



Project | SEARCH®


HealthMattersProgram.org



Lesson 3: Different Types of Exercise
(Refer to Health Matters: Lessons #3 & #5)

STEP ONE: Pre-Planning/Pre-Activities:

STEP TWO: The Lesson Plan

STEP THREE: Instructor Reflection

Appendices & Additional Resources

Lesson 3: Different Types of Exercise (Refer to HealthMatters Lessons #3 & 5)	Total Activities: 1	Date and Location: (Instructor should enter the date or time of year presented to the interns.)
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STEP ONE: Pre-Planning/Pre-Activities:

Implementation Time Frame: This lesson is still an introduction to physical activity and should be used closer to the beginning of the year to provide a foundation for the rest of the lessons.

- Notes to Instructor**
- Address “Just Right Challenge” for skill layering and other opportunities for high expectations
 - Reference jobs / employment: competitive integrated employment (16+ hours, etc.)
 - Build in Critical Thinking Questions and higher-level projects whenever possible

Lesson Plan Summary: This lesson focuses on the different types of exercises and what they do for our bodies. It reviews the physical activity recommendations for adults, provides an opportunity for interns to practice simple exercises and begin to think about how exercises will help their bodies.

Glossary:

Different types of exercises:

Flexibility Exercises: stretch your muscles and can help your body stay flexible. These exercises may not improve your endurance or strength but being flexible gives you more freedom of movement for other exercise as well as for your everyday activities. It may also help you avoid discomfort when confined in a space for a long period of time (like a long meeting or a plane flight). The best time to do flexibility exercises is when your muscles are already warm so they can stretch farther without tightness or pain. If you’re doing only stretching exercises, warm up with a few minutes of easy walking first to warm up your muscles. If you’re doing endurance or strength exercises, stretch after, not before.

(American Heart Association: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/flexibility-exercise-stretching>)

Balance Exercises: like the name, improve your balance. This will help you build the muscles that stabilize your body and prevent you from falling. Having good balance is important for many activities we do every day, such as walking and going up and down the stairs. Often, we are not fully aware that we may have weak balance until we try balance exercises.

(American Heart Association: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/balance-exercise>)


Aerobic/Cardiovascular (Endurance) Exercises: includes activities that increase your breathing and heart rate such as walking, jogging, swimming, biking and jumping rope. Endurance activity keeps your heart, lungs and circulatory system healthy and improves your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

(American Heart Association: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/endurance-exercise-aerobic>)

Strength Building/Resistance Exercises: Strengthening your muscles gives you the ability to perform everyday activities and helps protect your body from injury. Stronger muscles also lead to a boost in your metabolic rate, which means you’ll burn more calories even when your body is at rest. Increased strength of bones, muscles and connective tissues (tendons and ligaments), lower risk of injury; and increased muscle mass, which makes it easier for your body to burn calories and thus maintain a healthy weight.

(American Heart Association: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/strength-and-resistance-training-exercise>)

<p>Prior to this training the instructor/skills trainers should complete the following:</p> <ul style="list-style-type: none"> ● Create excitement with the interns by sharing information about the content. ● Remind interns to bring appropriate clothing for exercise. ● Practice the exercise activities to properly assist the interns. <p>Prepare the location:</p> <ul style="list-style-type: none"> ● Ensure the AV is on site and working ● Prepare the training room if necessary to ensure enough space for interns to move freely. 		
<p>Who Should Present / Attend the Training?</p> <p>Instructor:</p> <ul style="list-style-type: none"> ● Present the lesson ● Prepare the training room with a whiteboard/poster and technology for video <p>Skills Trainers:</p> <ul style="list-style-type: none"> ● Work with one or more small groups of the interns during the lesson. ● Apply the lesson material in the internship rotation 		
<p>What you will need: Materials & Resources</p>		
<p>Handouts:</p>	<p><u>From Health Matters Curriculum:</u></p> <ul style="list-style-type: none"> ● Recharging Through an Exercise Program and Common Exercise Techniques (Lesson #3) ● Tips: Stretching (Lesson #3) ● Stretches (Lesson #3) ● Aerobic Exercise Activities (Lesson #5) ● Balance Exercises: Anytime/Anywhere (Lesson #5) <p><u>Other:</u></p> <ul style="list-style-type: none"> ● What do different exercises do for my body CHART? (See Appendix A) ● What do different exercises do for my body SLIDES? (PowerPoint included in folder for this lesson) <p><u>Infographic:</u></p> <ul style="list-style-type: none"> ● 4 different types of exercise PDF (See Appendix B) ● How Much Physical Activity Do You Need? PDF (See Appendix C) 	
<p>Enduring Understandings</p>	<p>Have each intern create an exercise plan (that works for their goals and schedules) that meets the physical activity recommendations for adults.</p> <ul style="list-style-type: none"> ● 150+ moderate intensity aerobic activity OR 75 minutes of vigorous aerobic activity ● Strengthening activities 2x per week. 	
<p>Mastery Objectives</p>		
<p>Knowledge →</p> <p>What will they know as a result of the training?</p>	<p>Skills →</p> <p>What will they be able to do because of the training?</p>	<p>Check for Understanding / Evaluation</p> <p>What will the Instructor ask/do to determine interns' level of understanding? How can the intern demonstrate their level of understanding</p>
<p>1. Interns will identify different types of exercises.</p>	<p>1. Interns will be able to perform exercises from each category of exercise.</p>	<p>1. Interns will be able to identify which part of their body an exercise target. (general terms: leg, arms, core and etc.)</p>

<p>2. Interns will be able to name specific exercises (i.e., squats, push-ups, planks and etc.).</p>	<p>2. Interns will be able to participate in exercises that are demonstrated.</p>	<p>2. Interns will be able to identify what category of exercise a specific activity/exercise is.</p>
<p>3. Interns will be able to give examples of each type of exercise.</p>	<p>3. Interns will be able to simply explain the benefits of each type of exercise.</p>	<p>3. Interns will be able to list at least 2 exercises that will help them in their internship and how.</p>
<p>Boundary Spanning</p> 	<p>This would be a great opportunity to reach out to your host business employee wellness department to see if there is a professional/expert that can lead your interns through some exercises. A community partner/instructor from a local gym/YMCA would be a great resource as well.</p> <p>Boundary spanning plays an important role in achieving successful Project SEARCH outcomes. Each program is made up of partners from different organizations with unique roles, backgrounds, knowledge, resources, and connections. The instructor can span existing internal and external boundaries of these organizations to collaborate most efficiently and effectively. The primary task of boundary spanning is to integrate the work and resources of multiple fields/organizations/groups/people to best meet the needs of the program and the interns. Boundary spanners are systems thinkers that understand the needs of the program and interns. They reach across typical boundaries to search for information, exchange and translate knowledge, build relationships, coordinate efforts, and facilitate cooperation.</p> <p>Project SEARCH is a business focused and each program follows the policies, procedures, and guidelines of the host business. Use your connections inside the host business to tap into the diverse expertise and perspectives of all partners and other community resources to identify:</p> <ul style="list-style-type: none"> • What diverse departments at my host business could enrich this lesson with speakers, knowledge, and resources? • What info and learning opportunities is the host business offering employees (current and new) and clients/customers? (ex: orientation, classes for existing employees, online modules) • What are other intern groups in the organization doing? (ex: If you are in a setting that has multiple intern groups, has there already been training made and expectations set for other intern groups?) • What are other Project SEARCH programs doing? (ex: Ask your national program specialist about what like-organizations are doing and consider what other Project SEARCH programs are doing via PS Let's Chat.) • What do our local partner organization have to offer that would add meaning to this objective? • What similar lessons can you draw from? (ex: What similar lessons have you taught in PS or other transition programming that can be applied to this?) • 	

	<p>Think about the objective of this lesson. How could you span boundaries to improve the impact and meaning of this lesson? How can you tap into the various expertise, resources, and contacts at your host business and within your other partner organizations?</p> <p>Write your thoughts here...</p>
Safe Space	<p>Ensure the training environment is a safe space where interns can share information, challenges and successes. Recognize that interns have different levels of readiness. Some interns may not have the background necessary for the information presented.</p> <ol style="list-style-type: none"> 1. Provide safety rules, such as: exits, restrooms, alarms, where to gather if an alarm goes off, when breaks will be, take a break if you need one 2. Allow interns to move, fidget, stand, lean, and create accommodation to stay awake and focus 3. Explain acronyms and jargon 4. Provide modifications for people using wheelchairs or with other mobility limitations. 5. Acknowledge everyone’s opinions and efforts to participate in the activities.
Differentiation Strategies	<ol style="list-style-type: none"> 1. Use YouTube videos to engage your interns in different types of exercise. 2. Practice common yoga poses/sequences and determine if they are strength building, balance, or flexibility exercises. 3. Break the interns into pairs or teams and assign a type of exercise. Have them teach their peers, give examples/demonstrate in a teach back method.
Citations & Sources	<p>Health Matters Curriculum American Heart Association website Google Images</p>

STEP TWO: The Lesson Plan

Please customize these activities according to your Project SEARCH host site, its policies, vision, and core values. Use the Boundary Spanning to expand your connections and ideas. The activities below were created by an international group of Project SEARCH instructors. Please use and modify them based on the objective and the needs of your interns.

<p>Introduction</p> <p>VocFit Crosswalk: General: Listen and pays attention Communicates adequately Completes task accurately Follows directions Cognitive Comprehend, read instructions Communication Communicate face-to-face with others</p>	<p>Glossary</p> <p>Ensure the interns are familiar with glossary words connected with this lesson (see Page 2). Use Kahoot or similar app that might interest the interns. They should be able to explain the term and relate it to something in their department and/or host business.</p> <p>Interns could use a computer/tablet to look up the definitions and act out the word for the class. Another idea is to use a game such as Apples to Apples for these glossary terms.</p> <p>Please incorporate any glossary terms utilized at your host business that would enhance the lesson plan and make this objective more meaningful for the interns.</p>
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<p>Speak clearly so others can understand</p> <p>Interpersonal Skills</p> <p>Monitor own body language</p> <p>Cooperate with others to accomplish work activities</p>	
<p>Time: 10 minutes</p> <p>Opening/Connect to Purpose</p>	<p>Review: Benefits of physical activity and recommendation for amount of physical activity in a week for adults.</p> <p>Introduce the different types of physical activity. Pass out the handouts for this lesson.</p> <ul style="list-style-type: none"> ● Recharging Through an Exercise Program and Common Exercise Techniques (Lesson #3) ● Tips: Stretching (Lesson #3) ● Stretches (Lesson #3) ● Aerobic Exercise Activities (Lesson #5) ● Balance Exercises: Anytime/Anywhere (Lesson #5)
<p>Activity 1 – What does this exercise do?</p>	
<p>Time: 40 minutes</p> <p>Description</p> <p>VocFit Crosswalk:</p> <p>Physical</p> <p>Stand</p> <p>Bend the body</p> <p>Twist the body</p> <p>Keep or regain balance</p> <p>General</p> <p>Listens and pays attention</p> <p>Makes eye contact</p> <p>Follows directions</p> <p>Works well with co-workers</p> <p>Asks for help and clarification when needed</p> <p>Communication</p> <p>Communicate face-to-face with others</p> <p>Understand the speech of another person</p> <p>Speak clearly so that others can understand</p> <p>Interpersonal</p> <p>Follows directions</p> <p>Listen actively</p> <p>Ask clarifying questions</p>	<p>In large group:</p> <ul style="list-style-type: none"> ● Fill out the “What do different exercises do for my body CHART” Handout. Discuss as a group and fill out individually. ● Refer to the glossary to guide your interns for definitions and examples. <p>Play a game: What does this exercise do?</p> <ol style="list-style-type: none"> 1. Break off into teams/pairs 2. Display “What do different exercises do for my body SLIDES” PowerPoint (if you are not able to display PowerPoint, you can also print out the slides to show the group). 3. Show each slide one at a time. 4. Then ask a question about the exercise: What type of exercise is this? What part of the body is being stretched/strengthened? 5. The first team to have each of their team members copying the exercise/or imitating it to their best ability will get a chance to answer the question. 6. Keep track of points for each team. <p>Winning team will get a prize of your choosing.</p>

<p>Time: 10 minutes</p> <p>Closing</p>	<p>REFLECT & REVIEW:</p> <ol style="list-style-type: none"> Review how each exercise helps your body. Which type of exercise do you like the best? Which was the most difficult? <p>PREVIEW: The next lesson you will implement and the topic.</p>
<p>Extension Activities: Critical Thinking Questions and Evaluation Tools</p>	
<p>Extension Activities: Critical Thinking Questions and Evaluation Tools</p>	<ol style="list-style-type: none"> Knowledge / Remembering <ol style="list-style-type: none"> What are the different types of physical activity? Identify different body parts. Comprehension / Understanding <ol style="list-style-type: none"> Demonstrate or give an example of a stretching exercise. Demonstrate or give an example of an aerobic exercise. Demonstrate or give an example of a balance exercise. Applying <ol style="list-style-type: none"> What kind of things do you do in your daily routine that would be considered a stretch, aerobic exercise, or balance exercise? Analyzing <ol style="list-style-type: none"> What part of your internship requires stretching? endurance? balance? Evaluating <ol style="list-style-type: none"> How does stretching make your body feel? How does aerobic exercise make your body feel? How does balance exercise make your body feel? How can increasing your flexibility, endurance, and/or balance help you in your internship. Creating <ol style="list-style-type: none"> Create a simple stretching routine for when you have short breaks during your workday.

<p>STEP THREE: Instructor Reflection</p> <p><i>What did you learn in the process of presenting this lesson?</i></p>	
<p>Moving on from this Training</p>	<ol style="list-style-type: none"> Continue to practice different types of exercises when you get the chance. They can be used as brain breaks/stretching breaks throughout the days that require a lot of sitting or a lot of cognitive work. As your interns move through different internships throughout the year, consider if they would benefit from different types of stretching exercises, more aerobic exercise, strength exercises for specific parts of their bodies. Create individualized exercise plans based on your interns' SMART goals. Have the interns research on different types of exercises for the parts of the body. Try them out and see what they want to add to their exercise plan.
<p>Intern Reflection on the Lesson</p>	<ol style="list-style-type: none"> What did I do well during this lesson? What could I do better next time? How can I use what I learned? What was the most important thing I learned?

Instructor Reflection on the Lesson	<ol style="list-style-type: none">1. Did all the interns understand the material?2. Will they be able to use it in their department and in their day-to-day life?3. Did the lesson take less or more time than was planned?4. What should be added to the lesson to make it more meaningful?5. Do they understand how this information relates to the overall goal of competitive integrated employment?6. Were there any surprises in the comments, questions or training that would impact this lesson in the future?7. What could I do differently to improve this lesson?
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Training Plan modified from:

Wiggins, G. P., & McTighe, J. (2006). *Understanding by design* (Expand 2nd ed.). Upper Saddle River, N.J.: Pearson Education, Inc.

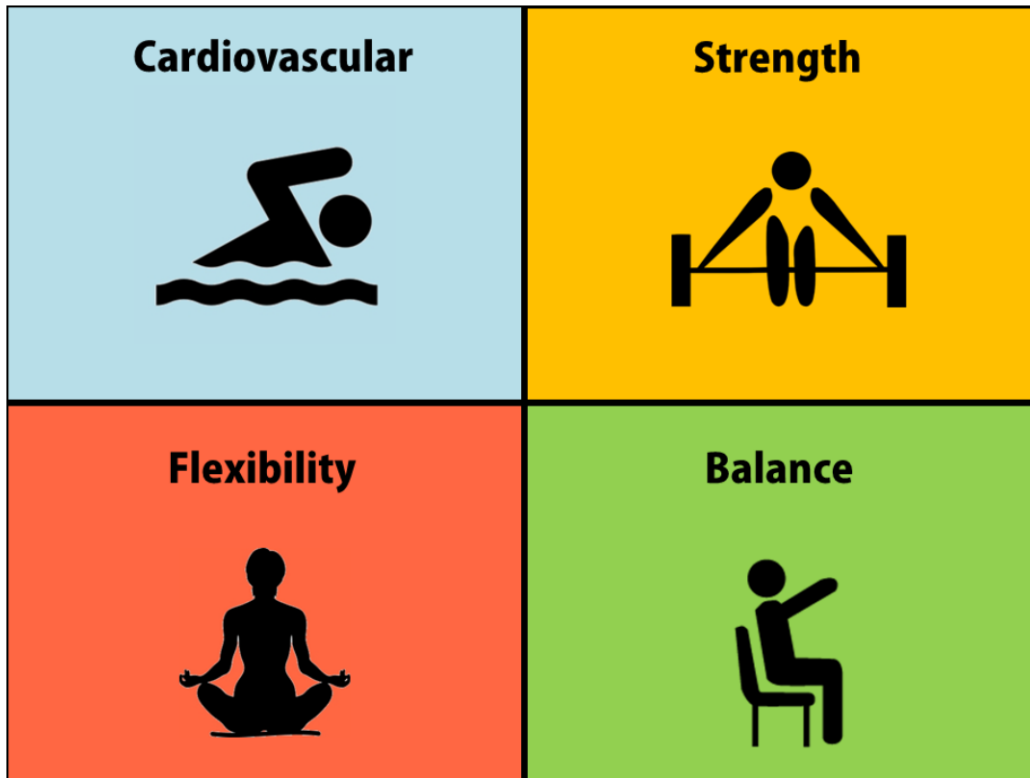


<p style="text-align: center;"><u>Stretching/Flexibility</u></p> <p>Why is this type of exercise important?</p> <p>Example:</p>	<p style="text-align: center;"><u>Aerobic</u></p> <p>Why is this type of exercise important?</p> <p>Example:</p>
<p style="text-align: center;"><u>Balance</u></p> <p>Why is this type of exercise important?</p> <p>Example:</p>	<p style="text-align: center;"><u>Strength/Endurance</u></p> <p>Why is this type of exercise important?</p> <p>Example:</p>





Appendix B



Appendix C



American Heart Association.
Healthy for Good™

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.



Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.

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