

Module 6: Community Health

Topic 4 Content: Developing a Practice Plan to Enhance Your Performance

Introduction

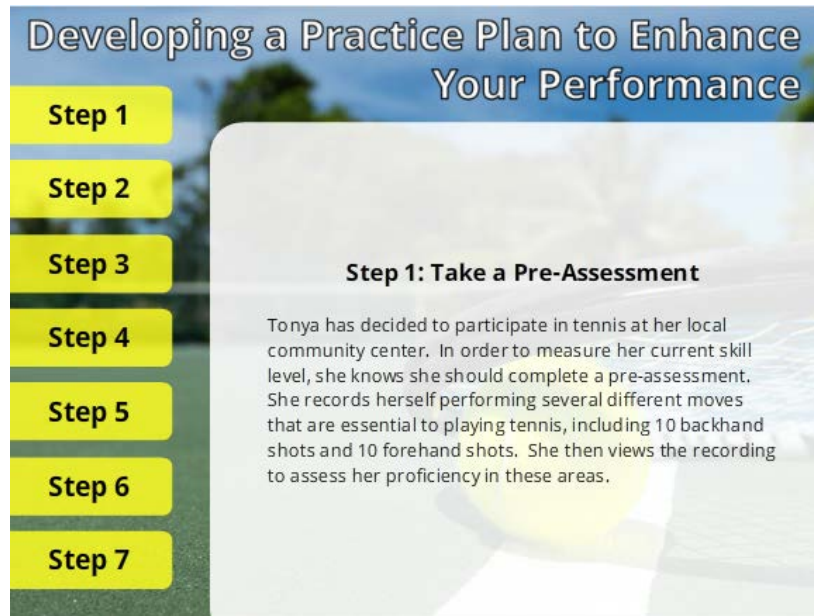


Competition is a component of every sport. In order to be competitive, you must be proficient in certain skills. For example, if you participate in martial arts, you must be able to perform a high kick. To accomplish the goal of mastering the high kick, you should set aside time to practice this specific skill. In this interactivity, you will follow Tonya as she develops a practice plan to enhance her performance in tennis. Click each of the tabs to learn more about Tonya's step-by-step plan.

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Topic 4 Content: Developing a Practice Plan to Enhance Your Performance

Step 1: Take a Pre-Assessment



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Step 1: Take a Pre-Assessment

Tonya has decided to participate in tennis at her local community center. In order to measure her current skill level, she knows she should complete a pre-assessment. She records herself performing several different moves that are essential to playing tennis, including 10 backhand shots and 10 forehand shots. She then views the recording to assess her proficiency in these areas.

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Step 2: Set Long-Term and Short-Term Goals

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Step 2: Set Long-Term and Short-Term Goals

After viewing her pre-assessment recording, Tonya determines that she correctly executed 2 out of 10 backhand shots and 7 out of 10 forehand shots. Tonya decides to dedicate four weeks to improving her backhand shots. She sets both long-term and short-term goals.

Tonya's long-term goal
I will improve my backhand shot by executing 7 out of 10 backhand shots correctly.

Tonya's short-term goals

1. I will engage in appropriate muscular strength and endurance exercises five days per week.
2. I will practice the appropriate techniques for a successful backhand shot four days per week.

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Tonya's long-term goal

I will improve my backhand shot by executing 7 out of 10 backhand shots correctly.


Tonya's short-term goals

1. I will engage in appropriate muscular strength and endurance exercises five days per week.
2. I will practice the appropriate techniques for a successful backhand shot four days per week.

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Step 3: Design a Plan



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Step 3: Design a Plan

Tonya researches various muscles of the upper and lower body that are engaged in backhand shots. She learns that these muscles include the abdominals, quadriceps, shoulder rotator cuffs, triceps, and pectorals. She also learns that muscular endurance is essential to competitive tennis. By studying appropriate techniques related to backhand shots, she understands the importance of correct stance, proper grip, and an effective follow-through.

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Step 3: Design a Plan

After completing her research, Tonya applies the F.I.T.T. principles in order to design her practice plan for improving her backhand. She then asks herself the following questions.

Frequency: How often will I work out? How many days each week? How many weeks?

Intensity: How vigorous will my workouts be? How will I increase the intensity of my workouts over time?

Time: How long will I work out in a single session?

Type: What types of exercises will I include in my fitness plan?

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Step 3: Design a Plan

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Step 3: Design a Plan

Tonya uses her responses to design the following practice plan. Click the image below to view her plan in further detail.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Warm-Up	Five-minute brisk walk	Ten-minute jog	Rest	Five-minute brisk walk	Ten-minute jog	Rest	Five-minute brisk walk
Stretches	Stretch shoulders, chest, quads, triceps, pecs, and abdominals	Stretch shoulders, chest, triceps, pecs, and abdominals	Rest	Stretch shoulders, chest, quads, triceps, pecs, and abdominals	Stretch shoulders, chest, triceps, pecs, and abdominals	Rest	Stretch shoulders, chest, quads, triceps, pecs, and abdominals
Workout	Run for 20 minutes; practice backhand techniques for 25 minutes	Do dumbbell bench press, push-ups, reverse shoulder fly (3 sets of 12 reps for each exercise) for 25 minutes	Rest	Do squats and lunges (3 sets of 12 reps for each exercise); practice backhand techniques for 20 mins	Do bench dips and crunches (3 sets of 12 reps for each exercise); practice backhand techniques for 20 mins	Rest	Cycle for 20 minutes; practice backhand techniques for 25 minutes
Cool-Down	Five-minute walk and re-stretch	Dynamic stretching of lower body	Rest	Five-minute walk and re-stretch	Dynamic stretching of upper body	Rest	Five-minute walk and re-stretch
Total Time	60 minutes	60 minutes	0 minutes	60 minutes	60 minutes	0 minutes	60 minutes

Tonya uses her responses to design the following practice plan. Click the image below to view her plan in further detail.

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Total Time	60 minutes	60 minutes	0 minutes	60 minutes	60 minutes	0 minutes	60 minutes

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Step 4: Implement the Practice Plan



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Step 4: Implement the Practice Plan

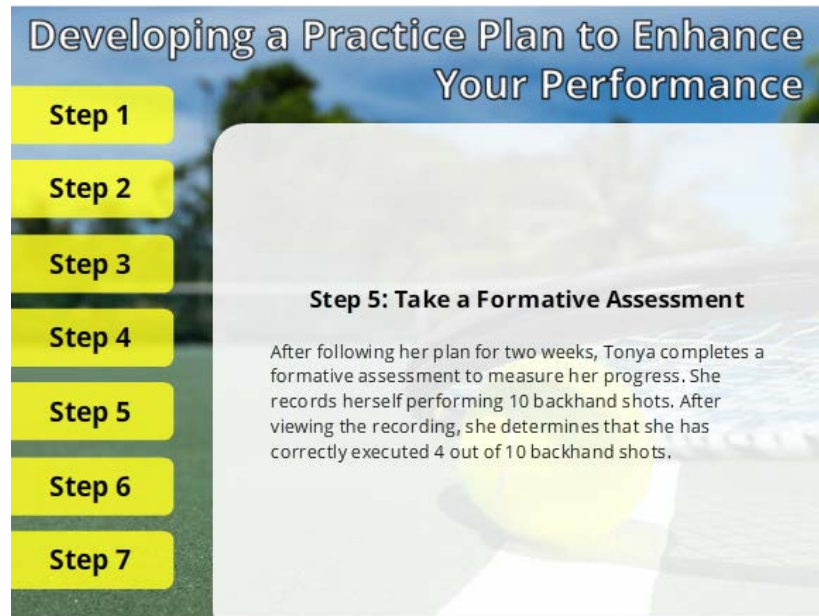
Tonya puts her plan into action, maintaining her workout routine for two weeks.

Tonya puts her plan into action, maintaining her workout routine for two weeks.

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Step 5: Take a Formative Assessment



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Step 5: Take a Formative Assessment

After following her plan for two weeks, Tonya completes a formative assessment to measure her progress. She records herself performing 10 backhand shots. After viewing the recording, she determines that she has correctly executed 4 out of 10 backhand shots.

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Step 6: Incorporate Necessary Modifications

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Step 6: Incorporate Necessary Modifications

After evaluating the results of her formative assessment, Tonya decides to modify her practice plan in order to help her reach her goal. She increases the intensity of her workouts in two ways.

1. For her resistance training, she increases her reps from 12 to 15.
2. In addition to her resistance training on Fridays, she begins practicing backhand techniques for 20 minutes.

Tonya follows her modified practice plan for another two weeks.

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1. For her resistance training, she increases her reps from 12 to 15.
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Tonya follows her modified practice plan for another two weeks.

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Step 7: Take a Summative Assessment

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Step 7: Take a Summative Assessment

At the end of the four-week period, Tonya completes a summative assessment. She again records herself executing 10 backhand shots. After viewing the recording, she determines that she has correctly executed 7 out of 10 backhand shots. She has met her goal.

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