



Application of Health Theories to a Community Project

Health and Wellness Development

with Matt 



HPX 271

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Over view

I met with my partner Matt at the beginning of the semester. Before I met with him I was given a packet from Ellen [REDACTED] about goals that Matt has for himself. The first thing that I did was I read the packet. I wanted to know what Matt wanted to get out of the semester with me, and I need to prepare for it. The first page said that he had a physical goal to go to the gym two times a week, and an emotional goal to find a way to control his emotions. This was a bit vague, but it was a start. The packet also included a list of family goals, health/physical goals, recreational goals, and a sheet to rate himself. This was a great tool because I felt that I got to learn a lot about Matt, his goals, likes and dis likes.

The first time that I met with Matt, we had the opportunity to talk. I had a book with me to give to him to help with his emotional goal, but I realized that the book would be little help. I changed my approach from books, to just talking with him about his emotions. It was difficult at first because we had just met each other, so I kept everything pretty basic. We mostly talked about his physical goals, and he told me that for a measurable goal he would like to do 36 pushups by the end of the semester. This was great because he originally said he wanted to work out two times a week, so I helped him see that by working out two times a week, we could possible obtain his goal of 36 pushups.

Matt and I both committed to seeing each other every Tuesday morning for an hour. Most of the time we would go to the gym on campus to work out, and on two occasions we just stayed in Ellen's office to brainstorm and talk about our progress. On days that we were going to be late, or had to reschedule, we would text message or call each other, but this only happened once or twice all semester.

Matt's physical goals changed during the semester, as did his emotional goal. At first he wanted to work on controlling his emotions so we worked on it while we were doing a workout. Many of the times Matt didn't know that we were working on it, I would just "talk" to him while we were playing basket ball. I soon realized that most of his anxiety was coming from a newly acquired girlfriend. He needed help with boundaries, so I would just talk to him about relationships in general, and about boundaries and I would let him connect the dots. He then disclosed to me that he was not respecting her boundaries, but he was nervous because this was his first girlfriend and he was trying to do everything right. About half way through the semester his goal shifted from emotional, to an academic goal because he was having a troublesome time in his writing class.

I did not have to adjust anything based on cultural/ethnic or religious need for Matt. He and I were very similar in this category. I did help with his educational needs, not as a tutor, but as a helper of time management. My population of focus was just him. This made things pretty easy in a since because I felt that Matt could relate to me, and I could relate to him. Because of our similarities I feel that he did open up to me more.

Activity selected

For our first workout, we talked about stretching, the importance of stretching, and we identified multiple workout options, and what muscles those workouts were targeting. After properly stretching out, we spent the first ten minutes of our workout walking and jogging on a treadmill. This was to get our blood flowing, and for our bodies to naturally release hormones that would assist us in our workout. Our first muscle workout consisted of bench presses and curls. We used a 45 pound bar, and did 3 sets of 10 reps for a total of 30 bench presses. We also used the bar for the curls, doing 3 sets of 10 reps for a total of 30 curls. Before we left I wanted to set a base line to see where we were at with the pushups. Matt completed 11 pushups that day. We continued to go to the gym every Tuesday morning, and continued to do similar exercises and every day we recorded our pushups.

Models chosen

During our time working to achieve our goal, I think that we used multiple theoretical models. One in particular was used to positively reinforce maintaining our achievements and that was the stimulus response theory. The stimulus response theory could be explained as learning from the results of our workouts (aka our achievements) to reduce physiological barriers that could hamper our progress. Using this model for our goals would be easy, we would use only the results that we have achieved ourselves, so we would see the progress that we have completed and hopefully be motivated to maintain and increase the outcome.

I decided to use this model because at the beginning of the semester I thought that our goal settings were kind of high, but obtainable. I wanted to see where Matt and I were for a starting point, and I only wanted to compare Matt's progress to Matt, no one else. I did not think that it would be fair if we set personal goals and then compared ourselves to each other or to other people. My thought process was these goals are personal, and when we look at achievements of others, sometimes we can get quickly discouraged by looking at the big picture rather than taking this step by step. I thought that this model would be perfect for us because we were creating a log that forced us to take steps, and we did not have any material to look at that might discourage us. We created our own log and used only our records. This was good because we were not trying to over-do anything at first, but after a few weeks we had great progress, and we were able to reflect on it. This is where the positive reinforcement came in. After a few weeks we were able to look at the progress and notice that each week we were doing more and more pushups, getting closer to our goal every time we did a workout. This model was especially important to us when we took a break from working out for a week or two, and we noticed how quickly our numbers (pushups) would drop. This could seem negative, but we discussed how good it felt to be able to do so many pushups. We talked about how hard we worked at it, but when we stopped working out how quickly it went away. This worked in our case as a positive instrument to motivate us to maintain our current level of physical activity. Matt and I knew that we worked hard, and we wanted to continue to be able to do what we had achieve the week prior, so with our theory, and

our log we were able to put a positive spin on our health maintenance. If we did not achieve our goal one week, or do as much as weeks prior we had our work out log that we would use for personal reflection. We would not get mad; instead we would look at the progress that we had made. I would constantly remind Matt that when we started we did around 11 pushups on the first day, and then look at how many we did in our current work out. We would talk about how far we have come in such a short period of time. On days that we were not working out, I would send Matt text messages telling him how proud I was of how hard he was working at his goal. He would reply with a positive message, always telling me how good he felt. I think that this was one of the most positive reinforcements that I could have asked for. Matt had confidence, he felt great about his progress and he wanted to continue to maintain what he had accomplished.

We chose these workouts because they strengthened our body's core muscles. We also changed the way we did pushups, sometimes we would have our arms far apart, sometimes they were closer together. By doing this we worked out different parts of our upper bodies. When our arms were close together, our inner chest and triceps got more of a workout, and when our arms were farther apart the outer (pectorals major) got more of a work out. I got many of these tips from a sports medicine article that I read, and have attached to this paper.

A few weeks into our workout, I noticed that Matt really liked playing basket ball. So I decided to try to incorporate basket ball into our workouts. We would get a good cardiovascular workout in by playing basket ball with each other, and it was much more fun than just running on the treadmill. I also used this opportunity to talk with Matt about his emotional goal. Every week I would ask him how his relationship was going and he would give me updates. On Feb 19th, Matt and I talked about Valentine's Day and gift ideas for his girlfriend. He told me that he was respecting her boundaries and it seemed to be working for his relationship. He told me that his girlfriend was comfortable with him and that he felt that he was being less "clingy" He did not have the need to text her all of the time which was leading to him having less anxiety. He also told me that day that he began taking his anxiety medication, and he thought that was helping a lot.

Every week we kept track of our workouts, and increased the number of pushups that we could do. While him continuing to take his anxiety medication, we would still talk about his relationship and how things were going, but he had a new goal he wanted to work on. Matt has been in a writing class that was requiring a lot of work and this class was very discouraging for him. So we stopped our workout and sat down and talked about the time he spends on doing school work. He was mainly relying on his time with a tutor to do his school work. So we wrote up a plan that he would spend three hours a week doing his writing work outside of the time with his tutor. This was difficult at first, so he wrote up a schedule of what he had to do for the week. He was willing to miss out on a few things during the week with his friends to commit to doing homework. His new goal was to pass his writing class. He did not want to put a letter grade on his goal, he said he will be happy enough just to pass the class. This semester is not yet over but Matt told me that with adjusting his studying habits, his classes have

been more manageable. The last time that we met he stated that he thinks that he is on track to pass the class. Unfortunately he does not want to continue furthering his education after the class is over. Instead he wants to get a job, and that's ok. Matt and I talked about school, and how some classes can be discouraging. I told him that I have been going to school for over ten years, just working away one class at a time. I am hoping that he will try one class to see how it goes. I also told him that if he took one class one semester and two the next, then he has now completed 3 classes, take small steps and they will build up quickly.

On March 5th Matt did 37 pushups, beating his goal of 36 pushups by one. This was great, and we both were exceptionally proud of this accomplishment. He beat this goal early, and we still about two months left. When we came back the following week, I offered ideas for a new goal but then I quickly noticed that Matt had little interest in it. So we sat down and brainstormed. I realized that Matt's goal had to come from Matt and not me. The only thing I wanted to share with him was that health was all about maintenance, and I asked him if he wanted to maintain what he had accomplished. He did. In fact he said that he wanted to continue to do pushups, and he wanted to add in sit ups as well. He now wanted to set a new goal of 43 pushups and 43 sit ups before the end of the semester.

After spring break was over, we were able to get back into the gym. Some days it was nice outside so we would take a workout mat outside and do pushups and sit-ups outside. Matt was excellent at doing sit-ups from the beginning. Our first (back from spring break) workout he did 30 sit-ups and 30 pushups. We continued to play basket ball and talk about how his school work and relationship was going. He told me that his girlfriend went to Hawaii for spring break and he was nervous about it at first. He thought that he would miss her, and start calling her and texting her all of the time. But he said that they communicated a healthy amount, and he knew that she was having fun with her family and did not want to bother her. He bought her a big bag of jolly ranchers for the plane ride because those were her favorite and she requested them. So far I think everything is going pretty smooth with his anxiety, but there is no way that I can measure it. I am going off of facts that he is telling me, but I have realized that he is a lot better with communicating with his girlfriend now than he was when him and I first met. Much of his anxiety was coming from actions, either what he was doing or what she was doing, but he did not know why they were doing it. So now that he talks about his feelings, and why he is doing something, there is less confusion and more communication. All of this together has led to him having (noticeably) less anxiety about his relationship when he is talking to me about it.

On April 16th Matt and I met for our final physical workout. On that day he was able to do 50 pushups and 50 sit-ups. He once again beat his goal. After we were done, we were both tired but both jumped up to hi-five each other. When we were done, I grabbed a basket ball so we could play but the both of us kept missing shots because our arms were tired. He was so happy about accomplishing his goal that his friend Makenia came into the gym while we were playing and he said "I JUST DID 50 PUSHUPS!!!" She did not believe him, but his face was so lit up with excitement it didn't matter if she believed him or not. Later on that day I texted him telling him how proud I was, that his was a huge accomplishment and he should be proud of himself. He replied with some kind words, followed with the fact that he felt great and plans to keep working out even when this semester is over.

We used a weight training log all semester to keep track of our workouts. This was highly effective because we could see what we did the weeks before as we tracked our progress. This was also an incentive to do a little better than we did last time. And if we did not meet what we did the week before, we talked about why we thought we didn't do as much. This was nice because when we had a break from school, we did less pushups when we returned. Matt noticed that this skill that he was building could go away quickly, and this motivated him to continue his weekly workout. He was not able to work out multiple times a week like he first planned, but that was ok he still accomplished his goal and he felt great about his progress. He had to sacrifice working on his physical goal during the week to concentrate on his academic goal. He did a superior job managing his time, with physical workouts, his relationship and his writing class.

Evaluation

Our objectives were:

- To be able to create and identify a training log
- To be able to know full range work out techniques
- To be able to identify multiple exercises for different body parts.
- To be able to understand how to properly do each workout

Our first objective was to create and identify a training log. I provided Matt with a couple different logs and we picked one out that worked best for him. Next we wanted to learn a full range of work out techniques. This included different modifications of pushups all that would increase his overall strength and each he could do at home without any equipment. Matt was also able to identify multiple exercises and identify which body parts those exercises were benefiting. Not only identifying the exercises Matt is now able to properly execute those exercises.

We met all of our objectives over the course of the semester. We did focus more on the pushups, and the multiple ways of doing pushups to maximize his full range of motion, but he was able to learn many different workout techniques. All of our objectives worked towards meeting his goals. Matt plans on continuing his workouts, including using his training log to keep track and monitor his workout. He has recognized this tool to be just as important as the physical workout that we do.

If I were to do everything all over again I do not know what I would do differently. I know that it would not be the same, but I cannot predict what I would change. I don't think that what we were doing was up to me, rather it was up to my partner. I realized very quickly that these ideas and goals had to come from Matt and not me. One great resource though out the entire process was Ellen. I would talk with her before I met with Matt each week about our progress. She was the most useful tool to use based on his emotional goals. She would keep me updated about how he was doing or acting during the week. She was the one who told me about the girlfriend, so the connection was quickly made between anxiety and his relationship. The first time I talked to Matt about boundaries was after a meeting I had with Ellen, this was great because Matt didn't even know that I knew he had a girlfriend, so he did not get on the defensive side rather he connected the dots and realized that he was crossing lines and

disrespecting boundaries. I think this was one of the biggest break-troughs' that Matt had all semester, thanks to the help from Ellen.

But based on our physical activity that we did were Matt's ideas. He had ownership over them, which motivated him and gave him the desire to accomplish the goals he set in place. I was there to help him, to make sure that he was doing everything safely, but his ideas lead the way. I think that it is important to note that Matt was extremely awesome to work with. He was honest with me and chose attainable goals. He has a condition that affects his lungs, and he was running around the basket ball court beating me each week. My job was easy, but he showed me that goals are attainable. He tackled each work out with a positive attitude even if he was soar from the previous workout. Every week he was smiling and happy to be working out, or playing basket ball. He helped inspire me, to stop making excuses, stop being lazy and work at my own goals that I want to accomplish.

Material/ resources- WCSU gym, weights, treadmill, work out mats.

Student learning objectives

- Matt will be able to create and identify a training log
- Matt will be able to know full range work out techniques
- Matt will be able to identify multiple exercises for different body parts.
- Matt will be able to understand how to properly do each workout

Assessment

- What do I want to achieve?
- What is a push up?
- How many pushups can I do?
- How many pushups do I want to be able to do?

Goal

- To do 36 push up's by 3/5/2013 (Goal set on 2/5/2013) – Physical goal
- To manage and maintain social skills (anxiety) in a healthy matter
- To do 43 pushups and 43 sit-ups by the end of the semester (second goal)

Process (physical)

- After setting our goal physical on 2/5/13 we went to the gym to learn proper stretching techniques, and got familiar with the work out equipment.
- Our first work out, we worked on how to correctly use gym equipment. Matt used the bench press machine, completing 3 sets of ten reps of lifting a 45 pound bench press bar. Our next work out was using the curl bar, which Matt completed 3 sets of 10 reps of the 30 pound curl bar. (2/7/13)
- To see where we were at a starting point, we did as many pushups as we could do, this was the first work out exercise and we completed 11 pushups.(2/7/13)
- 2/12 we included basketball in our work out to increase cardiovascular activity, we then did pushups where Matt maxed out at 20 pushups
- 2/19 after our Basketball/ cardio workout, we took a break and did 3 sets of 10 pushups for a total of 30 pushups. When we were done for the day we tried to max out our pushups where Matt completed 25 pushups

- 3/5 Basketball workout was followed up with doing 37 pushups. Matt hit, and passed his goal of 36 pushups today. Before we left the gym we tried to do pushups again, where Matt completed another 30 pushups
- 3/12 we have been concentrating on our emotional goal, doing so while playing basketball. Today 30 pushups were completed.
- 3/19 evaluation of our workout regimen was done. Matt learned that health and wellness is a continuous process. We agreed that we wanted to maintain the physical workouts that he has accomplished. A new goal was also set, continue pushups, and goal now set to do 43 pushups, and 43 sit-ups. Goal date set April 19th
- 3/26 Spring break
- 4/2 Basketball cardio work out, worked on emotional goal. 30 pushups and 30 sit-ups
- 4/9 4 sets of 10 sit ups for a total of 40 sit-ups, and 4 sets of 10 pushups for a total of 40 pushups
- 4/16 50 sit-ups, and 50 push ups

References

Category. (n.d.). Do More Push Ups - How to Do More Push Ups. *Sports Medicine, Sports Performance, Sports Injury - Information About Sports Injuries and Workouts for Athletes*. Retrieved April 15, 2013, from <http://sportsmedicine.about.com/od/strengthtraining/ht/How-To-Do-More-Push-Ups.htm>

36 Fixup Joke Jan 95

HPX 100 - Weight Training Log

Date	Ab UP			Back P			Curls												
	Set	Rep	Wt	Set	Rep	Wt	Set	Rep	Wt	Set	Rep	Wt	Set	Rep	Wt	Set	Rep	Wt	
2/12		20																	
2/7		1		3	10	30	2	10	10										
3/9	3	10		25 Fixup TODAY															
3/5				27	PLU														
3/12				37	PLU	30													
3/19	5	4		20	PLU														
4/9	5	4	10	PLU	4	10													
4/16	5	4	50	PLU	50														

Be even Joke
45 PLU
43

15

INTERMEDIATE
LOG