



Functional Skills ICT Assessment

Level 1 Pre-release material. Exemplar

'Exercise to Get Fit'

PART ONE

Pre-release material can provide candidates with sufficient time to understand the nature of particular assessment contexts or scenarios.

Benefits of Exercise

Regular exercise has many health benefits. It can:

- give you more energy,
- help prevent and control disease
- assist in controlling your weight
- strengthen your heart
- promote the health of your blood vessels
- lower cholesterol and your blood pressure
- help build and maintain strong bones
- help you sleep
- promote mental well-being
- ease depression and anxiety and;
- make you feel better!

Types of Exercise

There are two types of exercises — **cardiovascular** (or aerobic) exercise and **strength training**. A mix of both is best.

Cardiovascular Exercise

Cardiovascular exercise causes your heart and lungs to work harder to build fitness.

Cardiovascular exercise also helps build endurance. The more endurance you have, the longer you can exercise. Examples of cardiovascular exercise are:

- Swimming
- Running
- Bicycling
- Walking
- Cross-country skiing

Target Heart Rate (beats per minute)

Your maximum heart rate (the fastest your heart can beat) is approximately 220 minus your age. Your target heart rate is 60% to 80% of the maximum.

Strength Training

Strength training, also called resistance training, builds muscle and slows bone loss. Examples of strength training include:

- Lifting weights
- Using weight machines
- Using resistance bands
- Push-ups
- Leg-lifts
- Squats
- Sit-ups

Getting Started

- If you are in good health, you do not have to see your doctor before you begin a moderate exercise program.
- You may want to consult a fitness instructor who will set a routine for you to follow, either under his or her supervision or on your own.
- Also, there are many DVD's, books and magazines available on exercise and fitness. You may want to ask a fitness instructor to suggest a DVD that will match your level of fitness.
- If it has been some time since you have exercised regularly you should start exercising slowly and gradually. You can start exercising at home.

Warming Up and Cooling Down

- Each exercise session should include a warm-up period and a cool-down period.
- Start the exercise session with a warm-up period for 5 to 10 minutes. This is light activity, such as slow walking or stationary cycling at a low resistance.
- After exercising, cool down by slowly reducing your activity. Cooling down for 5 to 10 minutes and stretching will increase flexibility and prevent muscle soreness.

Things to Watch

Most people can exercise at some level without any risk. However, any activity done in excess, or the wrong way, can cause injuries and long-term problems.

Injuries

People who exercise too much may get injuries because of extra stress on their muscles and bones.

One way to avoid injury is to rest on some days or alternate between energetic and lighter activity.

Now use the pre-release material **Part 2 – Heart Rate Calculator**