

Personal Project: Fitness Plan

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Investigation

Goal

My personal project goal was to educate myself about personal health through creating a detailed fitness plan in order to maintain a healthy lifestyle. Based on my body conditions, it will be mainly focused on maintaining a healthy weight and secondarily on muscle building. Creating this plan and following it through would be a highly challenging goal for me because I do not have a habit of exercising, nor have I participated in any academic sport before. I have very little experience of doing any type of regular exercise outside of school. Through physical education in school, I have found out that my physical abilities are also below average compared to others of my age. Completing this project would require high time management and organization skills.

Topic of interest

My topic of interest is how to do exercise in order to build muscles healthily. I had been interest in body building and muscles ever since I watched the anime, JoJo's Bizarre Adventures. I just never had an opportunity to take a step towards this interest until now. I chose to do this project also because I would like to stay healthy and keep my body in shape for my own benefit. This is an opportunity for me to bring more physical exercise into my daily life in order to live with a healthier lifestyle and pursue a new positive hobby. I have also been planning on joining some academic sports such as volleyball for the first time which I am passionate about. If I am aiming to perform better in the team and take the activity seriously, becoming fitter will help me increase my general physical abilities such as power, speed and flexibility.

Global context

My global context will be identities and relationships. The topic I am focusing on, personal health, just happens to be a part of this global context. Focusing on this global context helped me thing about the relationship between myself and health. It is also helping me build on my responsibility, because I am the one who is responsible for my own personal health. Throughout this project I will be exploring my own wellness as well as my identity in terms of physical abilities and health status.

Prior learning & subject specific skills

In physical education class in school, I have had fitness units in which we learned about activities and simple equipment that can be used to perform exercises, as well as what part of the body and what fitness component each of those exercises train before starting the personal projects. This prior knowledge and experience will help me select the exercises I would like to include in my plan and how to distribute the different types. I would also have an idea of how much of each exercise I would be able to do, because for my plan to be specific, I would have to include how much of each exercise I will do by labeling how much I'll do each set and how many sets will be done. It takes away some trouble in the start when I am still adjusting my plan to the best amount of exercise within my abilities.

In health class, we have also briefly looked at the importance of maintaining good physical health and learned about other related concepts such as nutrition, which can be a supporting factor in the subject fitness. We've also looked at the possible benefits a healthy lifestyle can bring to people in different ways.

Research process + summary

To be able to create a product that is effective and successful, I did research on my topic and content similar to the product I were to create via the internet. I started out by researching material surrounding how teenage girls should exercise correctly in order to create an exercise plan that is appropriate and effective for myself. I was able to find recommended exercises, how they can be done, intensity levels, age and gender appropriate adjustments, and some health tips apart from the exercise which will help achieve my goals. On the other hand, I also looked at some more general but still relevant information about tips for workout beginners, workout safety at home and at the gym, as well as general information about muscle building and staying fit which, I can refer to when creating my plan and carrying it out. I also searched for exercise plans created by other people in order to reference to the intensity level and time management they have. This was necessary because it is my first time creating something of this sort.

To evaluate my sources and the reliability of information I've obtained, I used the "OPVL" template to analyze a selection of the websites I referred to while researching. Appendix 3 shows two examples of the sources that I have evaluated using this method. Other sources which I have evaluated or referenced to have been included in my works cited section. I believe that most of

my sources are reliable and relevant and will help me in achieving my goal because all the sources I evaluated seem credible and have relative content.

Planning

Success Criteria

I have created a success criterion to evaluate to what extent I have met my goal by the end of the project, which by then I will have a completed product to analyze. This criterion is divided into three major relevant areas specific and essential for product my product to be the most successful, which I will be considering in the process of creating it in the action phase. The three categories I've chosen are impact, exercise specification (content) and appearance. These criteria are further divided into three different levels of judgement, with an obtainable score ranging from one being the lowest to three being the highest, to measure to what extend I have obtained success in creating my exercise plan. The complete success criteria I created can be seen in Appendix 4.

Planning

As my project's product itself it a type of plan, I had to spend a lot of time in the planning phase. I needed to start creating a draft of my fitness plan before actually taking it to action. Then, I needed to find time in my day in which I could use to exercise.

One problem which occurred during the planning phase was my participation in academic sports. I had signed up for volleyball, and practice happens three days per week, and during those days I was not be able to complete planned exercise. This means that I had a lot less time available for my exercise for a certain period of time. This meant that I had to also create a version of my exercise plan which can fit with a schedule which included academic sports. Because I also get exercise practicing the sport, the amount of exercise I did also had to be adjusted accordingly.

Self-management skills

Throughout the process this project, I used a variety of ATL skills, with one of them being self-management skills which is especially highly required in my project. This is because it involves creating a weekly routine and following it through for a number of weeks, which would require

for me to spend a lot of extra time outside of school working on this project. Prior to starting the actual action, I also had to spend lots of time doing research because it was extremely important that my information is correct as this is a project related to health. In order to complete the process according to what's planned, I must shift my schedule in order to find a balance between my schoolwork, private life and exercise time which will happen multiple times per week. Any deadlines to meet or other events I must attend to could be factors that will affect my plan, and I will have to continuously modify the schedule until it works out for me. Creating the plan itself already contributes to using time management skills, because I am planning how to use my time beforehand, and I have to choose the days of the week I am free while estimating how much time I could be able to dedicate to this project. In order to help myself with keeping track of deadlines, dates and important events, I created an action plan (Appendix 1) and a Gantt chart (Appendix 2) to help guide myself in the process.

Taking Action

My Product

The product I have created is a fitness plan targeted to teenage girls who do not get regular exercise. It is a weekly plan which has exercises planned for four days out of the seven; three of the days are home exercises and one is supposed to be done at the gym. The completed plan can be seen in Appendix 6. Each "exercise day" has 2-3 exercises that must be done with the help of a. yoga ball, and around 4 exercises that can be simply done on a yoga mat. The exercises are purposely chosen to target different areas of the body. In the box for each indication, there is also information for how much of that specific exercise is to be done (how many sets and how many in each set). In the process of creating and perfecting the product, I personally followed the plan to exercise weekly myself (Appendix 10) in order to find places in the original draft of the plan (Appendix 5) that would need modification and changes

Thinking Skills

The planning, action process and creation of the product in this project all require me to have a thorough understanding of my actions. I also needed to combine my prior knowledge to the new information I obtained while researching. For example, from prior knowledge of physical

education class, I know that curl ups mainly exercise a person's core muscles. From this, I was able to interpret how the new exercise move I learned of the crunch and leg curl also exercises the core because its movements have many similarities. The same also goes for normal planks and stability ball planks, which have very minimal differences.

Communication and Social Skills

In this project, I did not demonstrate a great amount of communication and social skills.

Although my exercise plan can also be used by others, my goal in creating it was for it to be a plan which was to be used by myself. I did not really use these skills during the research and planning phase because I received all my information from online sources, and I exercised and worked on the project alone.

My communication was mostly demonstrated through written language, shown in my product. My plan needs to be able to communicate the planned exercises and details on each of them including amounts and time to the audience in a precise and efficient way. In order to do so, I had to organize the information in a neat and clear manner to be able to communicate the purpose and usage of my product to whoever may use it.

Reflecting

Product Evaluation

In order to evaluate my product, I used the success criteria (Appendix 4) I created back in the planning phase. Overall, my final product of this project was successful and obtained scores in the upper range of my criteria in multiple categories. At the exhibition, I created a short survey (Appendix 7) to receive feedback from my audience, and the average rating I received for my overall product, project, and presentation from the exhibition was 8.24 out of 10 (Appendix 9) from the 40 copied that were filled out. The product did not score in the lowest rank for any of the categories except for one strand within the category of appearance.

1. The appearance of my exercise plan would fall into the top band for the strand i, which is about the format's efficiency in delivering the content. My plan has a simple yet clear formatting with no fancy distractions to take the audience's attention away from the

important content. The way the exercises are grouped, and the weekdays are arranged make it easier to find a specific exercise. However, the appearance of the plan ranks the lowest score for strand ii, concerning the aesthetics of the product. I did not add anything to my product to make it look more attractive. The average rating I received from my survey on the exhibition was 8.41 out of 10 (Appendix 9), but I think it is too high compared to the standards I've set to and reached in my success criteria. Overall, my product is at an adequate level in the appearance category.

2. Exercise specifications refer to the selection and specification of the plan's content (exercises selected). Strand i is about the variety of exercises chosen and strand ii is about whether the amount of exercise per session has been well specified. I would say that my product hits the top rank for the first strand. In the research phase, I purposely looked at what part of the body each exercise trains with the help of my prior knowledge. The exercises I've chosen are very varied and distributed so that as many parts of the body can be exercised in one day. Strand ii on the other hand would be in rank two. Even though I have very clear instructions on how much of each home exercise should be done my organizing them in sets, there are no specifications for the gym exercises on the plan.
3. I think my product scores somewhere between rank two and three for its impact on the audience or user. The one strand in this category is about how effective the product can help a person get more exercise and get healthier in general. My plan's exercises are planned so that it is an adequate amount for the targeted audience of teenage girls, and the three rest days that can be changed provide flexibility in the routine. If a person who does not exercise regularly is willing to start following this plan, it is pretty certain that they will become physically healthier. The part of "healthier lifestyle" though is not as certain as it is more up to the person following the plan.

Reflection on topic & global context

Working on this project had helped me develop knowledge and understanding on my global context of Identities and Relationships as well as the topic I investigated. Focusing on the topic of exercise and personal health, I understood more about how my own physical wellbeing relates to this global context. I researched about health of teenage girls and how people like me should exercise specifically in order to maintain a healthier lifestyle and get fitter. I expanded my general knowledge about physical exercises and effects they can have on the human body, and

why it is important we maintain good physical health. It also helped me think about my lifestyle in the past and how actions I've taken for this project has changed it in a positive way.

Reflection as an IB learner

Throughout this project I have been able to develop as an IB learner, especially in the learner profiles of balanced and knowledgeable. Carrying out a fitness plan helped me look more at my own lifestyle and how I kept a balance between my physical, emotional and intellectual health, with this project specifically focused on the physical aspect. I demonstrated my abilities of taking care of my own wellbeing by myself and making my health a higher priority. In the knowledgeable aspect, I had to do a lot of research when creating my product. During the research I analyzed my sources for more reliable information and increased my research and media literacy skills. I had to make sure the information I had was valid because I was going to actually imply what I found into my life. I demonstrated that I have the ability and skills to complete research and identify reliable and relevant sources independently.

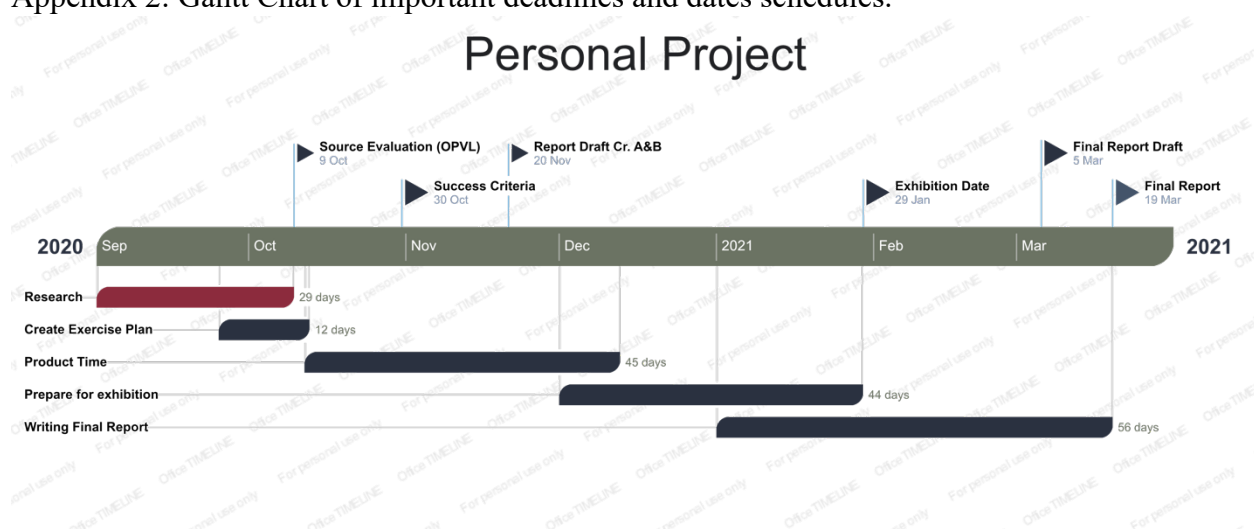
Appendices

Appendix 1: A simple action plan I created to record important deadlines and events.

Month	Actions
September	Introduction Meeting with supervisor - Introduce project, goal, plans and progress so far - September 21 st after school Research
October	OPVL Due - 9 th - Research should be complete by this point, planning should be mostly formed Begin proper exercising - Mid October First Meeting with supervisor - Any time before Friday 23 rd - Discuss success criteria before uploading (should be almost done at this point) Success Criteria Due - 30 th
November	Complete exercise plan - Mid November Report <u>draft</u> Due - 20 th Second Meeting with supervisor - Before 27 th - Discuss report draft and receive feedback, share progress and action plan - Sign academic honesty form 1
December	Start preparing for the exhibition before break
January	Third Meeting with supervisor - Before 22 nd - Proof of finished product and check in on progress - Sign academic honesty form 2 Evidence of final product Due

	- 27 th Continue preparing for exhibition Exhibition - 29 th
February & March	Work on final report throughout February Fourth Meeting with supervisor - Before March 12 th - Discuss report draft Sign-off meeting - Before 19 th - Sign academic honesty form 3 Final Report Due - Draft: March 5 th - Final: March 19 th

Appendix 2: Gantt Chart of important deadlines and dates schedules.



Appendix 3: OPVL source analysis examples

Source 1	https://www.momjunction.com/articles/muscle-building-and-workout-plan-for-teenagers_00398720/
Origin	This is an informative article written by <u>Debolina Raja</u> on July 12, 2019. The author is a professional writer on areas surrounding health, wellbeing and parenting. It was published on the internet on a website called Mom Junction.
Purpose & Target Audience	The purpose of this article is to inform people on how teenagers of both genders should exercise and gives ideas on how to create an exercise and dietary plan. The intended audience are teenagers who want to start exercising regularly and possibly parents or guardians of those teenagers.
Value & Limitations	This source is valuable because it gives a lot of information on the topic and is categorized clearly. This is a reliable source because by clicking onto the author's names link, we can see that many people who write articles on this site are medical or health professionals. It also provides links to numerous other related websites for further reference. This source does not provide information on how teens of different body size and conditions should exercise differently. The information provided is somewhat broad and general.
Key findings	How female teenagers specifically should exercise. How to control your diet together with the exercise plan and foods that can help gain more muscles/complement the exercise. Specific instructions on what exercises to include in the plan and how much of each. Links to other relates sources which can be used for reference. Other elements that affect the exercise (sleep, safety, medical, etc)

Source 2	https://www.livestrong.com/article/81169-build-muscle-fast-girls/
Origin	This source is an informative article written by Jessica Bell, she has served as a personal trainer and group fitness and had worked in the health and fitness industry since 2002. The time and location of publishing is unknown.
Purpose & Target Audience	The purpose of this source is to give advice for how girls should exercise to gain muscles. It contains 6 steps of efficient approach with detail and some tips and warnings. The targeted audience would be female teenagers and young adults who are beginners of muscle building.
Value & Limitations	This source is reliable because it is published on a website dedicated to information about exercise and personal wellbeing, which means the people writing here will mostly be experts at this. At the bottom of the webpage, it includes a list of references used, and they are also reliable sources. It is valuable because the information is detailed and is separated into steps. Whoever is referencing to this source should be able to understand what it is about easily. The information is limited because the information is not specific enough. It is pretty detailed but lacks specific data or information with numbers, which also makes it look less reliable.
Key Findings	6 detailed steps approach for female muscle building. Tips and warnings surrounding safety. Dietary and daily routine suggestions to make exercise better.

Appendix 4: Success criteria to evaluate my final product.

Rank	Appearance	Exercise specification (content)	Impact
1 Limited	i. The exercise plan has not been well formatted, the content is unclear and difficult to understand. ii. The formatting of the plan has not been well considered in the aspect of appearance.	i. The exercises are simple and repetitive, distributed in an uneven manner. ii. The amount of each exercise that needs to be done is unclear or vague.	i. The plan is unable to help the person using it to exercise regularly, nor get healthier physically.
2 Adequate	i. The layout of the exercise plan is formatted, and most parts are clear and understandable. ii. One element (color, patterns, etc.) was incorporated into the design of the plan's format to make it look well.	i. The variety of exercise shows some consideration, exercising some parts of the body. ii. The number of times most exercises need to be performed is mentioned.	i. The amount of the plan can guide the person using it to exercise more and get healthier physically.
3 Substantial	i. The layout of my exercise plan is well formatted, and all parts are clear and easy to understand. ii. There are elements (color, patterns, etc.) incorporated into the design of the plan's format to make it look aesthetically pleasing.	i. A variety of exercises are planned in an even manner, exercising all the major parts of the body. ii. The specific amount or time each exercise needs to be performed is written on all days.	i. The plan can successfully guide the person using it to exercise efficiently and regularly to maintain a healthy lifestyle.

Appendix 5: Product process - Exercise Plan Draft

Exercise Plan y												
Home Insert Draw Page Layout Formulas Data Review View Tell me												
<div> <div>Paste</div> <div> <div>Calibri (Body)</div> <div>12</div> <div>A⁺</div> <div>A⁻</div> </div> <div> <div>B</div> <div>I</div> <div>U</div> <div></div> </div> <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> </div> <div> <div>Wrap Text</div> <div>Merge & Center</div> </div> <div>General</div> </div>												
O9												
	A	B	C	D	E	F	G	H	I	J	K	L
1												
2												
3	Day of the Week	Monday	Tuesday		Wednesday	Thursday		Friday	Saturday		Sunday	
4	Plan of the Day	Volleyball	Stability Ball Exercises:	Stability Ball Pike 30s (3 sets)	Volleyball	Stability Ball Exercises:	Hip Raise x20 (2 sets)	Volleyball	Gym Workout:	Bicep Curls	Stability Ball Exercises:	Back Crunch x20
5				Stability Ball Plank 20s (3 sets)			Single Leg Hip Raise x10 (both sides)			Kettlebell Squats x20 (2 sets)		Crunch and Leg Curl x20 (2 sets)
6			Exercises	Squats x10 (3 sets)		Exercises:	Stability Ball Russian Twist x20			Treadmill	Exercises:	Lunges x10 (both sides)
7				Burpees x10 (2 sets)			Lunges x10 (both sides)					Plank 30s (2 sets)
8				Glute bridge x20 (2 sets)			Squats x10 (3 sets)					Squats x10 (3 sets)
9				Pushup x3			Curl-ups x 10 (2 sets)					Pushup x3
10							Pushup x3					
11												

Appendix 6: Final product - the exercise plan (digital version)

Day of the Week	Monday		Tuesday		Wednesday	Thursday		Friday	Saturday		Sunday	
Plan of the Day	Stability Ball Exercises:	Back Crunch x20	Stability Ball Exercises:	Stability Ball Pike 30s (3 sets)	Rest	Stability Ball Exercises:	Hip Raise x20 (2 sets)	Rest	Gym Workout:	Bicep Curls	Rest	
		Crunch and Leg Curl x20 (2 sets)		Stability Ball Plank 20s (3 sets)			Single Leg Hip Raise x10 (both sides)			Kettlebell Squats x20 (2 sets)		
	Yoga Mat Exercises:	Lunges x10 (both sides)	Yoga Mat Exercises:	Squats x10 (3 sets)		Yoga Mat Exercises:	Stability Ball Russian Twist x20			Treadmill		
		Plank 30s (2 sets)		Burpees x10 (2 sets)			Lunges x10 (both sides)			One-arm Dumbbell Row x10 (2 sets, both sides)		
		Squats x10 (3 sets)		Glute bridge x20 (2 sets)			Squats x10 (3 sets)			Bicycling machine		
		Pushup x3		Pushup x3			Curl-ups x 10 (2 sets)					
						Pushup x3						

Appendix 7: The survey I created to receive feedback on exhibition from the audience

1. Overall, can you rate my product with 1 being the lowest and 10 being the highest?

1 2 3 4 5 6 7 8 9 10

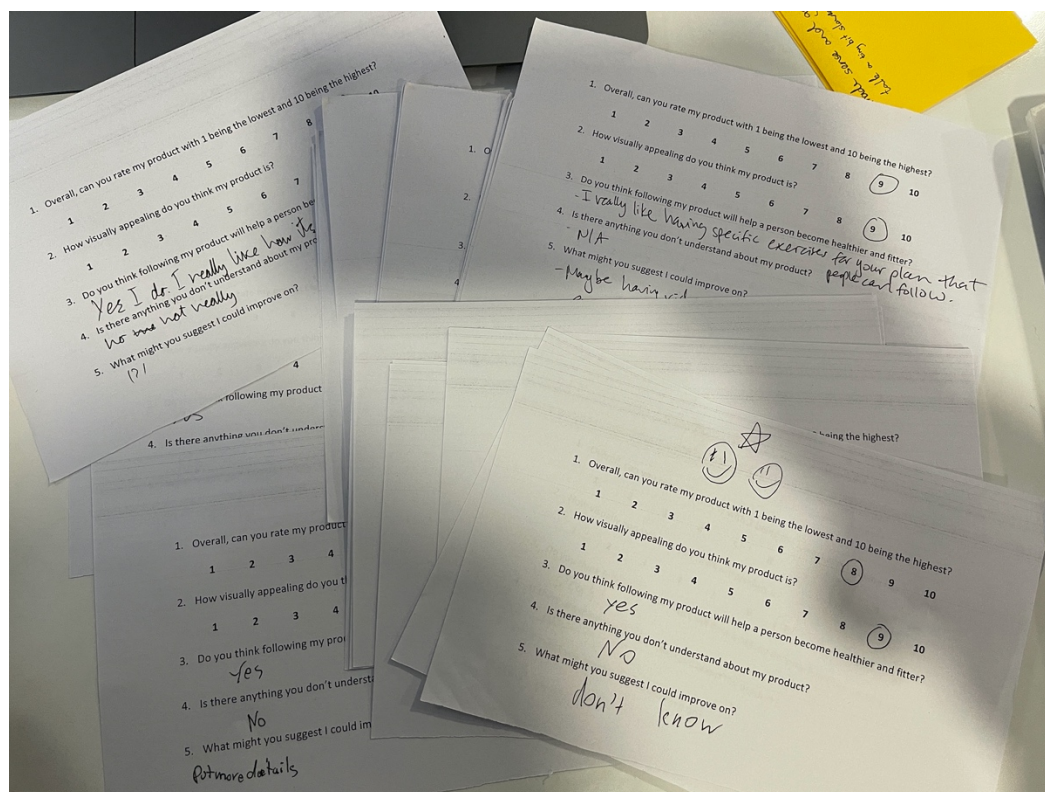
2. How visually appealing do you think my product is?

1 2 3 4 5 6 7 8 9 10

3. Do you think following my product will help a person become healthier and fitter?

4. Is there anything you don't understand about my product?

5. What might you suggest I could improve on?



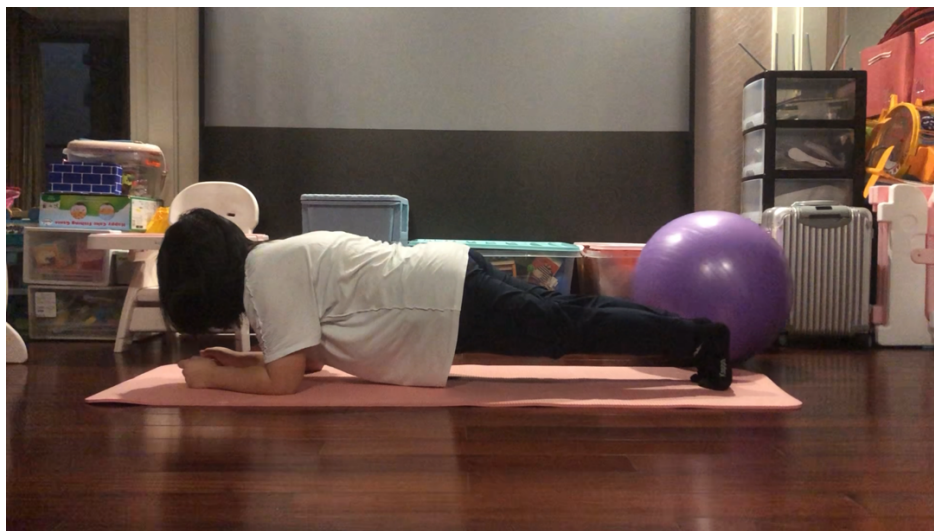
Appendix 8: Pictures from the exhibition and its preparation

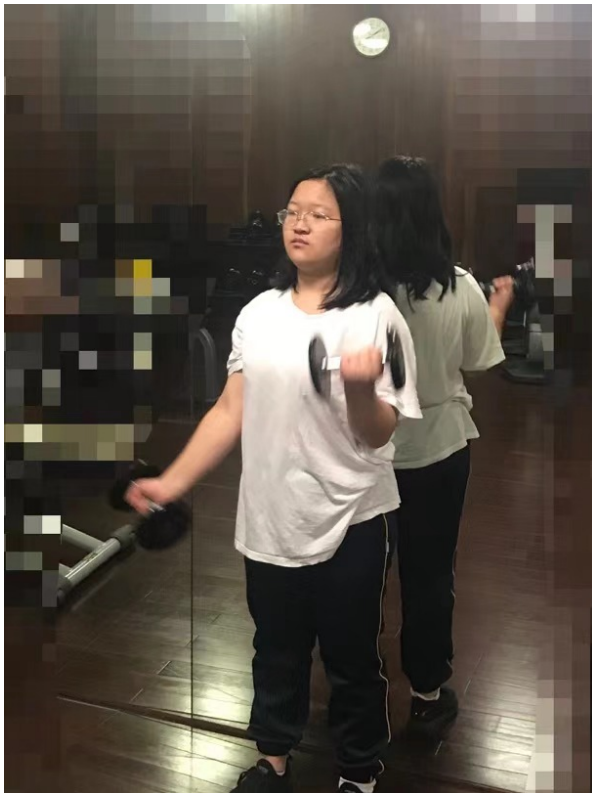


Appendix 9: Analysis of survey results

	Overall Rating (out of 10)	Visual Appearance (out of 10)
Responses	9	9
	8	7
	6	6
	9	8
	10	10
	10	10
	10	9
	9	10
	10	10
	9	9
	10	10
	10	10
	9	7
	6	9
	9	8
	9	8
	7	9
	8	9
	8	7
	5	6
	4	5
	6	8
	10	10
	10	10
	8	8
	7	7
	10	10
	8	8
	5	7
Average	8.24	8.41

Appendix 10: Evidence of product process - Pictures of me Exercising at home and at the gym.





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