



# Physical Program Plan

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**Program Name: Sokol Fitness**

**Department/Focus Area: Physical**

**Summary: A general fitness program for people of all ages to improve their health, fitness level and overall well being.**

**Prepared By: The Program Team of the Strategic Planning Task Force**

Project Version Control

Version	Date	Author	Change Description
		The Strategic Planning Task Force Program Team	

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# 1 PROGRAM DESCRIPTION

This program is designed to provide fitness classes to people of all ages. Core work and toning, along with general fitness, will be the primary emphasis through a variety of classes geared for specific age groups.

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## 2 INTENTIONS

### 2.1 GOALS

- ⑧ To offer physical fitness for Sokol members and non-members of the community at all age levels.
- ⑧ To instill an increased fitness level in each participant of the program.
- ⑧ To provide fitness opportunities for participants of various skill levels.

### 2.2 OBJECTIVES

- ⑧ To have instructors conducting all classes ensuring the desired quality.
- ⑧ To provide classes for all age levels.
- ⑧ To provide classes having a various range of skill levels appropriate for each individual.
- ⑧ To provide Sokol Units with resource information and materials to teach these various classes.
- ⑧ To stimulate both Sokol members and community members to actively participate in a goal-oriented Sokol fitness program.

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## 3 AGE GROUP BREAKDOWN

Based on appropriate age breakdown, the following age groups will be used to incorporate the various classes within the Sokol Fitness Program.

### 3.1 AGE GROUP 1 (Tots) – 3 to 5 year olds

### 3.2 AGE GROUP 2 (Boys and Girls) – 6 to 11 year olds

### 3.3 AGE GROUP 3 (Junior Boys and Girls) – 12 to 17 year olds

### 3.4 AGE GROUP 4 – (Men and Women) Adults 18+

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## 4 PROGRAM CONTENT

### 4.1 General Content

- Ⓢ Each class is an instructor led class.
- Ⓢ The participants will fit the age requirements of the class.
- Ⓢ Skill levels in each class will be diverse.
- Ⓢ Each exercise will be presented to accommodate a variety of skill levels.
- Ⓢ Each class begins with a warm-up to music that is to incorporate cardiovascular activity and motions of all body parts to prepare for stretching.
- Ⓢ The warm-up is followed by age appropriate stretching and flexibility exercises.
- Ⓢ Stretching is then followed by a routine work-out focused on different areas of the body. These focus areas are:
  - Arm strength/toning
  - Leg strength/toning
  - Core strength/toning
  - Cardio
- Ⓢ The workout session will conclude with cool down exercises. These exercises should help the body return to the pre-workout phase, mainly lowering the heart rate back to resting state. The cool down exercises may also focus on stretching to promote an increase in flexibility.
- Ⓢ All warm-up, stretching, and work-out exercises should be chosen from the approved exercise list on the American Sokol Board of Instructors website – <http://www.american-sokol.org/boi/sokolfitness>.
- Ⓢ Modified exercises are an additional version of exercises included to provide diversity and create an easier level for those participants unable to take part at the more difficult level.

### 4.2 Tots Fitness Segment

This segment will be conducted as a part of the regular Sokol Tots Class or an existing Sokol conducted Pre-school. Due to time constraints and the need for detailed instruction, the number of exercises per focus area should be limited to 1 or 2. (See Section 4.4 for schedule)

### 4.3 Boys and Girls Fitness Segment

This segment is also intended to be conducted as a part of the regular Sokol gym class. Again, due to time constraints, the number of exercises per focus area should be limited to 2 or 3. (See Section 4.4 for schedule)

### 4.4 Tots Fitness and Boys and Girls Fitness Schedule

The instructors for the Tots Fitness and the Boys and Girls Fitness should strive to follow the schedule below:

- Two 20-minute segments per month
- Warm-Up - 3 minutes
- Stretching - 3 minutes
- Arm Strength/Toning - 3 minutes
- Leg Strength/Toning - 3 minutes
- Core Strength/Toning - 3 minutes
- Cardio - 3 minutes
- Cool Down/Stretching - 2 minutes
- Total 20 minutes

#### **4.5 Junior Boys and Girls Fitness Class**

This stand alone class will be taught by a qualified instructor. Juniors will have a 75 minute class. Four or five exercises should be taught in each focus area. (See Section 4.7 for schedule)

#### **4.6 Men's and Women's Fitness Class**

This stand alone class will run the same as the Junior class. A 75-minute class led by a qualified instructor. Four or five exercises should be taught in each focus area. (See Section 4.7 for schedule)

#### **4.7 Junior Boys and Girls Fitness Class and Men's and Women's Fitness Class Schedule**

The instructors for the Junior Boys and Girls Fitness Class and the Men's and Women's Fitness Class should strive to follow the schedule below:

8 weeks per session (16 classes)

2 classes per week

Sessions – minimum 1 per semester

*Check Heart Rate*

Warm-Up - 5 minutes

Stretching - 10 minutes

Cardio – 3 minutes

*Check Heart Rate*

Arm Strength/Toning - 10 minutes

Cardio – 3 minutes

Leg Strength/Toning - 10 minutes

Cardio – 6 minutes

*Check Heart Rate*

Core Strength/Toning - 10 minutes

Cardio - 3 minutes

Cool Down/Stretching – 10 minutes

*Check Heart Rate*

Heart Rate Checks Throughout – 5 minutes total

Total 75 minutes

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## **5 PROGRAM REQUIREMENTS**

### **5.1 Tots Fitness Segment**

- Participants must meet age requirements
- Current Sokol Class Instructor will lead this segment
- Approximately 20 minutes of class to be done as part of an already existing class
- Exercises to be chosen by the instructor from the approved materials provided by the American Sokol.

## 5.2 Boys and Girls Fitness Segment

- Participants must meet age requirements
- Current Sokol Class Instructor will lead this segment
- Approximately 20 minutes of class to be done as part of an already existing class
- Exercises to be chosen by the instructor from the approved materials provided by the American Sokol.

## 5.3 Junior Boys and Girls Fitness Class

- Participants must meet age requirements
- Approximately 75 minutes of class time (preferably twice a week for 8 weeks)
- Exercises to be chosen by the instructor from the approved materials provided by the American Sokol.
- Participants will use pulse/heart rate monitoring during each class to maintain a goal heart rate and track improvement.
- Each class begins with a warm-up to music that is to incorporate cardiovascular activity and motions of all body parts to prepare for stretching.
- Stretching and flexibility to include all parts of the body.

## 5.4 Men's and Women's Fitness Class

- Participants must be at least 17 years of age.
- Approximately 75 minutes of class time (preferably twice a week for 8 weeks)
- Exercises to be chosen by the instructor from the approved materials provided by the American Sokol.
- Participants will use pulse/heart rate monitoring during each class to maintain a goal heart rate and track improvement.
- Each class begins with a warm-up to music that is to incorporate cardiovascular activity and motions of all body parts to prepare for stretching.
- Stretching and flexibility to include all parts of the body.

## 5.5 Instructor Qualifications

Instructors for the Junior Boys and Girls Fitness Class and the Men's and Women's Fitness Class must be qualified instructors. Their qualifications should include:

- Ⓢ Knowledge of proper body position and technique
- Ⓢ Ability to provide corrective instruction to class participants
- Ⓢ Knowledge of general exercise modifications to make accommodations for individuals if needed
- Ⓢ Ability to fill the 75-minute class period and maintain a steady pace
- Ⓢ Ability to use the provided materials to create a comprehensive workout throughout the semester while varying the exercises used in each class

## 5.6 Instructor Exercise Tracking

Instructors should use the Exercise Tracking Chart to keep a record of the exercises used at each class. Each class should have at least one new exercise introduced in each focus area.

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## 6 RESOURCE LIST

Specialty	Name	Contact Information
	Program Team Members	Available through the American Sokol Office
	National Board of Instructors	
	American Sokol Executive Director	

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## 7 SUGGESTED IMPLEMENTATION

- ⑧ Depending on the size of the group, workouts can take place in gyms, schools, churches, libraries, veteran's halls, outdoor parks or the basements of members' homes.
- ⑧ Adult and Junior classes can be performed while children classes are in progress. Male and females can exercise together.
- ⑧ Introduce various apparatus to maintain interest: balls, medicine ball, weights, dumbbells, ropes, mats, bungee cords, etc.
- ⑧ Entire segments and classes can be performed to music.
- ⑧ Instructor should check with Unit Physical Director prior to the start of the session to review physical limitations of any of the participants.
- ⑧ At the end of the program ask participants to complete Class Evaluation Form. (See Appendix D)
- ⑧ Nutrition information can be provided to classes via website links (See Appendix E).

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## 8 FREQUENTLY ASKED QUESTIONS

Question	Answer
Where do we find qualified instructors?	Poll your membership, post at local colleges for interest in internship or volunteerism.
Where can we purchase the equipment/ apparatus used in the physical program?	Equipment can be purchased through the following catalogs: FlagHouse.com , gymsupply.com, Resilite.com
Is there a minimum or maximum number of people needed to run a session?	This should be the decision of the Unit or instructor of the class.

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## 9 MISCELLANEOUS NOTES

- ⑧ Review the Unit's insurance plan to verify the Sokol Fitness program is covered.

## 10 APPENDIX A



### Sokol Fitness Exercise List

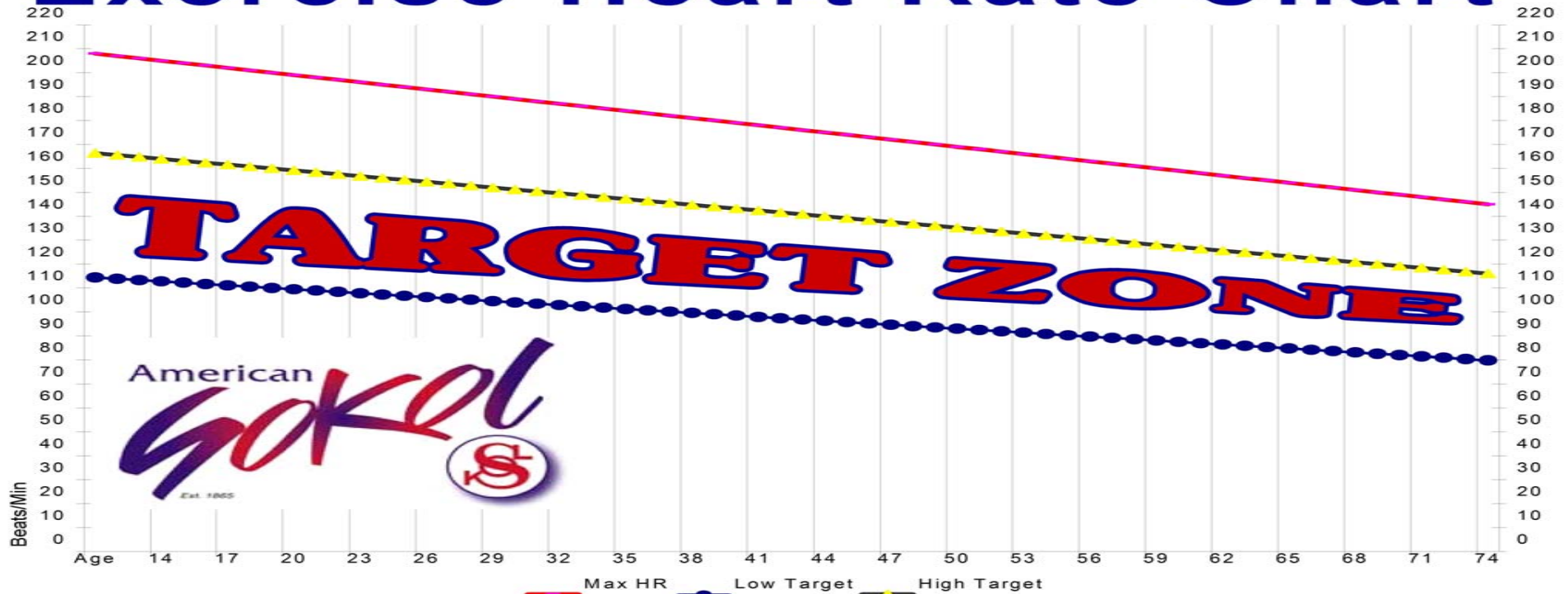
All warm-ups, stretching and work-out exercises should be chosen from the approved exercise list and the instructional video on the American Sokol Board of Instructors website at: [www.american-sokol.org/boi/sokolfitness](http://www.american-sokol.org/boi/sokolfitness)



# 11 APPENDIX B



## Exercise Heart Rate Chart



This chart should be used as a guide to determine the effectiveness of your exercise intensity. To achieve the most cardiac improvement from your workout, your heart rate during activity needs to be between the Low Target and the High Target for your age range.

**CHECKING HEART RATE:** Using the index and middle fingers, place the tips of your fingers just below the jawline along the throat. Press gently until you feel a beat. Count the number of beats you feel over 10 seconds and then multiply by 6. Pulse can also be found by turning one hand palm up and placing both fingers near the outside of the wrist below the base of the thumb.

## 12 APPENDIX C



### Sokol Fitness Exercise Tracking Charts

See attached supporting materials:

Tots/Boys and Girls Fitness Tracking Chart  
Junior Boys and Girls/Men's and Women's Fitness  
Tracking Chart









# 13 APPENDIX D



## Sokol Fitness Class Evaluation Form Junior Boys and Girls & Men's and Women's Fitness Classes

Name of Class:

Name of Instructor:

Please comment on the class (Did the class meet your expectations? Was it well paced? Was it too easy or too difficult?)

Suggestions? (For improvement)

Please comment on the instructor (Was he or she well prepared? Qualified / Knowledgeable? Engaging?)



## 14 APPENDIX E



### Sokol Fitness Nutrition/Well Being Websites

#### Websites:

[www.yourtotalhealth.com](http://www.yourtotalhealth.com) NBC and iVillage

[www.kidshealth.org](http://www.kidshealth.org) Kids Health – Nemour Foundation

[www.ahealthyme.com](http://www.ahealthyme.com) A Healthy Me – Blue Cross Blue Shield of Massachusetts

[www.eatbetteramerica.com](http://www.eatbetteramerica.com) General Mills

[www.keepkidshealthy.com](http://www.keepkidshealthy.com) A Pediatrician's Guide to your Child's Health and Safety

[www.scandpg.org](http://www.scandpg.org) Sports, Cardiovascular and Wellness Nutritionists

#### Websites that include handouts (free):

<http://www.coc.cc.ca.us/offices/Health/NutritionCoach/AtoZ/>

#### Website that includes handouts (fee included):

<http://www.nutritionhandouts.com>

