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WARM UP

The specific warm up starts as a general one to gradually adapt, through specific activities (related to the subsequent main activity), all body systems to perform more intense activities, fulfilling a number of aims.



















PERFORMANCE IMPROVES. WE DO THE **EXERCISES BETTER**



WE ARE MORE FOCUSED. THE EXCERCISE WILL BE BETTER TOO.



WE AVOID INJURIES THANKS TO A BETTER **MUSCULAR** COORDINATION







CARDIOVASCULAR SYSTEM

The heart rate is increased and become more powerful. This leads that blood circulation is faster and O2 support is more effective.









CARDIOVASCULAR AND **RESPIRATORY SYSTEM**



Through mild aerobic exercises. In cold days, if you are injured (Tendinitis, overloads...) or with elder people, it is good to do joint mobility in the beginnig, then aerobic exercises and

then displacement exercises.



RESPIRATORY SYSTEM

Breathing rate is increased (you breathe faster), so oxygenation is better.



LOCOMOTIVE SYSTEM

It increases muscular temperature and joints are more lubricated.



NERVOUS SYSTEM

Greater intermuscular (between muscles) and intramuscular (into the muscle itself) coordination, which prevents muscle incoordinations that lead to contractures (pulls) and muscle tears.





LOCOMOTIVE SYSTEM

Through joint mobility and muscular elasticity exercises related to those limbs that are going to work harder. For instance:

- Legs in cycling.
- Arms in handball.

NERVOUS SYSTEM

We have to do exercises more powerful gradually and technical gestures (with material) of the sport we are doing.

- Lay ups in basketball.
- Passes and shots in soccer.

UNIT 2 TRAINING PRINCIPLES

Training is a well-planned process that use physical exercises to make morphological and functional adaptations in our body.

A good training must follow a serie of basic TRAINING PRINCIPLES.

PRINCIPLE OF UNITY

THE TWO BODY HEMISPHERES MUST BE TRAINED IN EACH WORKING SESSION AS WELL AS ALL THE BPA'S IN THE ANNUAL GENERAL PLANNING.

PRINCIPLE OF INDIVIDUALIZATION

EACH TRAINING PLAN MUST BE ADAPTED TO EACH PERSON BASED ON THE FITNESS TEST CARRIED OUT AND THE AIMS WE WANT TO ACHIEVE.

PRINCIPLE OF EFFECTIVE LOAD STIMULATION

IT MUST BE WORKED BETWEEN 120/180 BPM, 75 MIN. PER WEEK OF INTENSE EXERCISE OR 150 MIN. OF MILD EXERCISE (MINIMUM).

PRINCIPLE OF CONTINUITY

IT IS RECOMMENDED TO WORK OUT FREQUENTLY AND NOT LEAVING TOO MUCH RECOVERY DAYS OR THE EFFECTS WILL BE LOST.

PRINCIPLE OF PROGRESSION

YOU MUST START FROM THE LITTLE TO THE MUCH, FROM THE EASY TO THE DIFFICULT. START PROGRESSING WITH THE V AND THEN WITH THE I.

PRINCIPLE OF ALTERNATION

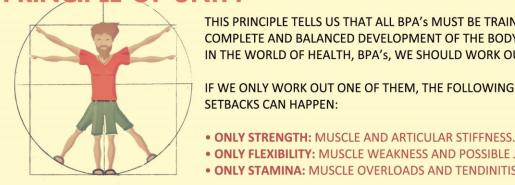
IT IS RECOMMENDED TO LEAVE THE RIGHT RECOVERY PERIODS BETWEEN EXERCISES, SERIES, TRAINING SESSIONS AND PHASES OF TRAINING.

PRINCIPLE OF TRANSFER

BPS's WORKOUT MUST BE ORGANIZED IN ORDER THAT ONE HELPS THE OTHERS. IT IS CALLED POSITIVE TRANFER.



PRINCIPLE OF UNITY



THIS PRINCIPLE TELLS US THAT ALL BPA'S MUST BE TRAINED TO ALLOW A COMPLETE AND BALANCED DEVELOPMENT OF THE BODY. **STAMINA**

IN THE WORLD OF HEALTH, BPA's, WE SHOULD WORK OUT:

STRENGTH



SETBACKS CAN HAPPEN:

- ONLY STRENGTH: MUSCLE AND ARTICULAR STIFFNESS.
- ONLY FLEXIBILITY: MUSCLE WEAKNESS AND POSSIBLE JOINT ALTERATIONS.
- ONLY STAMINA: MUSCLE OVERLOADS AND TENDINITIS.

PRINCIPLE OF INDIVIDUALIZATION

PEOPLE HAVE DIFFERENT GENETIC LEVELS OF FITNESS. THEREFORE, THEY WILL REACT TO THE EXERCISE IN A PARTICULAR WAY. IN ADDITION, EVERYDAY HABITS WILL INFLUENCE THOSE LEVELS, DECREASING THEM O INCREASING THEM. EACH PERSON SHOULD MAKE AN ASSESSMENT OF THEIR FITNESS BEFORE STARTING A TRAINING PROGRAM. BESIDES, IT SHOULD BE ADAPTED IN ORDER TO NOT FLOLLOW THE TRAINING OF OTHERS.



PRINCIPLE OF EFFECTIVE LOAD STIMULATION

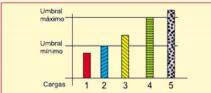
THE WORK OUT MUST HAVE A MINIMUM DURATION AND INTENSITY IN ORDER TO CAUSE AN ADAPTATION IN THE HUMAN BODY. BEWARE: EXERCISES TOO MILD OR TOO STRONG NOT ONLY DO NOT CAUSE ADAPTATIONS BUT ALSO CAN LEAD TO INJURES OR A SENSE OF WASTE OF TIME.

THE ADAPTATION CAN BE:

- FAST: INITIAL REACTION TO THE EXERCISE SUCH AS THE INCREASE OF THE HR OR THE BE
- SLOW: STABLE CHANGES IN THE ORGANISM: LOWER HR, MUSCLE HYPERTROPHY ...

THE IDEAL EFFORTS FOR HEALTHY LEVELS SHOULD BE BETWEEN:

120-180 **BPM**



- · La carga 1 no entrena nada
- · La carga 2 puede entrenar si la repites muchas veces
- La carga 3 entrena muy bien. Esta es la zona buena
- · La carga 4 está en un límite peligroso, hay que usarla con cuidado
- La carga 5 perjudica el rendimiento y la salud.

60 MINUTES DAILY

40 MIN 4 DAYS PER WEEK (MINIMUM)

PRINCIPLE OF CONTINUITY

ALL TRAINING SHOULD BE REPEATED A CERTAIN NUMBER OF TIMES TO PRODUCE DURABLE EFFECTS ON THE ORGANISM IF WE WANT TO INCREASE OUR PERFORMANCE OR HEALTH.

WE SHOULD TRAIN PER WEEK...

60 minutes daily 3-4 sessions from 30' to 1 hour each

4 sessions of 1 hour to increase the level



PRINCIPLE OF PROGRESSION

YOU MUST START GRADUALLY FROM THE EASY TO THE DIFFICULT, FROM THE SMOOTH SOFT TO THE INTENSE. THERE ARE TWO IMPORTANT VARIABLES:

VOLUME (AMOUNT OF WORK).

IT IS NORMALLY MEASURED IN REPETITIONS, SERIES OR TIME. IT IS S THE FIRST ITEM YOU SHOULD INCREASE. IT CAUSES LONG-TERM ADAPTATIONS THAT REMAIN FOR A LONG TIME.

INTENSITY WHEN WE HAVE RAISED THE VOLUME, THEN WE INCREASE THE INTENSITY. HOW? BY DECREASING THE REST OR INCREASING THE SPEED OR THE LOAD KILOS. IT PRODUCES SHORT-TERM ADAPTATIONS THAT ARE LOST QUICKLY IF WE NOT KEEP TRAINING.



PRINCIPLE OF ALTERNATION



WORK LOADS AND THEIR APPROXIMATE RECOVERY IN HEALTHY BPA's

FLEXIBILITY
IT DOES NOT NEED RECOVERY
DUE TO EXERCISES DO NOT
CAUSE FATIGUE.

A WORK LOAD MUST BE FOLLOWED BY A RESTING LOAD DEPENDING ON THE TYPE OF EFFORT THAT I AM DOING. WE MUST RECOVER BETWEEN EXERCISES, SERIES AND SESSIONS. THIS IS PERFECTLY REFLECTED IN THE NEXT GRAPH.



AEROBIC STAMINA

- LOW LOADS: 24 H.
- MEDIUM LOADS: 48 H.
- HIGH AND VERY HIGH LOADS: 100 H.

ENDURANCE STRENGTH

- MEDIUM LOADS: 24 H.
- HIGH: 72 H.

PRINCIPLE OF TRANSFER

THE WORK OF BPA'S SHOULD BE DONE IN THE RIGHT ORDER FOR HELPING ONE ANOTHER.

POSITIVE TRANSFERS

- STRENGTH HELPS TO IMPROVE SPEED.
- FLEXIBILITY HELPS TO IMPROVE SPEED.

NEGATIVE TRANSFERS

- SPEED AND STAMINA ARE MUTUALLY UNFAVORABLE.
- STRENGTH AND FLEXIBILITY ARE MUTUALLY UNFAVORABLE.



AINII **SYSTEMS**



STAMINA REMEMBER TRAINING **SYSTEMS**

There are 3 basic systems

- CONTINUOS SYSTEMS
- FRACTIONAL SYSTEMS
- MIXED SYSTEMS

CONTINUOS SYSTEMS (NON-STOP)

Steady Running

Running gently and steady for a while.



50 75%

Fartlek

We do changes of pace faster or slower fron time to time.



60 85%

Total Training

Combination of running and other types of exercises.



60 85%

FRACTIONAL SYSTEMS (STOPS)

Interval Training

Over 10 repetitions of 10 to 30 seconds reaching 180 bpm including an incomplete recovery

75 85%

at 120 ppm.

Repetitions

Certain number of repetitions at 85% 100% of MHR.

85 100%

The recovery is complete (beats of resting).

MIXED SYSTEMS (Two or more BPA's)

Circuit Training

It consists of some stations where we do a particular exercise and then, we pass to another having resting the same amount of time that we have worked out.

EXAMPLE



Slopes

Running uphill (to improve the power) or downhill (to improve speed).



Aerobic stamina.

Between 60-80% of the MHR (120-180 bpm).

3-4 days a week, fron 30 minutes to 1 hour.

If you want to improve more and better, 250 or 300 minutes per week.

Costumize your training session and do it gradually.

At the beginning, Let a resting day between work out sessions.



EXAMPLE

Day 2x8' of S.R. Day 2x12' of S.R. Day 20' of S.R. **Circuit Training** 2x8 ex. 30"-30"

Davi 25' of S.R.

Dav **Circuit Training** 3x8 ex. 30"-30" 30' of S.R.

Dav 25' Fartlek Dav **Total Training** Day 1 30' Fartlek

Total training

35' Fartlek

Day 12 Day 13 Day 1 HIIT

Circuit Training 3x8 ex. 30"-20"

HIIT

Y PLANNING

MONDAY

2x8 min of S.R. Flexibility (5') **CORE** (strength postural muscles). 5'

MONDAY

10 min S.R Flexibility: 5' Circuit Training: 2x8 ex 30"-30" and 3'

WEDNESDAY

2x12 min of S.R. Flexibility (5') **CORE (5')**

WEDNESDAY

25 min of S.R. Flexibility (5') **CORE (5')**

FRIDAY

20 min of S.R. Flexibility (5') **CORE (5')**

FRIDAY

10 min S.R Flexibility: 5' **Circuit Training: 3x8** 30"-30" and 3'





Healthy strength routines should be based on STRENGTH ENDURANCE

FEATURES

Work out between 60-80% of the MHR. Ideally, between 120-180bpm.

Perform a general physical fitness working all the components of the BPA's. After 2-3 weeks, go to strength endurance training through circuits, TRX and HIIT.

Combine it with stamina and flexibility work.

PROGRESSION

- Starting with CIRCUIT TRAINING. Work out the main muscles (the big ones)
- The weight should be low and repetitions from 12 to 30 (r: 1').
- After two weeks, you can start to overload starting with 3 sets per muscle.
- After two weeks, you can increase the volume by following these rules.
 - Increase the repetitions (8-12)
 - Increase the sets (to 5)
 - Increase the weight (to 75%)





- Do not work out maximum strength until you are 18 in order to avoid injuries.
- Work out with mild weights and feeling your breathing accelerated.
- Lift almost-axhausting loads. The last repetition's speed must be slower than the rest.



SYSTEM





- Exercises will be as varied as possible.
- Flexibility should be exercised every day during warm ups, in exclusive sessions and at the end of each session.
- Being a low intense activity, there will be no recovery pauses.
- The exercises will be mantained 20 seconds (at least). Try to avoid hiperextensions and wide rotations.
- If we feel severe pain, leave the exercise immediately.
- Combine flexibility and strength exercises for a more harmonious development.

MAIN DEVELOPMENT SYSTEMS

ACTIVES

are those where you are the one who performs the action.

They are divided into:

DYNAMIC METHOD

There is movement such as bounces or swings.





STATIC METHOD

There is no movement at all.

3-5 EXENCISES AND/ON NEPETITIONS PEN MUSCLE GROUP

PASSIDES

are those where the movement is produced by an external force (usually, another person).

They are divided into:

DYNAMIC METHOD

I am moved by an external force and there is movement.

STATIC METHOD

I am moved by an external force but there is NO movement.



NPf

NEUNOMUSCULAN PROPIOCEPTIVE **facilitation**

Where you first stretch gently, (10 seconds) then you contract the muscle (10 seconds) to relax and stretch again a little harder and longer (20-30 seconds).



- If you are very rigid, do not start with dynamics methods.
- If you are very relaxed (too flexible), work out dynamics methods and F.N.P.
- Try them all. However, statics methods are more recommended.
- To improve muscular elasticity, statics methods and F.N.P. are the best.



superficie antideslizante.

inclinación ajustable y En un reposapiés con

Feet

11

LECOMENDATIONS TO AVOID SOME PROBLEMS

Separation of 45 to 75 cm

from the screen and 1/3

from the top of the

monitor.

At the same height as the

elbows and wrists,

slightly bent.

Mouse and keyboard

Keep your head and head back and your neck straight, your chin tucked in.

Shoulders

Shoulders should be relaxed and aligned.

Back

with lumbar support. Straight and close to the chair. Use an adjustable chair

mo 94-89 8-15 cm and at right angles. Close to the body 45 - 75 cm 15° - 20° Elbow 40 cm 38-52 cm

COMPENSATION EXERCISES













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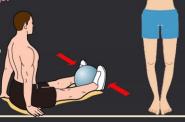




There usually is a separation between the knees of 4 fingers. Typical walk of bowed legs.

SYMPTOMS Tendency to sprains in the ankle due to overloads on the calves.

TREATMENT Adductor strength.



GENU

Knees in 'X' position.

VALGUM

SYMPTOMS

Pain on the inner side of the knee. Risk of sprains knee are higher.

TREATMENT Adductor flexibility and gluteus strength (sometimes).





GENU RECURVATU

At exercising, you can feel SYMPTOMS overloads on the quads and hamstring cramps may occur.

TREATMENT Hamstring strength.

Quadriceps flexibility.



FLAT FOOT

Plant bow is nonexistent.

VARIOUS DEGREES OF FLAT FOOT



NORMAL 1 DEGREE 2 DEGREE 3 DEGREE

SYMPTOMSPain occurs in fast runs and jumps.

TREATMENT

ORTHOPEDIC: Special insoles. SURGICAL: Operation to give shape to the foot.



SYMPTOMS

Overloads occur on the outside of the leg and on the ground and instep of the foot in exercise.



ORTHOPEDIC: Special insoles. SURGICAL: Operation to give shape to the foot.



Plant bow is too high. Only the anterior and posterior part of the foot rest.

CLUBFO

The foot rests entirely with the external area.



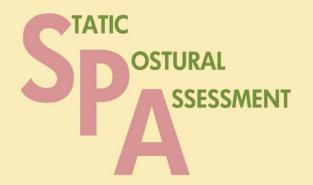
SYMPTOMS Deformation joint and risk of sprains

and full and partial tear of ligaments.

TREATMENT

PHYSIOTHERAPY: Only in infants and in the first months of life.





Last year, you studied the main spine, knee and foott alterations, which they were:

SPINE		FOOT
Kyphosis	Genu varum	Clubfoot
Hyperlordosis	Genu recurvatum	Cavus Foot
Scoliosis	Genu valgum	Flat Foot

Now, we will study the body of our classmates in order to identify some of these alterations. GO FOR IT!

STATIC POSTURAL ASSESSMENT (SIMPLIFIED)

HEAD			SHOULDERS
goes ahead (antepulsion)	YES	NO	INTERNAL ROTATION YES NO
goes back (retropulsion)	YES	NO	external rotation yes no
inclination (one side)	YES	NO	LINE UP YES NO
SPINE		RECOMMENDATIONS AND TREATMENT	
KYPHOSIS	YES	NO	
HYPERLORDOSIS	YES	NO	
SCOLIOSIS	YES	NO	

HEAD

Antepulsion: Head goes ahead regarding the spine line. **Retropulsion:** Head goes back regarding the spine line.

HIP			KNEES		
EIAS INCLINED	YES	NO	GENU VARUM YES NO		
EIPS INCLINED	YES	NO	GENU VALGUM YES NO		
ANTE o RETROPULSION	YES	NO	G. RECURVATUM YES NO		
FEET			RECOMMENDATIONS AND TREATMENT		
SUPINATION	YES	NO			
PRONATION	YES	NO			
VALGUM O VARUM	YES	NO			

HIP

ASIS: Anterior Superior Iliac Spine (Espina Ilíaca Antero Superior).

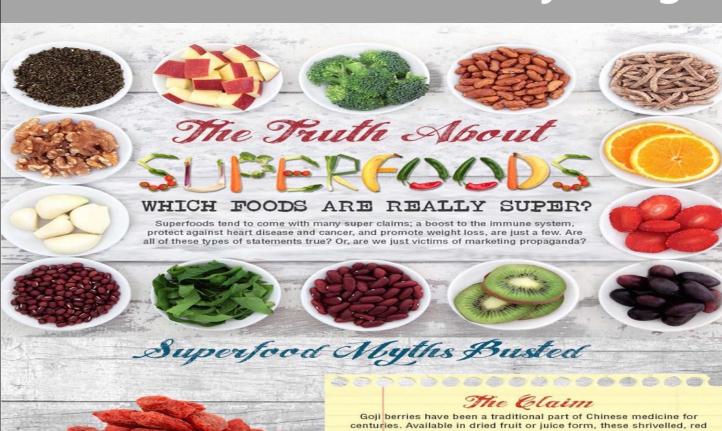
PSIS: Posterior Superior Iliac Spine (Espina ilíaca Postero Superior).

Mark with both tuhmbs the two spines at the same time to check inclination.

KNFF

Genu varum: Check if you can put four finger between the knees. **Genu valgo:** Check if you can put four fingers between feet.

UNIT 5. Food and Body Image



berries are alleged to boost the immune system and brain activity,

The Reality

The BDA argues that you would need to drink 13 servings of goji berry juice to get as many antioxidants as you'd find in one red apple.

The Claim

Goji Berries

The South American supergrain contains up to 18 per cent more protein than any other grain, and amino acids to build muscle and body tissue. Naturally gluten-free, it's low GI.

The Reality

Despite the protein, quinoa contains potentially gut-irritating saponins and lectins. Some report gas and bloating after eating it, which might be because of its very high fibre content.



0000000 The Claim

Coconut water has become one of the fastest-growing soft drinks in Europe. It is said to be high in potassium and magnesium. These minerals are depleted after exercise, so coconut water is often sold as a post-workout drink.

While coconut water is relatively low in calories (around 20kcal per 100ml), most of these come from naturally occurring sugar. One 330ml serving contains three teaspoons of sugar, half your recommended daily allowance.

The Claim

Coconut Water

With double the antioxidants of blueberries, along with protein, fibre, essential fats, vitamins and minerals, they are also touted as a weight-loss aid.

The Reality

The supposed weight-loss effect is unproven, and few scientific studies have tested the benefit of acai in promoting weight loss.



Acai Berry



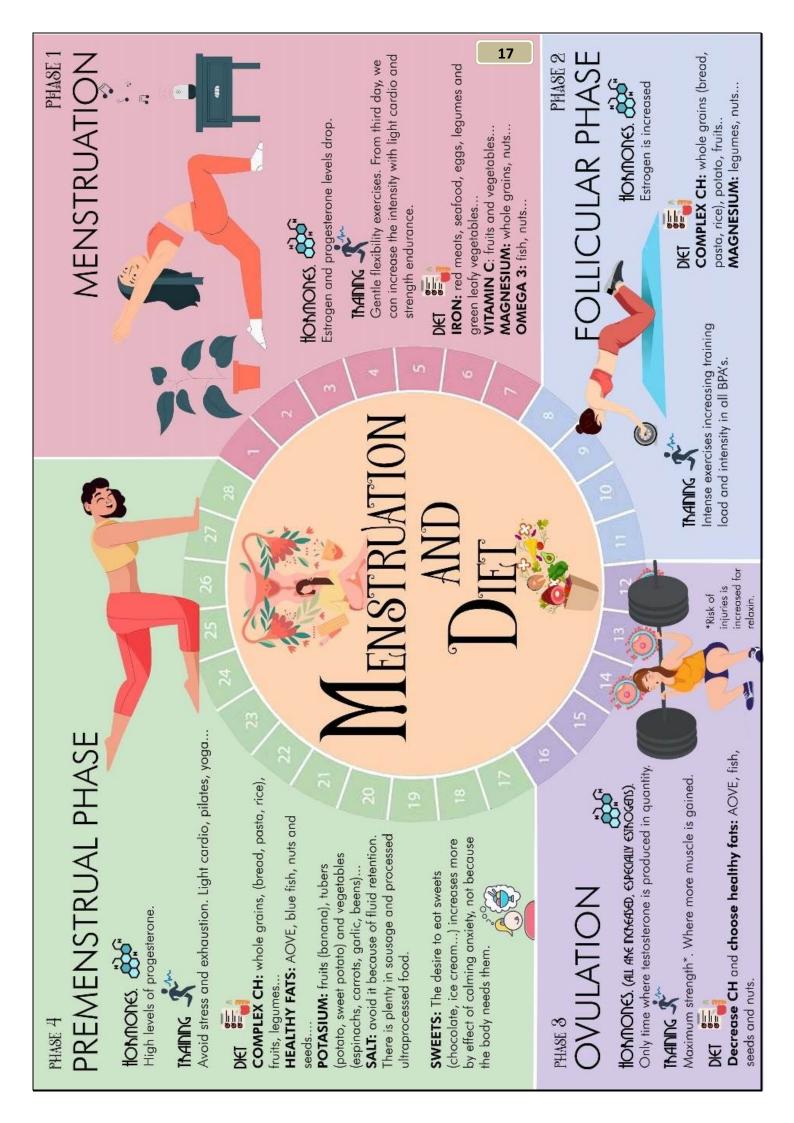
more healthier than the regular ones, so do not let SUPERFOODS are only marketing. They are not be cheated by advertising and do not spend money unneceserally.

However, these foods are not bad. As the rest of it, nave some benefits for health.

Beans & Legumes

- Economical, plant-based source of protein
- Provide fiber, magnesium and phytonutrients
- High level of flavonoids
- Can lower risk of heart attack in women

- Packed with nutrients, fiber and antioxidants
- Provide protein, fiber and unsaturated fats
 - Best options are unsafted
- Whole-grain source of dietary fiber
- Can lower risk of heart disease, stroke and diabetes
- Provides Omega-3 Fatty Acids
- Tastes great grilled, roasted or baked
- Provides calcium, protein & vitamin D



BODY IMAGE

Your body image is the way you think and feel about your body. It can be positive or negative.

Most young women and girls are worried about their body — in fact it's their number one concern.

Of Australian high school girls:

%9/

wish they were thinner

20%

have tried to lose weight

16%

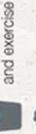
are happy with their body weight

Poor body image can be associated with depression, anxiety, alcohol and other drug abuse and eating disorders.

Some warning signs that you or someone you know might have body image issues:

Distorted eating habits

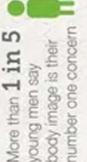
Obsession with weight



Being continually self-critical



Guys have body image issues too. One third of males want to be thinner and one third want to be bulkier.





Tips for better body image:

- Focus on yourself as a person, not just how you look
- Aim to get healthier rather than lose weight
- Focus on the things you like about your body
- Stop being critical about others' appearance
- Remember, real bodies aren't perfect, and perfect bodies are almost always airbrushed.

UNIT 6. Prevention and First Aid

ways to avoid sports injuries



Stay hydrated



Eat a well-balanced diet



Wear appropriate activewear, including shoes, helmets, etc.



Build up your exercise level gradually and know your body's limits



Strive for a total body workout of cardiovascular, strength-training and flexibility exercises



Be sure to follow an appropriate warm-up and cool-down regimen, including flexibility exercises



Learn to do your sport right. Use proper form to reduce your risk of injuries



Report and injury immediately so it can be properly treated

COMMON INJURIES IN YOUR SPORT



BASKETBALL

Ankle sprains Knee injuries



GYMNASTICS

Achilles tendinitis ACL sprains Shoulder injuries Wrist sprains



FOOTBALL

Ankle sprains Concussions Knee injuries Shoulder injuries



BASEBALL AND SOFTBALL

Pitcher's elbow Rotator cuff injuries Hamstring strain



Ankle sprains

Knee sprains

Muscle strains in hamstrings, groin and quadriceps

Shin splints



RUNNING

Ankle sprains Runner's knee Shin splints



Achilles tendinitis Knee sprains Concussions

Muscle strains in hamstrings and groin



SWIMMING

Rotator cuff injuries Biceps tendinitis Knee sprain or strain





VOLLEYBALL

Ankle sprains Finger fractures, dislocations. sprains and strains

Patellar tendinitis

Rotator cuff tendinitis



TENNIS

Rotator cuff injuries Elbow tendinitis Calf strains



Recently, the acronym for injury management has evolved significantly. The PEACE and LOVE approach covers the gaps left by previous approaches and outlines how to optimize your recovery immediately after injury, as well as how you can manage your injury in the long term.

If you continue to experience discomfort after your injury, speak to a health professional.

Following an injury, allow 1-3 days of PEACE





Protection

Protect your injury by avoiding movements that cause a prolonged increase in pain.





Elevation

Elevate the injured area higher than your heart to help reduce swelling.





Avoid anti-inflammatories (including ice)

Although ice is effective at decreasing pain, anti-inflammatories can disrupt the tissue healing process in the early stages.





Compression

Compress the area with an elastic bandage to help control swelling.





Education

Seek out education and resources from a professional regarding how to approach recovery.

Beyond the first 3 days, your tissues need LOVE





Load

Early movement promotes healing and is encouraged. Experiencing some pain is ok as long as your pain subsides after activity. Return to normal activity as soon as you can.





Optimism

Stay positive! Studies have shown that having confidence and optimism will condition your brain for a better recovery.





Vascularization (blood flow)

Start to engage in light, pain-free aerobic exercise such as walking or biking. Exercise increases blood flow which will help promote tissue healing.





Exercise

Taking an active approach to recovery will help restore mobility and strength in the injured area. Be sure to pay close attention to your pain levels.

THE ULTIMATE CPR GUIDE

EVERYTHING YOU NEED TO KNOW FOR ADULT, CHILD, INFANT CPR



ASSESS SCENE SAFETY



Check the area for any safety hazards that may be harmful

CHECK FOR RESPONSIVENESS



Tap the victim's shoulder and shout,

LOOK **FOR NORMAL** BREATHING



4 CALL 1-1-2 5 START CPR

Make sure the victim is lying on a firm and flat surface facing





HOW TO PERFORM

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



- HEAD TILT CHIN LIFT
- GIVE 2 BREATHS

Mouth to mouth is optional, but highly recommended for Child and Infant CPR

STEPS HOW TO PERFORM FOR HANDS-ONLY CPR

1 GIVE CHEST COMPRESSIONS



HOW TO HELP A CONSCIOUS CHOKING ADULT

GIVE CONTINUOUS ABDOMINAL THRUSTS



- Place a fist with the thumb side against the middle of the adult's abdomen, just above the navel
- Cover your first with your other hand

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The adult/child can cough forcefully or breathe
 The adult/child becomes unconscious.
 Call 9-1-1 if not done already

If victim becomes unconscious, perform CPR. Start 30 to 2

GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



GIVE CONTINUOUS ABDOMINAL THRUSTS

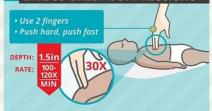
CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The adult/child can cough forcefully or breathe
- The adult/child becomes unconscious.
 Call 9-1-1 if not done already

INFAN

HOW TO PERFORM

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



Make sure the head is tilted back and the chin is lifted into a neutral, or sniffing, position

- Cover the infant's mouth and nose with your mouth to form a complete seal
- You should see the infant's chest rise with each breath

A BABY'S LUNGS ARE MUCH SMALLER THAN AN ADULT'S, SO IT TAKES MUCH LESS THAN A FULL BREATH TO FILL THEM



STEPS HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS



5X BACK SLAPS

2 GIVE 5 CHEST THRUSTS



CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

- The infant can cough, cry or breathe
- The infant becomes unconscious Call 9-1-1, if not done already

If infant becomes unconscious, perform CPR. Start 30 to 2





· The victim begins to breathe

• An AED is ready to use

A trained rescuer arrives

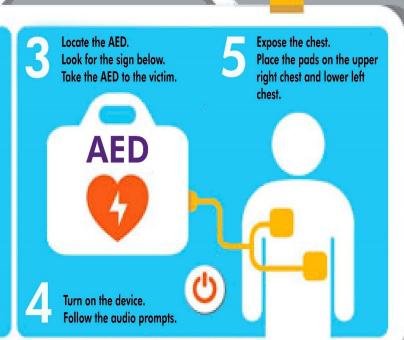
You are too exhausted to continue

How To Use An AED (Automated External Defibrillators)

An AED may resuscitate anyone in cardiac arrest. An AED can do this by delivering chocks to the heart to restores noraml rhythm.

An AED will not shock without detecting an abnormal rhythm.







In the U.S. -6000 children 18 years and younger died of sudden death.



Learn more Save more

What are STTOKE? the warning STTOKE?

Weakness

Sudden loss of strength or sudden numbness in face, arm, or leg, even if temporary

- ✓ Headache
 Severe and unusual headache
- ✓ Dizziness
 Sudden loss of balance, especially with any of the above signs
- ✓ Vision problems
 Sudden trouble with vision, even if temporary
- Trouble speaking
 Sudden difficulty speaking or understanding or sudden confusion, even if temporary

If you are having these symptoms or are in doubt,



Do not drive yourself to the hospital.

When you arrive by ambulance, the hospital will be contacted and a team with a neurologist will be waiting, with the equipment ready to begin treatment immediately.

When it comes to treating a stroke,

DOPING

EFFECTS



Did you know...

It is believed that many chariot racers in Ancient Rome fed their horses alcoholic substances to make them run faster and that gladiators took hallucinogens and stimulants such as strychnine (made from certain tree seeds) to stay alert and improve the intensity of their fights.

Artificial advantage

Seven-time Tour-de-France winner and Olympic medallist Lance Armstrong has admitted to using performance enhancing drugs throughout his career, and he alluded to the fact that drug use is fairly wide-spread in cycling. He has since been stripped of his

Doping statistics

In July, 2012, the World Anti-Doping Agency (WADA) released statistics on the number of samples tested in each sport for every year between 2003 and 2010, as well as the number of tests that indicate the use of a prohibited substance.

Averaged across all eight

- · The worst offender, in terms of results indicating prohibited substance use. was cycling at 3.71%
- · Boxers had the second highest rate at 3.05%
- · Badminton had the lowest rate of usage-indication findings per sample, at 0.87%
- · The most tested athletes (total number of samples): Footballers (30,398) Athletics (25,013) Cycling (21,427) Aquatics (13,138)

Drugs used by athletes to:

Relax blood vessels or heart

- · Alcohol
- · Beta blockers
- Cannabinoids

Sports with potential benefit:









Mod. Pentathlon

Beta blockers:

Weaken effects of stress on sympathetic nervous system

Cannabinoids:

properties



Pain relief

Shooting

Build mass and strength

- · Anabolic steroids
- · Human chorionic gonadotropin
- Luteinizing hormone
- · Human growth hormone
- · Insulin-like growth factor
- Insulin

Luteinizing hormone:

Increases testosterone

Sports with potential benefit: production









Control weight

Diuretics

Mask drug use

- Epitestosterone
- Plasma expanders
- Diuretics

Epitestosterone:

Used to fool tests Secretion inhibitors into picking up less testosterone

Sports with potential benefit:













Enhance alertness

- Amphetamines
- Caffeine
- Cocaine

Sports with potential benefit: alertness, decreased



Protein

hormones:

Help reduce

inflammation











Judo Gymnastics

Increase oxygen delivery in tissues

- Protein hormone
 - · Artificial oxygen carries
 - Blood doping

Sports with potential benefit:

Helps muscles work better for longer



Amphetamines:

Effects include

sense of fatigue,

mood elevation.

increased self

confidence -

however they also

distort reality and

impair judgement

wakefulness,













Masking pain or injury

- Protein hormones
- Narcotics
- Local anaesthetics

Sports with potential benefit:





EREOT

The Evolution of Women's Sports

Female sport is the history of a fight. Throughout the centuries, women have had to fight their way against the prejudices and obstacles that a society placed on them that believed that they could not, or should not, play sports.



They ran in three age categories with free hair, a robe up to the knee. They showed the right shoulder

fair games in tennis and golf. There were a thousand men enrolled.

1908 Women can compete in archery, sailing and figure skating, although they were

1922 In response to that discrimination gender, a group of women athletes organize a Games Women's World Cups in 1922 and 1926. The meeting was gathering more and more participants, forcing the IOC to rectify and open the Olympic Games to female athletes.

1976 Nadia Comaneci stars a mythical olympic history moment: in Montreal 1976, she demonstrated the physical ability and technique that women could achieve by becoming the first gymnast getting a ten on a competition.

SPORT MASS MEDIA



GAP

IN THE WORLD OF SHOW SPORTS, SALARIES
DEPEND ON THE INCOME GENERATED BY EACH ATHLETE

UNDERSTANDING DATA

The pay gap also occurs between women's teams and/or players of the same team

D1 Féminine (1) (0) (0) (0) (1) \$13.6n

Frauen Bundesliga = (U) (U) (U) (U) \$12.2m

FA Women's Super League + 5.5m

National Women's Soccer League = (0) (0) \$5.4m

Damallsvenskan ## (0) \$3.4m

W-League 📆 [🕖 \$1.7m

Liga MX Femenil 🚹 🌅 \$838,656

Neymar's annual earnings. \$43.8m

Top 7 women players \$42.6m



PAY GAP



Players of differente teams have differente salaries

Within the same team players don't get paid the same

To more fame and more presence in the media, the more eanings

Fame will also attract more sponsors (advertising)

A sport will generate more money if it is more seen in that society than another that is not

Society perceives more attractive the masculine one

It is more profitable for the media because it is more seen

The media visualizes more time that sport or athlete

90% of the news and broadcasts sports emissions are from best-known male sports 90%

Volleyball Earls Court

VOLLEYBALL

Play: Points won for landing

ball in opposing court. Each

men women

THE BEST OF 3 SETS (OR 5)

25 POINTS (WITH 2 POINTS LEFT)

65-67 CM

Spike Attacking shot team has three touches before returning ball to opposition

FREE ZONE

Blocking: Players attempt to deflect opposition spike

Dig

Net height 2.24m (women) 2.43m (men)

Libero Defensive specialist

Service
Ball driven
into opposing court
from behind baseline

DEFENCE ZONE

Set 2

pass

Overhead

ZONE

ATTACK

SOME RULES

A team has 8 seconds to serve.

A player cannot touch the net in any way.

A player cannot touch the ball twice (or more) in a row.

A player can play the ball with any part of its body.

A ball can be played out of boundaries if it doesn't touch the ground.

Any player can touch the ball at any time.

9m

The serve cannot be spiked or blocked. Besides, it is very difficult to do so.

The serve must pass to the opposing court straightaway.

In the serve and during the game, the ball can touch the net.

The ball cannot touch the ceiling, the pole (postes) or the rods (varillas).

When a team recovers the possesion of the ball, is has to do a clockwise rotation.

A match is played 6/6 (players).



Digging, Setting, Spiking, Serving and Blocking. There are 5 main skills in volleyball:





Face incoming ball

Knees bent with the weight on the balls of your feet

Keep your arms/elbows straight

Wrist together to create a flat platform for the ball to bounce off

Angle your arms towards the target

Keep the ball in front of you

The ball should bounce off your forearms

bounce off and angles her arms toward the target *Sarah Choat has a flat platform for the ball to

HE BLOCK

Watch the spiker and resist the urge to look at the ball

Line up in front of the spiker as they run in

Jump straight up with two feet

Spread your fingers and hands to make them as big as possible

Reach over the net as far as possible

Don't touch the ball until after the spiker

over the net and covers the ball *Isaac Kapa keeps his hands



Have your hands up early with fingers spread in the shape of a ball

Keep your hands symmetrical

Track the ball until you are underneath it

your forehead (you should be able to see the ball through the diamond shaped window Ensure the ball lands in your hands above made by your thumbs and forefingers)

Push the ball out in the direction you wish keeping your hands symmetrical

*Harrison Peacock is always under the

ball with his hands above his head





Always keep the ball in front of you

Have both hands up in the air

Draw your hitting hand back like a!

and arrow

• Swing at the ball with a extended a **2**

 Have spread fingers hitting the ball your hand

Follow through the ball with a firm wrist

*Becchara Palmer sets her arms

up in a bow and arrow



CLIMBING

It was born as an activity derived from mountaineering. In 2020 it becomes an Olympic discipline (Olympic Climbing).



CLIMBING EQUIPMENT



CLIMBING SHOES With reinforced tip **HARNESS**





BELAY DEVICE







QUICKDRAW

CHALK BAG

CARABINER

HOW TO STAR





Use your legs more than the arms and seek always have three supports.





The movements must be slow and precise, overall the feet.



Choose well and with tranquility the better grip or support for save energy.

OBSERVE





Focusing is paramount in climbing. You cannot allow serious mistakes.

CLIMBING STYLES

SPORT CLIMBING

Climbing is done with harness and rope, but the pieces protectors are embedded on the wall. It is fast, safe and cheap.

It is done without rope and

It is only suitable for very specialized people.

FREESTYLE

without protections. In the case of falling, death is inevitable.

ICE CLIMBING

It is done in icy formations like waterfalls and glaciers. Special gear is needed

as ice axes (peaks) and crampons.

TYPES OF GRIP POSITIVES

Secure grips with yolks and much of the fingers.













Less secure grips. The surface is flat and does not allow to do so much pressure.





1EGATI\

Very unstable grips.

SLOPER



BOULDERING AND BUILDING

Bouldering is done in low walls, usually on crossings (horizontal lines) and does not require protection.

The building is done outdoors (walls or chimneys) and the protection depends on the height to be carried out.

TRADITIONAL CLIMBING

It is the best known. It is done with all equipment and the person is clinging to the rock by a rope through the harness, where the carabiner is inserted and the belay device.



CLIMBING WALL

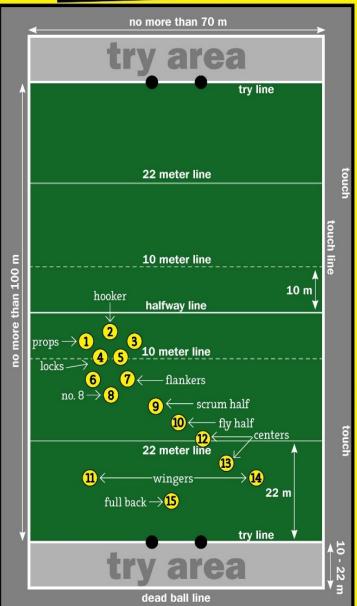
It is done indoors, where the weather does not prevent its realization. It is usually done on plywood surfaces or concrete, which are covered with ledges of varying difficulty. In this variety, lines (vertical) are made or you can also do bouldering or climbing en block, where lines are horizontal (crossing) without elements of protection, as we have seen before.

RUGBY

RUGBY IOI

It is said that **RUGBY** was born in 1823 in the town of Rugby, England, when **William Webb Ellis**, while playing a game of association football, picked the ball up and ran with it toward the opposition's goal line. Rugby Union is a full contact team sport traditionally played with 15 players on each side.

PITCH & POSITIONS





- formed after an infraction
- #9 sends ball in
- using feet only, players try to send the ball toward back to begin play



40 / 40

OBJECT OF THE GAME

1. PASS THE BALL BACK & FORTH while running toward the opposition's try line.



2. SCORE A TRY = 5 points



THINGS YOU NEED TO KNOW

PENALTY KICK - 3 points

OFFSIDE - No player may be in front of his team's ball carrier or the last team mate to play the ball. SANCTION = Penalty kick

KNOCK ON - When a player drops the ball forward as in toward opposing team's try line. RESULT = Scrum | Turnover SANCTION for intentional Knock On = Penalty kick

TOUCH - When ball is kicked into touch (inside 22 meter line) RESULT = Line Out

LINE OUT - Throw in that happens after ball is kicked to touch. Opposing team may not have more members than team throwing in.

RUCK - A "pile up" formed if the ball is on the ground with 1 or more players from each side around it. Using only their feet, players must move the ball toward their team's hindmost foot where it is picked up to begin play.

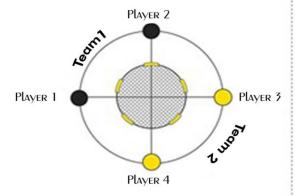
MAUL - Ball carrier is upright being held by 1 or more opponents. 30



UNIT 12. Roundnet

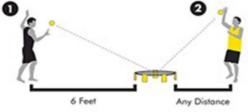


SET UP



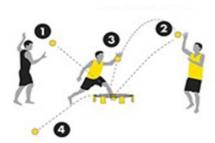
THE SERVE

A point starts with a serve. The server stands 2 meters from the net, directly across from the receiving player and must hit the ball at least 10 cm from the release point.



PLAY

Just like volleyball, the receiving team has up to three alternating hits to return the ball onto the net. When they do, possessión changes to their opponent.



SCORE

Points are scored when:

- 1. The ball hits the rim or ground.
- 2. The ball doesn't bounce off the net in a single bounce.
- 3. A team can't return the ball onto the net.



ANOTHER RULES

- The server has up to 5 seconds to serve and the opponent has to be ready. The server is to the right of his partner. The server han to keep serving while winning If the receiving team wins, the player to the left serves. From there on, service alternates between teammates after each change of service possession. This four person order continues the rest of the game.
- If the serving team wins the point, the server switches positions with their partner and serves to the other member of the opposing team.
- The ball may touch any part of the body.
- Simultaneous Contacts If teammates touch the ball simultaneously it is counted as two hits. Either teammate may take the next hit provided they have not already used all three hits.
- The ball must not be caught and/or thrown.
- Players may not hit the ball with two hands.
- Players cannot interfere with the opposite team.
- A match is played up 11,15 or 21 points with a 2 points difference. Only one game is played.

UNIT 13. Pickelball

PICKLEBALL

Get your pickle on!



Basics

- Singles or doubles can play rules are the same for both.
- The first team to 11 points wins a game, must win by 2.

Serving

- Balls must be served underhand, with the ball hitting the paddle below the server's waist. Server must be outside the court
- Serves are made diagonally cross-court ball must land in other team's service area diagonal from server.
- Serves begin with the player at the right service area of the starting team, then pass to the other player after a fault is made or point is lost. Serves then transfer to the other team, starting at their right.
- If the point is won by the serving team, the same player serves, but the players switch sides (left/right).
- The player who started serving will serve from the right when their team's score is even (0, 2, 4, etc). The 2nd serving player will serve from the right whenever the team's score is odd (1, 3, 5, etc).
- One serve attempt allowed per player. No re-dos.

Scoring

- · Points can only be scored by the serving team.
- A point ends when a player fails to return the ball within the opposing side's court.
- Games are typically played to 11 points, and must be won by 2 or more points. Tournament games may be played to 15 or 21 points.

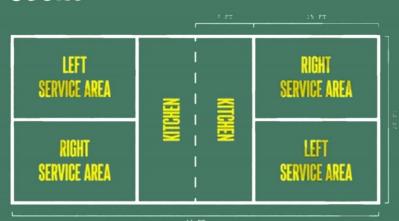
Two-Bounce Rule

- When the ball is served, the receiving team must let it bounce once before returning.
- The serving team must then also let the ball bounce once before returning.
- After these two bounces, the ball can be returned after a bounce or without a bounce (a volley).

Non-Volley Zone

- Volleying (returning a ball without letting it bounce) is not allowed in the kitchen.
- A fault occurs if the returning player is in the kitchen at any time during the return, including stepping into it after the ball is hit.

COURT



GEAR

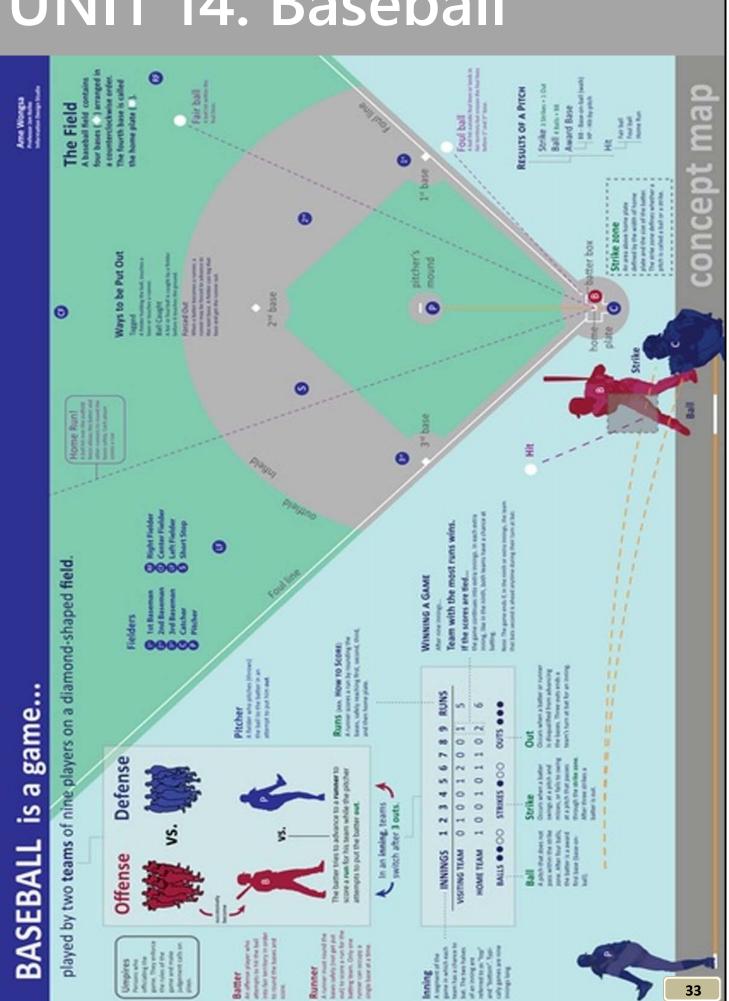
The Paddle Composite paddle with various hicknesses and weights. Typically square face with rubberized grip for maximum control.



The Rall

Yellow or white plastic ball with machined holes, formulated for perfect bounce and aerodynamics. Size and weight depend on indoor/outdoor use.

UNIT 14. Baseball



UNIT 15. Tchoukball

TCHOUKBALL- THE BASICS

Materials: Tschouks (bouncy nets), Balls



The Court

A line runs 3 metres from the centre of the bottom of the frame around in a semi-circle. This area is called the ''forbidden zone'.

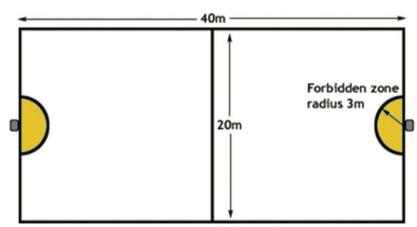
of Players- 5- 11



The Rules of 3

metro passe prints

metreforbidden zone passes prints (steps) ways to score





Object of the Game

- · Teams can score on both ends
- · Team with possession has a 3 pass limit
- · When in possession of ball, only 3 steps can be taken
- Defensive team must place themselves where they think the ball is going to bounce in order to catch it before it touches the floor to gain possession
- Defensive team cannot interfere including; intercepting passes, interfering with the movements of theperson carrying the ball or his team-mates.
- Offensive team cannot stop a defender from positioning himself to catchthe ball after the rebound.
- After possession change, ball must travel over centre line before attempting to score



Scoring

Offensive team scores if:

- ball bounces off tchouk and hits the floor before an opponent can catch it (cannot hit frame of tchouk)
- 2. when ball touches a player in defense that makes it go out of bounds
- 3.ball touches defensive player under knees

Defensive team scores if:

- 1. offensive player misses tchouk during throw
- when ball falls inside forbidden zone or out of bounds after throw
- 3.I offensive player is hit by rebound of their own shot



Penalties

A player commits a penalty if he or she:

- · moves while dribbling the ball on the floor or juggling it in the air.
- takes more than 3 footsteps on the floor while in possession of the
- · plays using parts of his body below his knees.
- · makes a fourth pass for his team.
- makes contact with the floor out-of-bounds or in forbidden zone holding the ball
- · drops the ball after it is passed to him.
- · voluntarily, or by error, catches a pass from the other team.
- catches a ball off of the rebound surface that was shot by one of his team-mates.
- blocks opponents from moving or stops them from freely passing the ball oncethey have gained possession.

AFTER A PENALTY, THE BALL IS GIVEN TO THE OTHER TEAM AND THE GAME CONTINUES FROM THE SPOTWHERE THE PENALTY WAS COMMITTED.

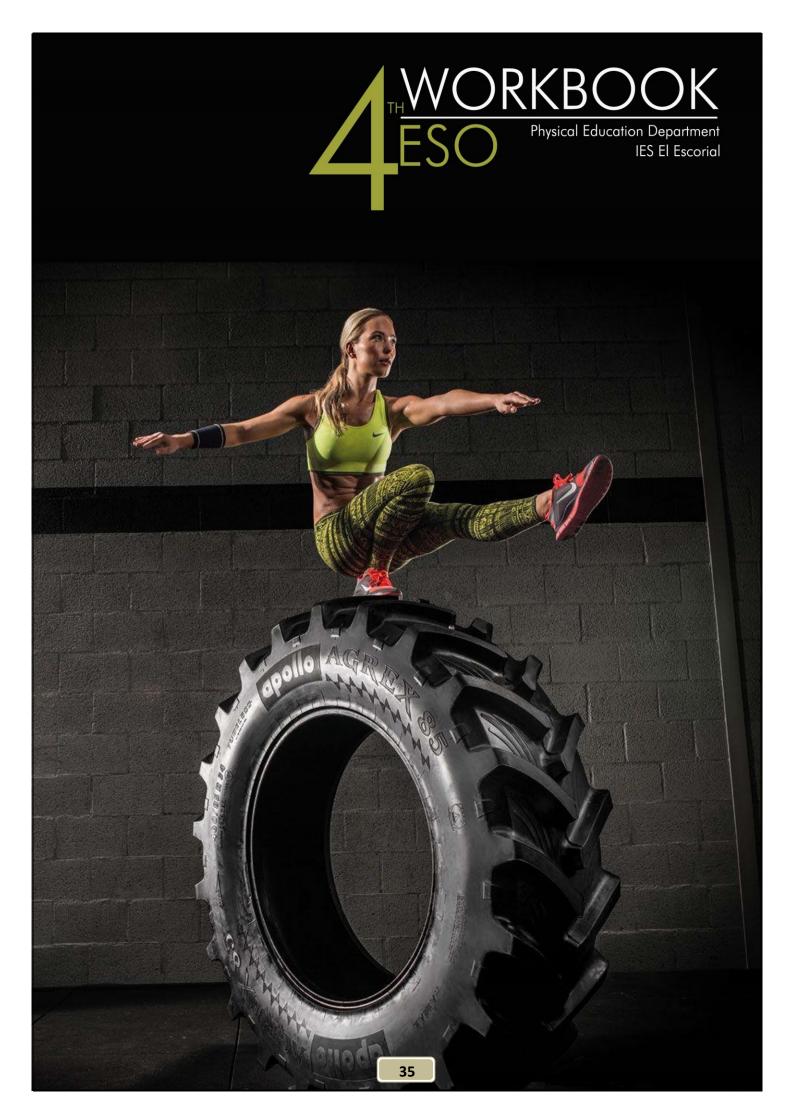
A pass must be made before throwing the ball at therebound surface.

If the ball hits one of the edges of the rebound surface and the path of the ball changes,

the team may not receive a point. This is a penalty and the game continues from the spot

where the ball hit the floor. The ball is given to the team that was defending at the time of the penalty.

34



TASK 1

TRAINING PRINCIPLES

NAME AND SURNAME

CLASS GROUP

QUESTIONS

WATCH THE NEXT TRAINING PLANNING AND WRITE WHICH TRAINING PRINCIPLES ARE NOT ACOMPLISHED, WHY AND WHAT THE SOLUTIONS WOULD BE.



MONDAY



TUESDAY



RECOVERY: 30 SECONDS BETWEEN SETS AND REPETITIONS

MISTAKES

Trainging principles not acomplished and why.

SOLUTIONS

How to correct the previous mistakes.

STAMINA TRAINING SYSTEMS

NAME AND SURNAME

CLASS GROUP

QUESTIONS

1.- TAKING INTO ACCOUNT THE PRINCIPLE OF PROGRESSION, TRY TO EVOLVE THIS TRAINING.



MONDAY

SETS: 2

REPS: DURING 30 SECONDS REPS RECOVERY: 30 SECONDS SETS RECOVERY: 3 MINUTES DAY 2:

SETS:

REPS:

REPS RECOVERY:

SETS RECOVERY:

DAY 3:

SETS:

REPS:

REPS RECOVERY: SETS RECOVERY:

2.- TRY TO ORDER THE NEXT STAMINA TRAINING SYSTEMS FROM THE EASIER TO THE MORE DIFFICULT.

1.- 1x3.000m R: 80bpm 2.- 3x8x100m RI: 30" R2: 3' 3.- 35' con cambios de ritmo 4.- 15' de S.R. (mild intensity)

5.- 2x8' c.c. al 60-70% MHR 6.- 2x1.500m. R: 10'. 7.- 3x8x100m R1: 20" R2: 3'

1 (easier) 2 3 4 5 6 7 (more difficult)

3.- TAKING INTO ACCOUNT YOUR SCORE IN THE STAMINA TEST OF THE LAST JUNE, YOU HAVE TO PLAN A WEEKLY WORK OUT WHERE TE AIM IS TO RUN 45 MINUTES OF STEADY RUNNING OBSERVING THE PRINCIPLES OF INDIVIDUALIZATION, CONTINUITY, PROGRESSION AND ALTERNATION.

STRENGTH TRAINING SYSTEMS

NAME AND SURNAME

CLASS GROUP

QUESTIONS

1.- MAKE A PROGRESSION OF THESE EXERCISES FOLLOWING THE UNIT'S RECOMMENDATIONS.



MUSCLE:

PROGRESSION 7

progression 3

MUSCLE MAXIMUM STRENGTH: 100 KG.

LOAD:

3X15X35KG. R: 1′30″ PROGRESSION 2

PROGRESSION 4



MUSCLE:

PROGRESSION 1

PROGRESSION 3

MUSCLE MAXIMUM STRENGTH: 60 KG.

LOAD:

3X10X20KG. R: 1 MIN

PROGRESSION 2

PROGRESSION 4



MUSCLE:

PROGRESSION 1

PROGRESSION 3

MUSCLE MAXIMUM STRENGTH: 50 KG.

LOAD:

2 X 8/8 X15KG. R: 1 MIN

PROGRESSION 2

PROGRESSION 4

2.- WHAT ARE TE RECOMMEDATIONS TO WORK OUT WITHOUT WEIGHT IN STRENGTH ENDURANCE TRAINING? (2 POINTS).

FLEXIBILITY TRAINING SYSTEMS

NAME AND SURNAME

CLASS GROUP



QUESTIONS

1.- DESIGN A FLEXIBILITY SESSION, WHICH YOU WILL DO IN THE FUTURE, FOR THE MAIN MUSCLES OF THE BODY. WRITE DOWN THE NAME OF THE MUSCLE THAT IS WORKED OUT AND IF IT IS ACTIVE, PASIVE AND DYNAMIC OR STATIC (BETWEEN 12 AND 16 EXCERCISES, IT IS UP TO YOU).

1 HAMTRINGS 2 PASIVE 3 STATIC		

TASK 5 POSTURAL ATTITUDE

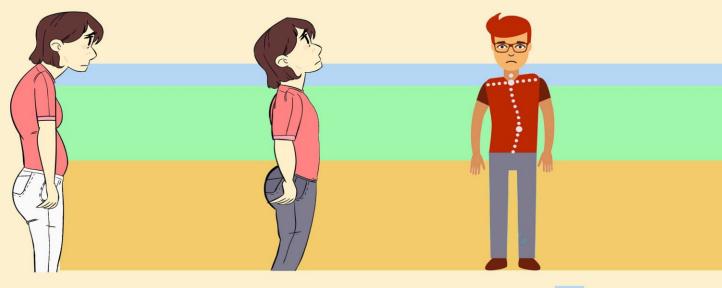
NAME AND SURNAME

CLASS GROUP

QUESTIONS

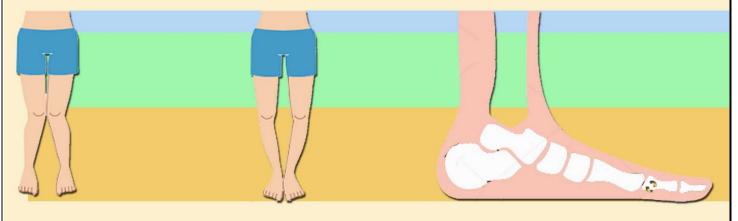
1.- WRITE WHAT IS TE NAME OF THESE POSTURAL ALTERATIONS, A COUPLE OF SYMPTOMS AND WHAT EXERCISES ARE RECOMMENDED TO COMPENSATE THEM.





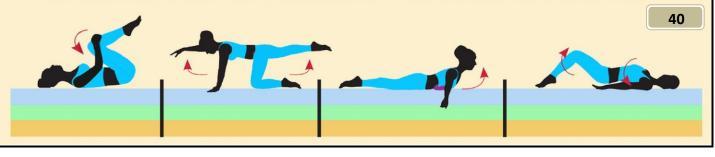
2.- WRITE THE NAME OF THESE POSTURAL ALTERATIONS, A COUPLE OF SYMPTOMS AND WHAT EXERCISES ARE RECOMMENDED TO COMPENSATE THEM.





3.- WRITE IN EACH OF THE NEXT EXERCISES:

COMPONENT OF THE BPA WHICH IS DEVELOPED (FLEXIBILITY OR STRENGTH).
WHICH PART OF THE BODY IS WORKING (WHICH MUSCLE OR JOINT).
WHICH PATHOLOGY IS RECOMMENDED FOR (KYPHOSIS, HYPERLORDOSIS OR SCOLIOSIS).



TASK 6. Food and body image

NAME AND SURNAME

CLASS GROUP

QUESTIONS



1.- WRITE THREE 'SUPERFOODS' AND EXPLAIN WHY THEY ARE NOT 'SUPER' (3 POINTS).

2.- SEARCH ON THE INTERNET AT LEAST SEVEN WEBSITES, TIKTOK OR YOUTUBE VIDEOS ABOUT FASHION OR PHYSICAL TRAINERS AND TELL US HOW A BODY IMAGE TEENAGER COULD BE AFFECTED BY THEM (7 POINTS. YOU HAVE TO QUOTE THE WEBSITES OR TIKTOK OR YOUTUBE VIDEOS). FINALLY, EXPLAIN IF THAT BODIES OR TIPS ARE REAL, HEALTHY (OR NOT) AND WHY.

NAME AND SURNAME

CLASS GROUP

QUESTIONS

1.- WHICH WOULD BE THE STEPS TO DO A RCP TO THIS WOMAN?



2.- WHICH WOULD BE THE PROCEDURE TO SAVE THIS WOMAN'S LIFE? DESCRIBE IT.



3.- WHAT ARE THE TIPS TO AVOID SPORT INJURIES?

3.- WHAT ARE THE WARNING SIGNS OF A STROKE?



DOPIN

NAME AND SURNAME

CLASS GROUP

QUESTIONS

1.- WHICH DRUG IS USED THE MOST FOR BUILDING MASS AND STRENGHT?

2.- CLASSIFY THESE SENTENCES AS T OR F.

2.1.- CANNABINOIDS ARE USED FOR RELAXING BLOOD VESSELS.

2.2.- AMPHETAMINES IMPROVE MASS BUILDING.

2.3.- PROTEIN HORMONES MASK PAIN OR AN INJURY.

2.4.- BLOOD DOPING INCRFASE OXYGEN DELIVERY.

2.5.- SWIMMERS NORMALLY USE ANABOLIC STEROIDS.

3.- WRITE FIVE SOCIAL DANGER OF DOPING.

ANSWER

ANSWER

4.- WRITE FIVE HEALTH DANGERS OF DOPING.

ANSWER

5.- SEARCH ON THE INTERNET THREE FAMOUS CASES OF DOPING AND WHAT WERE THEIR PUNISHMENT.

STEREOTYPES AND SPORT

NAME AND SURNAME

4

CLASS GROUP

QUESTIONS

1.- WHO WAS THIS GIRL? AND WHAT WERE HER ACHIEVEMENTS?



2.- WHAT DID A GROUP OF FEMALE ATHLETICS DO IN 1926 IN ORDER TO COMPETE IN THE OLYMPICS?

3.- WRITE THE NAME OF FIVE WOMEN WHO GET GREAT ACHIEVEMENTS IN SPORTS AND WHAT THEY ACHIEVED.

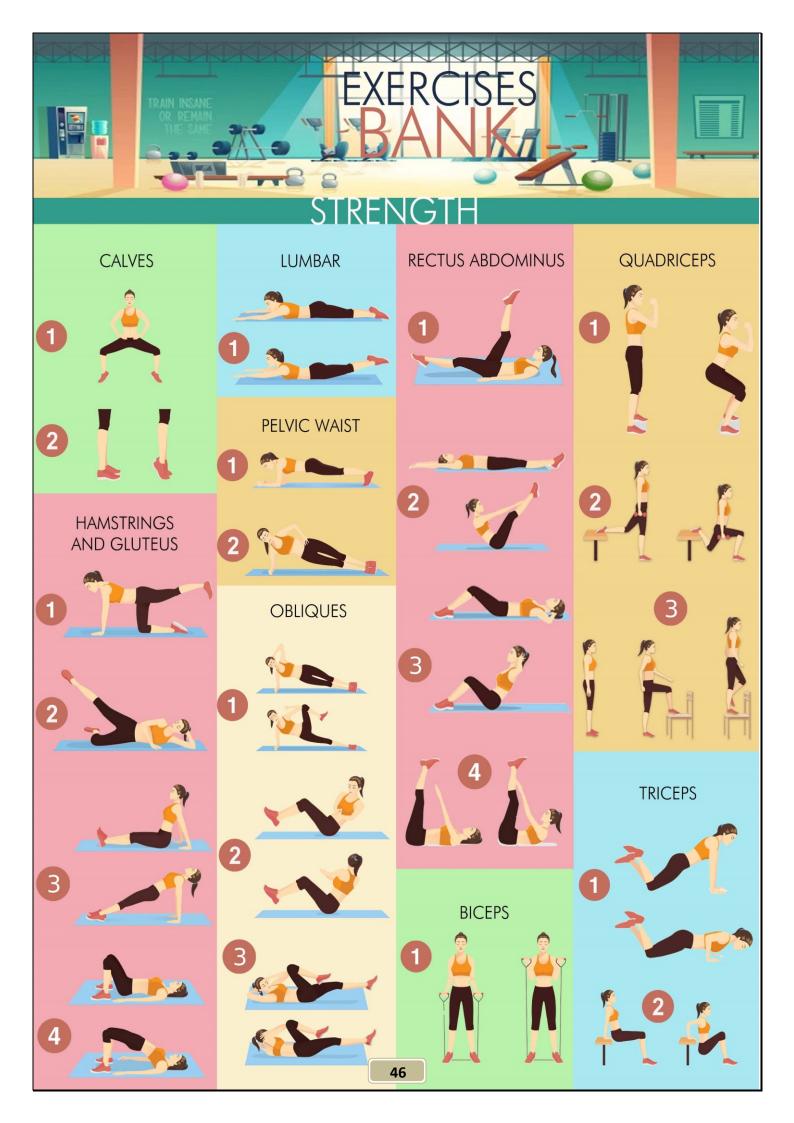
1 2

3

5

4.- SEARCH ON THE INTERNET THE MAIN SPORT WEBSITES (AS.COM; MARCA. COM...) AND COUNT THE PROPORTION OF PIECES OF NEWS THAT ARE RELATED TO MEN AND HOW MANY TO WOMEN. THEN, REASON WHY THAT HAPPENS (CAUSES, CONSEQUENCES) AND THINK ABOUT SOME SOLUTIONS.





EDUCACIÓN FÍSICA

PLAN DE ENTRENAMIENTO

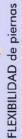
OBJETIVO: desarrollo de la resistencia aeróbica, la flexíbilidad y de la fuerza resistencia.













FLEXIBILIDAD de tronco



FLEXIBILIDAD de brazos



C FUERZA RESISTENCIA

- 20 repeticiones (izquierda) 20 repeticiones (derecha)
- 20 repeticiones (izquierda) 20 repeticiones (derecha)
- 20 repeticiones (izquierda) 20 repeticiones (derecha)
- (3 series de 20 o también se expresa 3x20 rep.

se expresa 2x20 rep. D: 20 seg.

(2 series de 20 o también

20 repeticiones.

Descanso de 20 seg.

20 repeticiones

Descanso de 20 seg. Descanso de 20 seg. 20 repeticiones 20 repeticiones • 20 repeticiones



• 20 repeticiones subir a 45°

Descanso de 20 seg

Descanso de 20 seg. entre

ejercicios.

3x20s-20f. D: 20"

12 fondos de brazos

• 20 sentadillas-salto

12 fondos de brazos

20 sentadillas-salto

20 sentadillas-salto

12 fondos de brazos

- Descanso de 20 seg. • 20 repeticiones
- Descanso de 20 seg. • 20 repeticiones





3x12 repeticiones

- 3x8 repeticiones
- 8 repeticiones de tríceps diamante... • 12 repeticiones de bíceps Descanso de 20 seg.

Descanso de 20 seg.



 20 zancadas con salto 20 lumbares 20 lumbares

20 zancadas con salto

20 zancadas con salto

20 lumbares

Descanso de 20 seg. entre ejercicios.

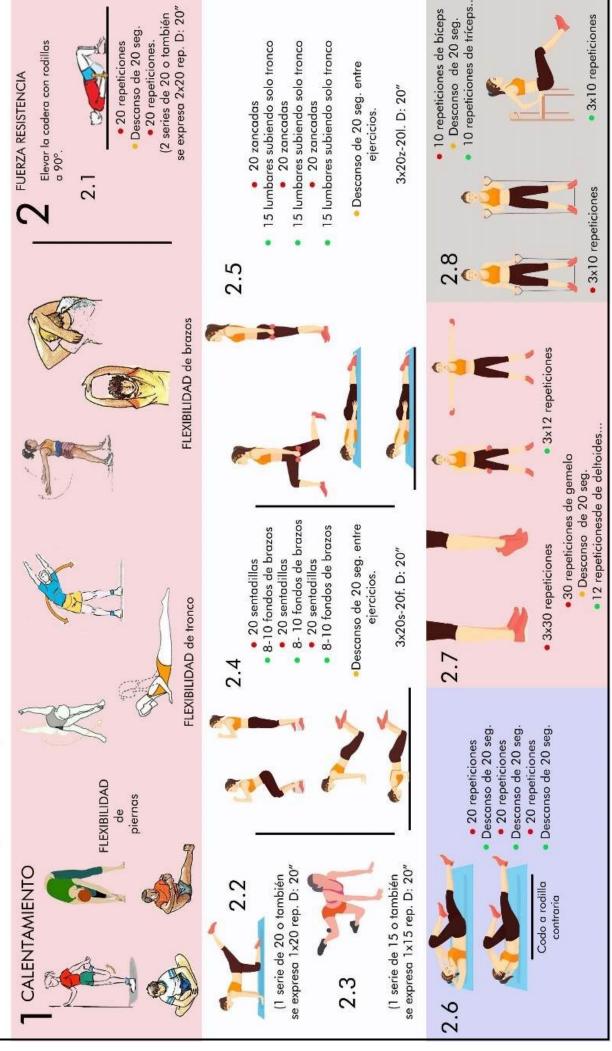
3x20z-20l. D: 20"

CONDICIÓN FÍSICA GENERAL

TRABAJO AUTÓNOMO

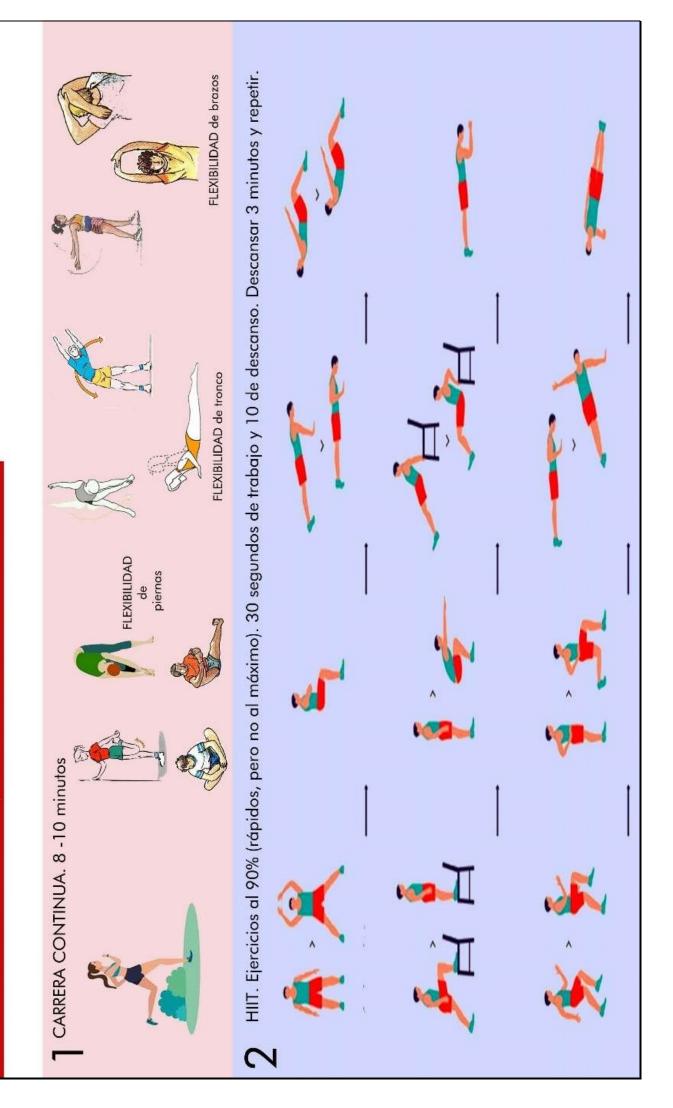
OBJETIVO: desarrollo de la flexibilidad y de la fuerza resistencia (con aumento del tono muscular).

Carrera continua (8 minutos).



ENTRENAMIENTO (JUEVES)

OBJETIVO: desarrollo de la fuerza resistencia y flexibilidad con aumento del tono muscular).



CORE Complete workout

SET 1

SET 2

SET 3

SET 4











































RAISED LEG CRUNCH

BEGINNER 10-15 REPS X 2 SETS INTERMEDIATE 10-15 REPS X 3 SETS ADVANCED 10-15 REPS X 4 SETS RESTS BETWEEN SETS:

© PRODUCTIVE FITNESS PRODUCTS INC, 2016 Printed in Canada we strongly recommend you consult a physician before beginning any exercise regime

www.FIGHTHROUGH.com





1. NORMAS DE CONVIVENCIA

- 1. COMPAÑERISMO Y PROFESORADO: RESPETO A LOS COMPAÑEROS Y AL PROFESOR. SE VALORARÁ POSITIVAMENTE EL COMPAÑERISMO, GENEROSIDAD CON LOS QUE TIENEN DIFICULTADES, ACTITUDES DEMOCRÁTICAS Y SOLIDARIAS.
- 2. MATERIAL: RESPETO AL MATERIAL DE EDUCACIÓN FÍSICA. EL MAL USO POR PARTE DEL ALUMNADO SUPONDRÁ UNA SANCIÓN DISCIPLINARIA COMO LA REPOSICIÓN DE DICHO MATERIAL.
- **3.** PUNTUALIDAD: EL ALUMNADO DEBERÁ ASISTIR PUNTUALMENTE A LAS SESIONES, VALORÁNDOSE NEGATIVAMENTE UNA IMPUNTUALIDAD RECURRENTE.

2. VESTIMENTA

VESTIMENTA NECESARIA. LA INDUMENTARIA BÁSICA Y NECESARIA ES ROPA DE DEPORTE QUE PERMITA REALIZAR TODAS LAS ACTIVIDADES PROPUESTAS EN LA SESIÓN. CONCRETAMENTE:

- **a** Parte superior: Camiseta de manga corta, larga o sin mangas o *tops* deportivos.
- **b** Parte inferior: pantalón largo o corto de chándal. Mallas deportivas.
- CALZADO: ZAPATILLAS ADECUADAS, CORRECTAMENTE ATADAS, ASÍ COMO EL USO DE CALCETINES.
- d Aseo: se permitirá al alumnado traer camiseta de repuesto y elementos de aseo personal.

3. NORMAS DE SEGURIDAD

POR SEGURIDAD, SE HACE IMPRESCINDIBLE EVITAR:

- LLEVAR ANILLOS, PENDIENTES, CADENAS Y OTROS ACCESORIOS QUE PUEDAN ENTORPECER LA ACTIVIDAD FÍSICA.
- MASTICAR CHICLES, CARAMELOS O CUALQUIER OBJETO SUSCEPTIBLE DE OCASIONAR UN COLAPSO EN LAS VÍAS RESPIRATORIAS.
- LLEVAR EL PELO LARGO Y SUELTO, YA QUE DIFICULTA LA VISIÓN Y LA PRÁCTICA DEPORTIVA.

LA FALTA DE ALGUNO DE LOS PUNTOS INCLUIDOS EN EL PUNTO 2 Y 3 PODRÁ IMPLICAR QUE EL ESE ALUMNADO NO PARTICIPE EN LA SESIÓN PRÁCTICA, VIÉNDOSE SUSTITUIDO EL TRABAJO PRÁCTICO POR UNO TEÓRICO O DE COLABORACIÓN EN EL BUEN FUNCIONAMIENTO DE LA CLASE Y, TAMBIÉN, VER PENALIZADA SU NOTA EN EL APARTADO DE ACTITUD.

CRITERIOS PARA LA REPETICIÓN DE UNA PRUEBA POR AUSENCIA DEL ALUMNO

SE LE REPETIRÁ LA PRUEBA EVALUABLE EN EL CASO DE QUE EL MOTIVO SEA UNA ENFERMEDAD Y EL JUSTIFICANTE PRESENTADO SEA OFICIAL. DADO QUE EL PERSONAL MÉDICO NO TIENE OBLIGACIÓN DE EMITIR JUSTIFICANTES, LA PROPIA CITA MÉDICA O EL INFORME MÉDICO SERÁN VÁLIDOS. EN EL CASO DE OTRO TIPO DE JUSTIFICACIÓN, VIAJE, EVENTO FAMILIAR, ENFERMEDAD DE UN FAMILIAR... SERÁ EL PROFESORADO EL QUE DECIDA SI PUEDE DE REPETIRSE O NO.

SI LAS JUSTIFICACIONES FUERAN REITERADAS O EL PROFESORADO SOSPECHARA QUE EXISTE MALA FE O NEGLIGENCIA EN LA JUSTIFICACIÓN DE LAS AUSENCIAS, ESTE PODRÁ TOMAR LA DECISIÓN DE NO REPETIR LA PRUEBA SI ASÍ LO DECIDIERA.

CRITERIOS PARA LA SANCIÓN POR DESHONESTIDAD EN PRUEBAS

SI EL PROFESORADO SOSPECHA QUE EL ALUMNADO NO HA SIDO HONESTO EN ALGUNA DE LAS PRUEBAS, PODRÁ OPTAR POR REPETIRLE LA PRUEBA EL DÍA QUE CONSIDERE OPORTUNO CON EL FIN DE CONSTATAR LA VERACIDAD DE SUS RESPUESTAS, EN EL CASO DE UN CONTROL, O HACÉRSELA REPETIR, EN EL CASO DE UN TRABAJO REALIZADO EN CASA.

EN EL CASO DE QUE TENGA PRUEBAS OBJETIVAS DE QUE LA PRUEBA NO ES ORIGINAL, PODRÁ INVALIDARLA SIN NECESIDAD DE REPETICIÓN Y LA NOTA SERÁ UN O EN EL APARTADO TEÓRICO.

PARA EL PRESENTE CURSO, LA LEY ESTIPULA DESARROLLAR LA UNIDAD DE PALAS. POR CONSIGUIENTE, EL ALUMNADO DEBERÁ COMPRAR UNA RAQUETA Y UNA PELOTA PARA EL TRIMESTRE EN QUE VAYA A REALIZARSE.



NOMBRE Y APELLIDOS

CURSO Y GRUPO

En la siguiente ficha (de carácter confidencial y de uso exclusivo por el departamento de Educación Física), debe señalar SÍ o NO (solo si la respuesta es afirmativa debe contestar a las preguntas).

iGracias por su colaboración!

¿Padece su hijo/a algún tipo de enfermedad o problema CARDIOVASCULAR?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de ALERGIA?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de ASMA o problema respiratorio?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de lesión en los músculos, huesos o articulaciones RECIENTE?

SÍ

NC

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de DESVIACIÓN en la COLUMNA VERTEBRAL?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Existe en la actualidad algún otro tipo de problema que haga que su hijo/a deba acceder a una adaptación curricular por parte del Departamento de Educación Física?

SÍ

NO

En caso afirmativo, lea el recuadro inferior.

En caso de respuesta afirmativa en alguna de las cuestiones enumeradas anteriormente, y con el objeto de acceder a una adaptación que permita al alumno/a cursar la asignatura en las mejores condiciones, debe presentar ante el departamento de Educación Física un certificado médico oficial en el que conste:

- Patología y/o enfermedad.
- Contraindicaciones hacia el ejercicio físico: qué tipo de ejercicios, qué deportes puede realizar, a qué intensidad...
- Duración de la patología que provoca la adaptación curricular.

En caso de no presentar dicha documentación, para evitar posibles problemas de salud y, al mismo tiempo, que el alumno pueda superar la asignatura, queda al criterio del profesor el cursar dicha adaptación. Recordamos de nuevo que la figura del alumno exento no es contemplada por la ley.

NOMBRE DEL PADRE/MADRE O TUTOR/A

DNI

EL ABAJO FIRMANTE CERTIFICA QUE TODOS LOS DATOS REFLEJADOS EN EL PRESENTE DOCUMENTO SON VERDADEROS.

EN A DE DE

FIRMA