

My personal exercise plan

My personal profile

- Name: Isaac Sedu
- Date of birth: 31/05/1990
- Gender: Male
- Height: 174cm
- Weight: 65kg
- Health problems: N/A
- BMI: 21 (Healthy)
- Waist to hip ratio: 0.84 (Excellent)

- Chosen sport: Football



(Picture of trophy's achieve)

At present, I train for my sport twice a week and have matches every Wednesday. One session is a normal training session for my Football club Bisley FC who are based in Allied county youth league and another is my own session in which I vary what activity I do. This can sometimes just be a quick jog or may be a game of table tennis at the local leisure centre.

I began playing football when I was 12 years old and have since won 2 leagues and 7 cup, also the achievement I am most proud of is becoming top goal scorer for the team in the season we won the league. Along my 5 years of playing I have also won 12 6-a side tournaments, won player of the year 2 times and managers player of the year once. I have also played in quite a top level professional and semi professional, and here are the teams I have previously played for (Reading FC, AFC Wallingford, Reading Town, Docking FC, and Woking FC).

My other sport achievement is wining the long jump in the English school competition.

Comparison to the performance triangle

The performance triangle consists of 4 levels; Elite, performance, participation and foundation.

I would consider myself to be on the performance level of the triangle, based upon the fact that I participate frequently and can play at a high standard. The fact that I have managed to play in the top level proves that my standard of performance is of a high level. This is the reason that I have placed myself at the performance level of the triangle.



The aims of my Pep

The main aims of my pep are to maintain and improve my levels of fitness both skill and health related. To monitor my progress I will use the key tests for each component of fitness and look at the change over a 5 week period.

I am hoping to improve 3 health related components which are 1) cardiovascular endurance, strength and speed as I feel that these are the three key elements to performing well in a centre forward role in football. By improving these I feel I can improve my performances in training and in game situations. Also they will help increase my general health and performance in other sporting activities.

- Improving my “cardiovascular endurance” will enable me to run for longer and also will be a result of improved health of the heart.
- Improving my strength will help me to resist forces against me in football matches e.g. other players, and will also help me in everyday life to lift heavy objects and reduce the chance of injury to the muscles. It will also increase my skills in key areas of football such as heading and tackling.
- A result of improving my speed will increase my performance in all sports. This is one of my main aims as it not only effects football but can enable me to win races, and get to one side of a court quicker.

The 3 skill related components I will try and improve and maintain are **Power, co-ordination, and agility**. I feel that improving these 3 elements I can become a more successful passer of the ball and also a more skilled shooter which are both key skills for a centre forward.

- Power is key to my position in football, Improving this is another key aim as this will help me win headers therefore increasing my heading skill and will also help me win challenges for the ball. Again increasing my skill in shooting which is very important to a centre forward.
- Co-ordination is another very important skill in football. Increasing this will help me improve my skill of taking set pieces such as free kicks which my team relies upon me to take.
- Improving my agility does not increase specific skills but does help me to dodge challenges from opposing players which I consider a skill in itself as I will be able to keep possession of the ball easier

I think that improving these aspects of fitness will enable me to perform better in football matches as well as improve my general medical health which is important to me. I think that my pep will benefit me greatly in these two areas, as it can be organised and interesting. Also I will hopefully receive positive results through the component specific fitness tests.

I aim to have all of my fitness components at “good” rating after my pep. I will conduct tests to see what my current ratings are later on and if they are already “good” then I will be looking to maintain my ratings rather than improve them. However if I do improve them it will not be a negative gain.

However even though I am improving 6 aspects of fitness I have a main goal and that is to try and improve my aerobic fitness. This will give me many benefits and through improving

cardiovascular endurance I feel I can meet my aims. Improving my aerobic respiration will make me a much better player as a fit powerful athlete will perform at a much higher level than a weak unfit one. The benefits of having a higher aerobic reparatory system for me in my sport are listed below

- Creates good cardiovascular capacity and strengthens muscles and tendons.
- Allows players to run at a steady pace without incurring oxygen debt, getting really tired and unable to recover.
- Allows your players to recover quickly from short sprints, making them more effective in the game.

Health related fitness components analysed

Health: Capability of the individual to meet the physical and physiological demands of the environment.

As noted earlier the three main aspects of health related fitness I will be monitoring over the next 5 weeks will be my:

- Cardiovascular Endurance
- Speed
- Strength

Cardiovascular endurance

- Cardiovascular **endurance**, or **aerobic** fitness, is the **ability** to exercise continuously for extended periods without tiring, and is an important component of many sporting activities.

I have chosen to try and improve my cardiovascular endurance as I feel in my sport, football, stamina is a key aspect of performance. This is due to the fact that games last 90 minutes and I will need to keep going if my skills are to be performed to maximum effect.

Speed

- Speed is how quickly muscles can move at the joints. It can apply to the movement of the whole body or to a part of the body like the arm. E.g. smash shot in table tennis.

As I play as a centre forward in football I feel that speed is a key element of performance. I often need to chase the ball and need to beat the opposing defenders to the ball if I am to score.

Strength endurance

- Strength Endurance is the measure of how well muscles can repeatedly generate force, and the amount of time they can maintain activity. Muscular Endurance is the practical use of raw strength.

Strength is probably the most important aspect of being a centre forward in football. It is needed throughout the game to win tackles, headers and also to nudge opponents of the ball. These jobs of a striker but also scoring so improving my strength endurance would be very useful to my performance as a centre forward as I will be able to perform these tasks for longer.

How: To monitor my results and see my progress I will use the following tests for each of the 3 aspects of health fitness I am monitoring.

Cardiovascular Endurance tests

- Cooper 12 minute run- Place markers at set intervals around the track to aid in measuring the completed distance. Participants run for 12 minutes, and the distance covered is recorded. Walking is allowed, though the participants must be encouraged to push themselves as hard as they can.

Speed test

- 30m Sprint test-This test is very straight forward as the participant simply sees how long it takes them to run 30 meters, with a 1 metre run up.

Strength endurance test

- The abdominal conditional test- Lie on a mat with the knees bent, feet flat on the floor and the arms folded across the chest. Start each sit up and rise to a 90 degree position. Record the number of sit ups completed in 30 seconds

Skill related fitness components analysed

Skill: Proficiency, facility, or dexterity that is acquired or developed through training or experience

The three skills that I have chosen to try and improve are:

- ★ Power
- ★ Co-ordination
- ★ Agility

Power

- The ability to do strength related exercises quickly.

Power is essential for a centre forward in getting to the ball quickly and staying strong in the process. Also kicking the ball has certain key elements of power involved.

Co-ordination

- Harmonious functioning of muscles or groups of muscles in the execution of movements.

Co-ordination is important to football, especially in the feet and legs. This enables the performer to kick the ball effectively and also the take set plays to the best effect possible.

Agility

- The ability to move and change direction and position of the body quickly whilst maintaining good body control and without loss of speed.

Agility is an important aspect of football as I often need to change direction and quickly as well so that I can keep up with the play. Performance in most games is generally greater with better agility.

How: As for my health progression, there are tests to record the results of skill increase. The main tests for each component of fitness I will be testing are listed below.

Power test

- The standing broad jump- The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing may be on one or both feet. Three attempts are allowed.

Co-ordination test

- The co-ordination test- How many times can I throw a tennis ball against a wall in 30 seconds and catch it with the opposite hand, whilst standing 2 meters away. (may change to foot related)

Agility

- Illinois agility run test: Thoroughly warm up. Mark out the 10m x 5m area. The subject lies face down at the starting position. At the signal, the performer moves onto his /her feet and completes the course, weaving in the and out of the cones as quickly as possible.

