

PE CBA 1

By Adam Keogh



Personal Profile : Adam Keogh

Personal Information / Medical History

- Age – 15
- Gender – Male
- Height – 5ft 11in
- Weight – 67kg
- No medical conditions or injuries.

Current Physical Activities

- Gym Class – 1 hr p/week for fitness & strength building.
- PE – 2 hrs p/week as required by school.
- Walking – 3.5 hrs p/week to meet up with friends.
- Cycling – 1 hr p/week to meet up with friends.

Other Activities of Interest

- Athletics – I think I would be good at this but haven't found a club yet to join.

Health Impact of My Current Physical Activities

- Weight Management
- Muscle Strength
- Flexibility
- Stress Reduction
- Mood Enhancement
- Improved Sleep

Recommended Amount of Physical Activity

- According to the HSE, children should be active for 60 mins every day at a moderate to vigorous intensity.
- I am doing on average 25 mins of moderate to vigorous activity daily therefore I am not meeting the HSE recommended amount.

Personal Profile : Reflection & Goal Setting

Areas for Improvement:

- Increase daily activity to 60 mins per day on average.
- Gym class – take elements like push-ups etc. and do it at home.
- Walking – use treadmill at home to increase daily step count.

Aspects I am proud of:

- My height.
- My strength levels in my gym class have improved significantly and I can easily lift 25kg which is the maximum we are allowed for our age.

Setting Goals

- 30 mins of cycling, walking, or running.
- 20 mins of muscle building (push-up, sit-ups, & squats).
- 10 mins of weight training (bicep curls, dumbbell rows, & shoulder press).

Fitness Programme – Weeks 1 & 2

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Treadmill (30)	PE (60)	PE (60)	Treadmill (30)	Treadmill (30)	Gym Class (60)	Rest Day
Muscle Building (20)		Cycle (30)	Muscle Building (20)	Muscle Building (20)	Cycle (30)	
Weight Training (10)			Weight Training (10)	Weight Training (10)		
60	60	90	60	60	90	0
Daily Average = 60 mins						

Successes

- I slept much better all week.
- I was able to concentrate better in school.

Challenges

- I had aches from the muscle building.
- I was too tired on Friday from the workout on Thursday so I needed to change the routine.

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Treadmill (30)	PE (60)	PE (60)	Cycle (30)	Treadmill (30)	Gym Class (60)	Rest Day
Muscle Building (20)		Treadmill (30)	Weight Training (10)	Muscle Building (20)	Cycle (30)	
Weight Training (10)		Muscle Building (20)		Weight Training (10)		
60	60	110	40	60	90	0
Daily Average = 60 mins						

Successes

- I didn't have as many aches from the muscle building.
- I slept well and concentrated easily.

Challenges

- It was raining on Saturday so I swapped my cycle for walking on the treadmill.

Fitness Programme – Weeks 3 & 4

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Treadmill (30)	PE (60)	PE (60)	Cycle (30)	Treadmill (30)	Gym Class (60)	Rest Day
Muscle Building (20)		Treadmill (30)	Weight Training (10)	Muscle Building (20)	Cycle (30)	
Weight Training (10)		Muscle Building (20)		Weight Training (10)		
60	60	110	40	60	90	0
Daily Average = 60 mins						

Successes

- I was able to complete more muscle building exercises than I could in the previous week.
- I slept well, concentrated easily and had less aches.

Challenges

- It was too dark to cycle on Thursday so I changed it to Wednesday when I have a ½ day in school.
- Also Wednesday's schedule had too much so I moved some to Thursday.

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Treadmill (30)	PE (60)	PE (60)	Treadmill (30)	Treadmill (30)	Gym Class (60)	Rest Day
Muscle Building (20)		Cycle (30)	Weight Training (10)	Muscle Building (20)	Cycle (30)	
Weight Training (10)			Muscle Building (20)	Weight Training (10)		
60	60	90	60	60	90	0
Daily Average = 60 mins						

Successes

- I walked further distance on the treadmill in the 30 minute session.
- I slept well, concentrated easily, had less aches and completed more muscle building exercises.

Challenges

- I was more hungry than normal and needed snacks in between meals.

Fitness Programme: Reflection

Successes:

- My sleep improved significantly.
- I was able to concentrate better in school.
- I was able to increase my muscle strength.
- I was able to walk further on the treadmill.
- I spent less time gaming because I was exercising.

Challenges:

- My body ached at times from the increased workouts so I used a massage gun on the affected areas.
- I needed to change my schedule to allow for bad weather, time restrictions and tiredness.
- I was more hungry than normal and needed snacks in between meals.

Approach to Health and Enjoyment

- I feel more confident.
- My mood is better overall.
- Exercise is now part of my daily routine and I enjoy it.

Future Changes

- Incorporate swimming in the summer.
- Change the schedule regularly so that I don't get bored.
- Add more outdoor activities in spring and summer.
- Instead of time measure goals, add weight measured goals.
- Join an athletics club.