sciences Association)** is recognized for their home study and online based personal training certification programs. Claims to have be in 91 countries worldwide.
- **NASM (National Academy of Sports Medicine)** specializes in the personal trainer designation. To become an NASM-CPT, you must be 18-years old (for insurance purposes), and successfully pass a two hour examination. NASM offers many specialty certifications as well.
- **NESTA (National Endurance & Sports Trainers Association)** has certified trainers in more than 20 countries. A prospective trainer must be at least 16 years old which is appealing to many young trainers. Insurance in Canada may be difficult to obtain after completion.
- **NSCA (National Strength & Conditioning Association)** has long been recognized for their Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (NSCA-CPT) designations. NSCA is often considered one of the most recognized personal trainer certifications in the fitness industry. It is also one of the most difficult certifications to earn and requires a 4-year college degree.

With all the certifications and associations available, what separates the BCRPA certification from the others? There are several determining factors.

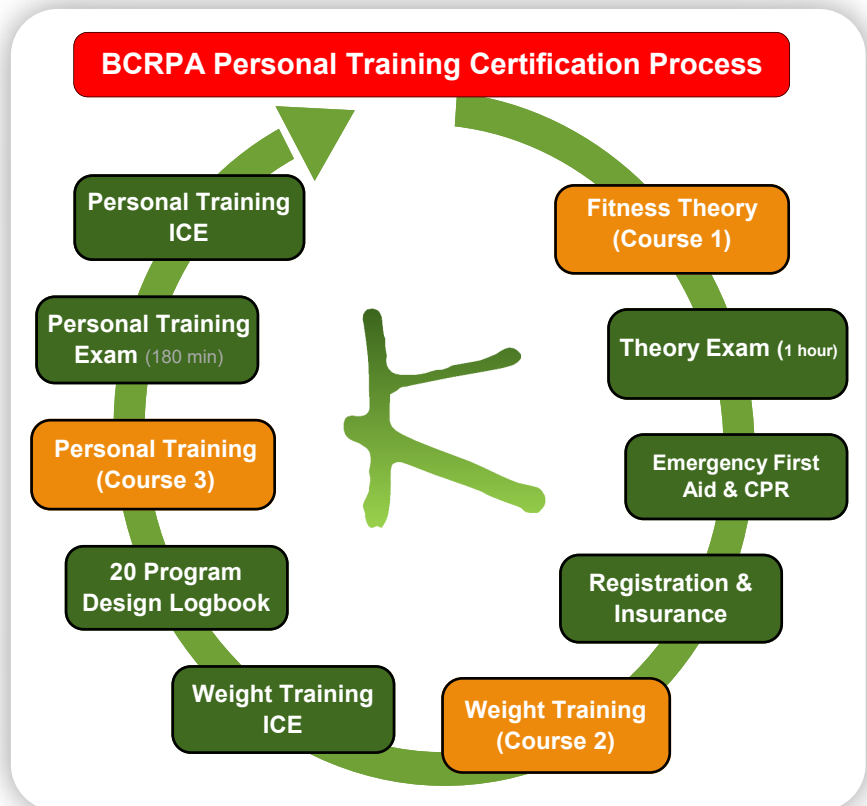
The **PROS** of registering with BCRPA:

- All courses are available separately which means you do not have a huge outlay of money. Each course can typically be paid for individually.
- There are practical-based exams for all specialty modules (i.e. weight training, group fitness, yoga, aqua-fitness, personal training) called an ICE (Instructor Competency Evaluation). The BCRPA is the *only* certification body which evaluates practical courses with a practical exam - all others offer written exams only. The benefit of this approach - those good at writing exams must also demonstrate competency of the course material in front of an evaluator. For example, to be recognized as a weight training instructor through BCRPA, your ICE would require you to:

- Demonstrate your ability to guide a new client through a warm-up,
- Answer 10 fitness based question verbally,
- Demonstrate competency instructing 10 typical weight training exercises (i.e. seated row, chest press, shoulder press, calf raises),
- Once registered with BCRPA, following successful completion of the provincial fitness theory exam, additional courses and specialty modules may be added at any time.

- The Fitness Theory Exam is provincially recognized and cannot be modified or written without following strict exam writing protocol. This insures exam integrity.

- The exam can be written at anytime of the day and any day of the week. However, registration is required through the U.S. based company, proctoru.com. The BCRPA is now offering the exam at their office in Vancouver on limited dates throughout the year.



- Training insurance is relatively inexpensive compared to other associations. The BCRPA insurance is offered through HUB International Insurance and classed as a 'group' insurance policy - all insured trainers pay into a single policy.
- The BCRPA certification is nationally recognized (additional insurance is required).

The **CONS** of registering with the BCRPA:

- The certification process and requirements is not well outlined on the BCRPA website.
- The BCRPA is often very hard to contact or to get a response to a question.
- The required online exam passing score is currently set at 80% (48 / 60).
- You must be computer savvy to understand the BCRPA registration process. The

Chapter 1 - Introduction

BCRPA is ultimately in control of registration, however, they created an additional website called thefitessregistry.com where all personal and certification information is maintained.

- You must be computer savvy to understand the proctoru.com exam writing process and get your computer ready to write the exam.

CHAPTER 2

Health & Fitness Basics



Components of Fitness

It is important to understand the components of physical fitness in relation to health and overall well-being. General health and well-being is dependent on a balance of the four fitness components, including cardiovascular fitness, muscular strength, muscular endurance and flexibility. In some literature, body composition is considered a fifth component of fitness.

The four (4) components of physical fitness are as follows:

1. **Cardiovascular Fitness.** This component is defined as the efficiency of the heart, blood vessels, blood, and circulatory system to supply fuel, specifically oxygen, to the muscles during sustained physical activity. A 'fit' person is able to endure physical activity or exercise for relatively long periods of time without undue stress than an 'unfit' person. The measure of cardiovascular fitness is via $VO_2\text{max}$ or the volume of oxygen (in milliliters) transported throughout the body per kilogram of body weight per min (ml / kg / min). $VO_2\text{max}$ for an individual may be determined via a sub-maximal or a maximal effort assessment.
2. **Muscular Strength.** This component is defined as the force a muscle or muscle group is able to exert against a resistance in one maximal effort. It is also referred to as a maximum voluntary contraction (MVC). This is important for such activities as competitive weight lifting. *Muscular Power* is defined as the ability to exert a maximal force in as short a time as possible, as in accelerating (100m sprint), jumping (high jump) and throwing implements (discus and javelin). While strength is the maximal force you can apply against a load, power is proportional to the speed at which you can apply this maximal force.
3. **Muscular Endurance.** This component is defined as the ability of a muscle or muscle group to perform 2+ contractions over an extended period of time. In contrast to muscular strength, muscle endurance is characterized by 2 or more repetitions.
4. **Flexibility.** This component is defined as the range of motion about a joint. It is affected by muscle length, joint capsule and other factors. A flexible person can move the body through a full range of motion at work and play without injury. Note, stretching is the *process* of improving range of motion (ROM) or flexibility.

Fitness training programs are designed to change help improve the specific components of physical fitness. Some literature includes a 5th component - Body Composition.

5. **Body Composition.** This component is the proportion of lean mass or muscle to fat mass of the body. The fat mass is measured as a percentage of body weight.

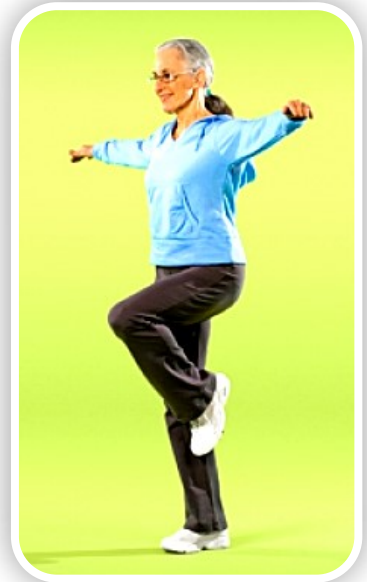
Body composition is not typically considered one of the primary components of fitness as a person cannot go to the gym and specifically train "body composition." A

person could train body composition indirectly, but not directly. For example, a person does not go to the gym and train 'body composition,' but rather trains a combination of the four components of fitness which cause a change to a person's composition.

Six (6) Skill Related Component of Fitness

The six (6) skill related components of fitness include:

1. **Speed:** the distance a person moves in a specific period of time.
2. **Agility:** the accuracy and speed a person is able to change direction and includes the aspects of acceleration, deceleration and stabilization.
3. **Reaction Time:** speed at which a person may react to a stimulus.
4. **Coordination:** ability to move two or more body parts under control, smoothly and efficiently (i.e. golf swing)
5. **Balance:** ability to remain upright or stay in control of body movement. There are two types of balance: *static* (without movement) and *dynamic* (with movement).
6. **Power:** the ability to move weight with speed. Power in the body is explosiveness.



Anatomical Position

The anatomical position is where the hands/palms are facing forward and the feet are together. The most famous picture of the anatomical position is a drawing by Leonardo da Vinci around 1490 called the Vitruvian Man. It is from this position all movements are described.

