

Cardio vascular activities

[Health & Medicine](#)



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The paper " Cardio Vascular Activities" is a wonderful example of an assignment on medical science. Cardiovascular fitness refers to the ability of the muscles to be supplied with oxygen from the respiratory system while ensuring that the oxygen is absorbed into the body muscle system.

Cardiovascular activities may be increased through persistent physical activities engagement which leads to an increase in the heart rate.

Swimming and cycling are some of the means through which cardiovascular fitness may be improved. Muscular endurance refers to the ability of the muscles to withstand a substantial amount of force over a given span of time while muscle strength refers to a measure of the amount of energy that can be produced by the muscles. Strength measures ability to withstand weight while Endurance explains the length of endurance time. Strength and endurance in muscles may be increased through persistent physical exercises.

Endurance and strength in the muscles may be enhanced through engaging in complex patterns of activities and applying a variety of fitness principle while exercising. For an instant, basketball trainers may be encouraged to run and engage in lay-up. Moderate weight lifting may be encouraged.

Flexibility in health defines the capability of the muscles to undergo mobility while allowing for the mobility about the joints.

Stretches may be used in realizing flexible fitness, and it should be done during the post exercises period. This will ensure that the injuries common when stretching with cold muscles are prevented. Breathing should be normalized during stretching.

Body composition is the body size and physical appearance of an individual.

The composition of a person relates to exercise engagement. Persistent

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physical exercise engagement has been known to increase body metabolic activities. Increased aerobics burns body fat that causes obesity. Aerobic clears the body harmful content and improves body appearance.

Exercise arrangement.

1. Injury avoidance

Well, fitting shoes and clothing relevant for the activity should be used.

Ensure that the training equipment is well positioned and well maintained.

Ensure that participants are acquainted with the exercise techniques.

Provide participants with knowledge related to exercise. Encourage those exercising to take water during the post-training event.

Provide a plan for optimal exercise without overtraining.

Equip the training location with medical equipment which will enhance treatment of minor and major injuries sustained while training.

Ensure that participants are in stable health with no extreme injuries.

2. Program

Warming up should be set at between five to ten minutes

Cardiovascular training should be set at 15-25 minutes

Resistant exercise will be carried out on a 25-35 minute interval.

Cool-down will be conducted between 4-8 minutes

3. Cardiovascular training

Two to three persistent exercise schedule each week.

A lengthened duration on easy training for each week, beginning with week two.

Organize 1-2 workout session for each week beginning in the second week.

4. Resistant Training

Should be organized in a frequency range of two to four times a week,

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starting on the third day of training.

A two-one-one tempo should be adopted while exercising.

Dumbbell swing and ball rollout to be adopted.

5. Cool-down and making stretches

Stretching every part of the body once to twice

Holding every stretch on an average span of 25 seconds.

Stretching should be slow with proper control while avoiding bouncing and jerking

Adopt normal breathing while avoiding strenuous stretches.

Each training type should be preceded with a cool down.

B.

1. The assessment plan provides the entire requirements that are vital in realizing a complete physical fitness test. The assessment will help learners understand and enjoy the program while improving their physical fitness. The assessment provides a basis that develops objectives and strategic goals for obtaining relevant fitness parameters.

2. The assessment has been done with little conditioning of the children in the process. The assessment failed to educate learners on the viability of taking the test and how the test is significant in the levels of activities they engage in.

The additional assessment will help in the physical preparation of students on different fitness modalities as a way of facilitating the completion of the assessment.

1.

The assessment will be used where weaknesses exist in the previous assessment, and where they need for determining the role of technology on <https://assignbuster.com/cardio-vascular-activities/>

measuring the activity level exists.

2.

The assessment will aim at helping learners understand the viability of the tests and how the tests relate to their levels of activities and their individual objectives.

The test will help in determining the methods of acquiring and improving physical fitness activities among students and keeping records that will help in developments in related studies.

3.

The assessment will involve students in performing coordinated dancing activities. The activities will be recorded during the performance.

4

The assignment will aim at determining the level to which the choreographed activities and events will be affected when the events are recorded and when not recorded.

5.

The students will be taken through choreography and a video record made on the performance without the knowledge of the students. The students will then be taken through the second phase of choreography and a video record made on their consent.

6.

Results will be acquired through observing the two sets of videos, with the results of the observation analyzed by determining any change in vigor.

7.

Change is the result of the observations made on the assessments will create an impression that the use of the video affects the activity level.

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