

Lesson 2. EXERCISE PRESCRIPTION

LEARNING OUTCOMES

At the end of this lesson, the students are expected to:

1. demonstrate understanding on basic principles on exercise prescription.
2. apply MFIT formula on the creation of exercise program.
3. determine their own target cardio fitness zone; and
4. create and perform exercise workout that are relatively safe to perform.

OVERVIEW

In any physical activity or exercise program, proper protocol or safety guidelines and principles must be followed to have a successful and safe participation. Thus, all should deeply understand the importance of exercise prescription prior to any physical activity or exercise engagement. This chapter will discuss on the different principles and concepts in order to design a program that is individualized, safe, and effective. It embraces MFIT and basic exercise principles in order to maintain or improve physical fitness level, lessen the risk for lifestyle and other diseases, and improve the quality of life. It will also present the exercise prescription guidelines and step by step procedure to determine your cardiorespiratory training zones.

COURSE MATERIALS

According to World Health Organization (WHO) at least 60% of the world's population are inactive and does not achieve the recommended amount of daily physical activities. And one way to start being active is to carefully monitor your daily physical activity. Other than monitoring the time spent in doing exercise or engaging in physical activity, a good way to monitor physical activity is using pedometer. It is a small and handy device that detects vertical movement at the hip and measure number of footsteps in a travel distance. Though it is not 100% accurate and being questioned of its reliability, it is a great motivational tool to help assess, maintain, and increase daily physical activity involvement. It is ideal to use in physical activities that involve related lower-body movements such as walking, running, and jogging. A total of 10,000 steps per day, with at least 10-30minutes of physical activity are the recommended daily steps for adults. Please refer to table below for specific ratings.

Adult Activity Levels Based on Total Number of Steps	
Steps per Day	Category
Highly Active	>12,500
Active	10,000–12,499
Somewhat active	7,500–9,999
Low Active	5,000–7,499
Sedentary Lifestyle	< 5,000

Source: G. Kramarz and D. H. Bassett, "How Many Steps Do We Need? A Cross-Cultural Perspective," *Medical Science Research*, 36(10):1600-1602, 2008.

There is no doubt that regular physical activity and exercise have a lot of significant benefits to be stepped aside. But it is a must to have it as part of your daily lifestyle. On the contrary, huge percentage of the population does not exercise regularly and only few are able to

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