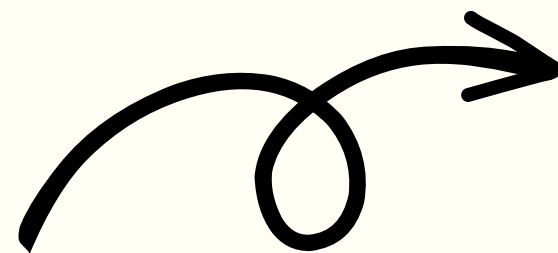


INACTIVE STUDENTS

MODULE 2:

TEACHING PE IN USING AN
INDIVIDUAL APPROACH

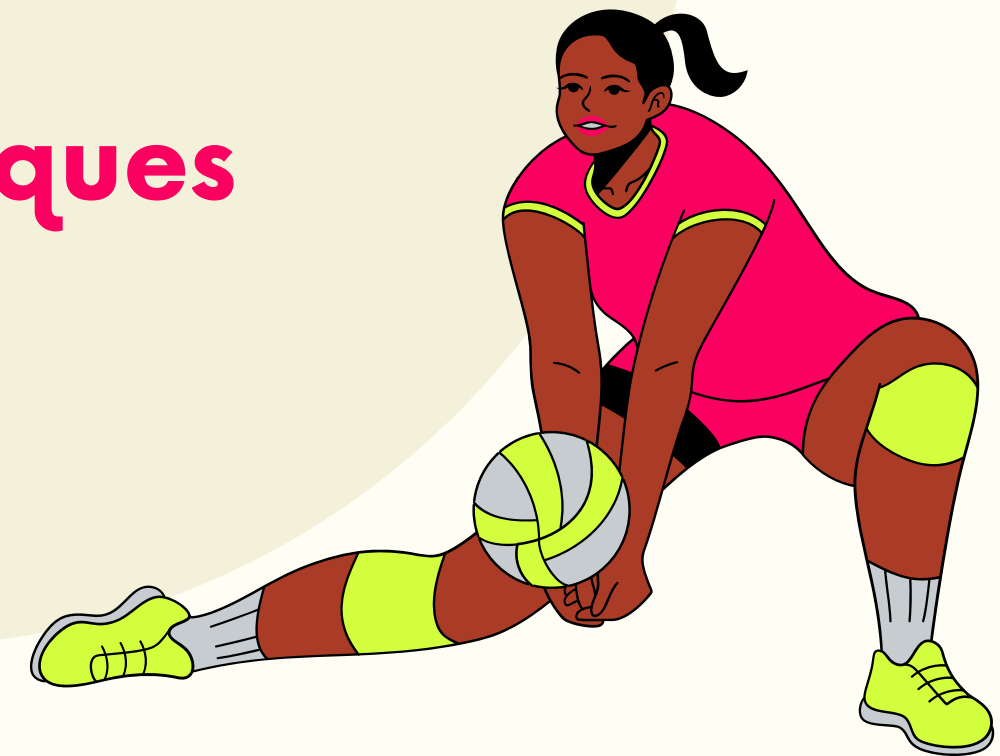
**name of the
module**



Module 2 Objectives



- **Customized Workout Programs**
- **Muscle Intensity Guidance**
- **Professional Stretching Techniques**



Module 2 Objectives

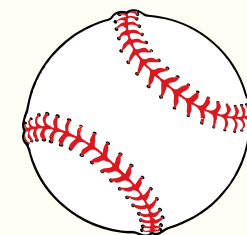
- **Customized Workout Programs:**

- Developing a user-friendly online platform
- Gathering users' fitness goals, limitations, and preferences to receive suitable personalized workout routines
- Can be performed at home without the need for special equipment
- Promoting a wide audience accessibilities



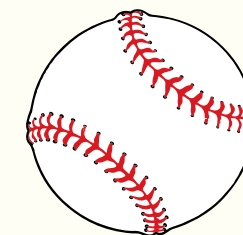
Module 2 Objectives

- **Muscle Intensity Guidance:**
 - Providing comprehensive information about workout intensity based on different fitness levels
 - Ensuring participants can progress at their own pace without risking injury/ overexertion
 - Including recommendations for sets, reps, and rest intervals.



Module 2 Objectives

- **Professional Stretching Techniques:**
 - Accessing certified physical therapists/fitness trainers to demonstrate and explain proper stretching techniques
 - Helping participants improve flexibility
 - Reducing the risk of injuries
 - Enhancing recovery after workouts



TARGET AUDIENCES



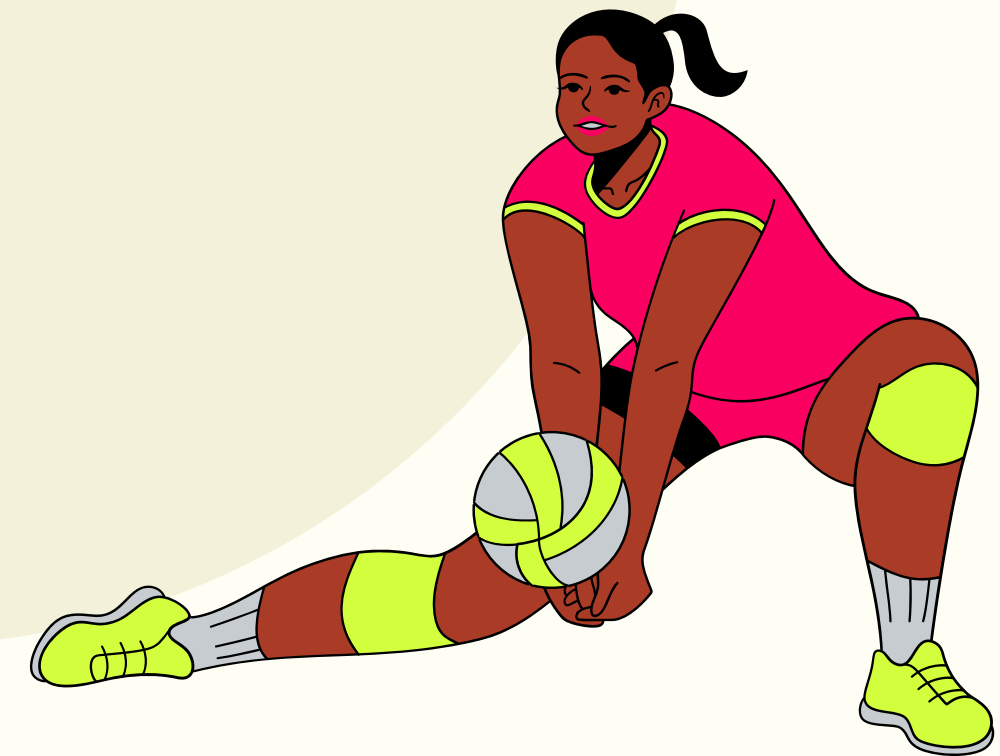
- **Students:** accessible and convenient ways to stay physically active and manage stress.
- **Teachers:** offer resources for educators to incorporate physical education into their virtual classrooms during remote learning periods.
- **Parents:** encourage physical activity and healthy lifestyles for their children, fostering a culture of well-being within families
- **Young People:** school-age children, and teenagers to promote physical activity and healthy habits early in life.



CONTENTS



- **Methodologies**
- **Main activities**
- **Outcomes**
- **Conclusion**



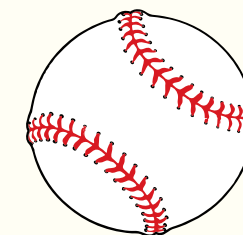
METHODOLOGIES

- **Online Platform Development**
- **Content Creation**
- **Muscle Intensity Guidelines**
- **Professional Stretching Resources**



METHODOLOGIES

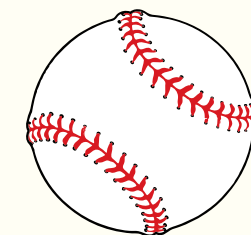
- **Online Platform Development:**
 - Creating an interactive website or mobile app
 - Gathering users' to profiles: fitness goals, current fitness levels, and any limitations
 - Utilizing algorithms to generate customized workout plans



METHODOLOGIES

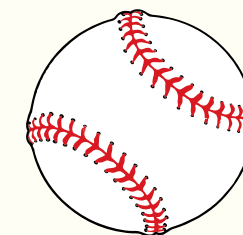
- **Content Creation:**

- Develop a library of workout videos
- writing instructions for exercises that can be performed at home.
- These exercises cover a wide range of fitness goals, including strength training, cardio, and flexibility



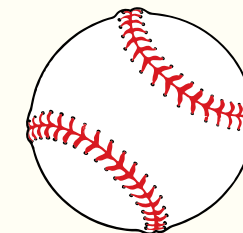
METHODOLOGIES

- **Muscle Intensity Guidelines:**
 - Producing informative articles and video content
 - Educating users about the appropriate level of intensity for their workouts.
 - explaining the perceived rate of exertion, monitoring heart rate, and other relevant indicators.



METHODOLOGIES

- **Professional Stretching Resources**
 - Collaborating with certified physical therapists or fitness trainers
 - Creating video tutorials and written guides on effective stretching techniques.
 - covering both pre- and post-workout stretching routines



MAIN ACTIVITIES

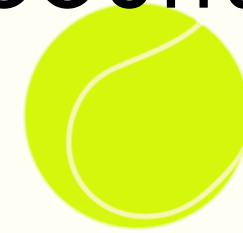
- Virtual Fitness Challenges
- Video Analysis and Feedback
- Virtual Sports Quizzes
- Online Yoga and Mindfulness Sessions
- Sports Science Research Projects
- Nutrition and Wellness Webinars
- Sport-specific Skill Challenges
- Sports History Debates
- Virtual Field Trips



MAIN ACTIVITIES

- **Virtual Fitness Challenges:**

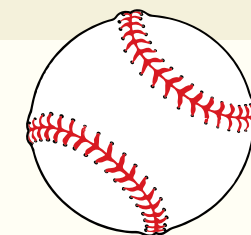
- Students can participate from home
- Assigning different fitness tasks:
 - the number of push-ups, squats
 - burpees
- Students can complete in a specific time frame
- Students to record and submit videos of their efforts
- This activity helps them stay active and accountable.



MAIN ACTIVITIES

- **Video Analysis and Feedback:**

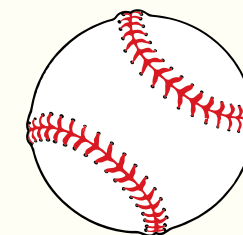
- Students record their performing various physical activities
- They upload these videos to the platform for peer review
- Encourage constructive feedback and discussion about proper form, technique, and improvements.



MAIN ACTIVITIES

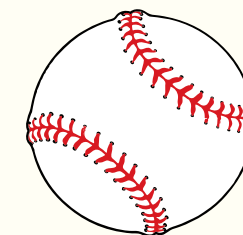
- **Virtual Sports Quizzes:**

- Create interactive quizzes to test students' knowledge: of sports rules, history, and terminology
- These quizzes can be:
 - multiple-choice questions, or
 - true/false statements, or
 - even video clips of game situations for analysis.



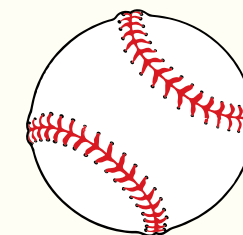
MAIN ACTIVITIES

- **Online Yoga and Mindfulness Sessions:**
 - Incorporate mindfulness and relaxation techniques into the curriculum.
 - Conduct live or recorded yoga and meditation sessions that students can follow along with.
 - These activities can help reduce stress and improve mental well-being.



MAIN ACTIVITIES

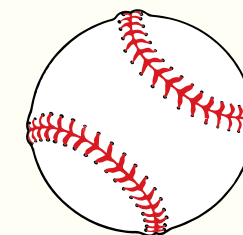
- **Sports Science Research Projects:**
 - Research projects related to sports science topics:
 - biomechanics, or
 - nutrition, or
 - exercise physiology.
 - Research and present their findings through written reports or video presentations



MAIN ACTIVITIES

- **Nutrition and Wellness Webinars:**

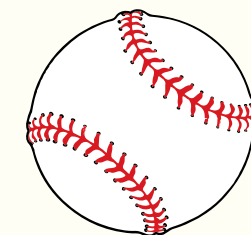
- Invite guest speakers or experts to conduct webinars:
 - related to nutrition,
 - wellness, and
 - healthy living.
- Help students understand the importance of nutrition in physical performance and overall well-being



MAIN ACTIVITIES

- **Sport-specific Skill Challenges**

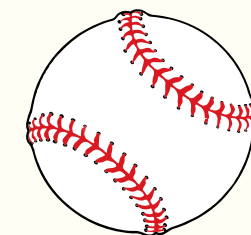
- Assign skill-specific challenges for various sports, for example:
 - practice dribbling skills for basketball
 - juggling skills for soccer
- They can record their progress and submit videos or written reflections



MAIN ACTIVITIES

- **Sports History Debates:**

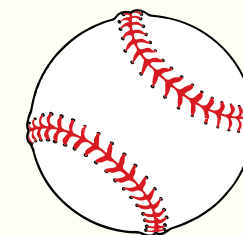
- Assign students different eras or significant moments in sports history
- Encourage students debate the impact and significance of these events.
- This help to promote critical thinking and historical awareness.



MAIN ACTIVITIES

- **Virtual Field Trips:**

- Organize virtual field trips to sports facilities:
 - museums
 - historic sports venues.
- Students can explore these places through virtual tours
- they can make presentations, learning about the history and culture of different sports after that



OUTCOMES

- Improved physical fitness and health among the target audience.
- Enhanced mental well-being and reduced stress levels.
- Increased accessibility to physical education resources (during remote learning situations)
- Empowerment of individuals to take control of their own fitness journeys.
- Potential long-term impact on reducing healthcare costs and improving overall public health.



CONCLUSION

- Revolutionizing the way physical education is delivered
- Making it accessible, personalized, and effective for the targeting group across Europe.
- Seeking to empower individuals to prioritize their physical and mental well-being, ultimately leading to healthier and happier lives, via:
 - customized workouts
 - guidance on muscle intensity
 - professional stretching techniques,



**THANK FOR
YOUR
ATTENTION**
