

Figure 12.2 Sample Training Protocol for Instruction on ActivityGram

Orientation to ActivityGram

Over the next few days, you are going to learn about the types and amounts of physical activity that you do in a normal day. Although you get some activity in physical education, you probably do a lot of other activities after school or at home. The ActivityGram assessment that we will do will allow you to track the different activities that you do over three different days: two days during the week and one weekend day. You will need to record the main activity that you do for each 30-minute block of time during the day. While you may do several activities, you will need to record only the main activity that you do during each block of time. The activities will be selected using the ActivityGram Physical Activity Pyramid (describe the pyramid using figure 1.1 in the web resource). For each activity, you will rate the intensity of the activity as either rest, light, moderate, or vigorous and then specify how long you did it.

Explanation About Physical Activity

Physical activity refers to movements that require the use of large muscle groups (arms and legs) and increase sweating and breathing rates. (Discuss examples of physical activity.) There are also a lot of different resting activities that might be done during the day. (Discuss examples of things that can be done during rest or while relaxing.) The ActivityGram Physical Activity Pyramid provides a way to categorize the different types of activity that you do. Descriptions of the different physical activities include the following types:

- Lifestyle activities are part of a normal day; examples include walking, bike riding, playing, housework, and yardwork.
- Aerobic activities are done to improve aerobic fitness; examples include jogging, bike riding, swimming, and dancing.
- Aerobic sports are sports that involve a lot of movement; they may be done with a few people or as part of a team, and they include field sports, court sports, and racquet sports.
- Muscular activities require a lot of strength—for example, gymnastics, cheer, dance and drill teams, track and field, weightlifting, calisthenics, wrestling, and martial arts.
- Flexibility activities involve stretching muscles as in martial arts (such as tai chi), stretching, yoga, and ballet.

If you do an activity that is not listed, you should pick the category that it belongs in and choose the “other” option provided in each category. (Discuss other activities not on the list.) For example if you were riding in a car, what type of activity would that be? (Other—rest.) If you were climbing trees, what might you select? (Other—muscular.) If you were just playing around the house, the activity might involve several different movements, but you would probably just select “other—lifestyle.” Remember that most activities you do are probably “light” or “rest.” You might only have a few periods each day when you are running or playing a bit harder.

Explanation About Intensity

Activities can be done at different intensities. Descriptions of the different intensities include the following: rest, light, moderate, and vigorous.

- *Rest* can be used to describe an activity that mostly involves sitting or standing but little motion.
- *Light* can be used to describe an activity that involves slow movements but is not too tiring.

- *Moderate* can be used to describe an activity that is between light and vigorous (such as brisk walking); it causes some increase in your breathing rate but is not too difficult.
- *Vigorous* can be used to describe an activity that involves quick movements and makes you breathe hard.

Explanation About Duration

Activity can be done for various periods of time. For example, you might be active for a few minutes and then rest for a few minutes. In fact, this is a good way to stay active throughout the day. You will pick the main activity that you do in each 30-minute period. The 30-minute time periods should be divided into three 10-minute bouts. Here are descriptions of the different durations.

- Movements performed for the entire 30 minutes: “all of the time” (all 30 minutes)
 - Movements performed for at least two 10-minute bouts: “most of the time” (11 to 29 minutes)
 - Movements performed for only one 10-minute bout: “some of the time” (1 to 10 minutes)
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