

# **Cardiorespiratory Fitness with a Purpose**

## **Increasing Motivation & Learning**



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### **Session Outline**

- \*Replace “take a lap” with cardio activities that students will enjoy.
- \*Increase heart rate and help develop intrinsic motivation.
- \*Introductory activities/warm-ups (short duration, great results).
- \*Tips on teaching healthy lifelong cardio habits.  
(i.e. proper hydration, heart rate, running technique, etc.)

### **Uh Oh!**

*Research has shown secondary school students and adults who had negative physical education experiences regarding running elect not to participate in cardio activities later in life based on those negative experiences. The infamous “take a lap” rarely promotes lifelong enjoyment of running or cardiorespiratory fitness. (O’Rourke, 2011)*

**Physical Educators have an excellent opportunity to develop POSITIVE experiences that promote lifelong cardiorespiratory fitness.**

## How to NOT run a lap! Cardiorespiratory Fitness Activities



### Activities

*I Run,  
Therefore I am  
(healthy, fit, & happy!)*



### Challenge by Choice *(use music as a motivator!)*

Cardio Split: (run, walk/talk or jump): Students enter class and can choose to run (outer area), power walk (inner box) or jump rope (center). When the music begins the students are to participate in one of the three activities without stopping until the music stops. Students can rotate to any section at any time just as long as they do not stop being active for the allotted time.

45 Second Challenge: Students choose one of the three; lateral jumps, jumping oblique twist, or pendulum swing. Be sure students land on balls of feet. Students do same activity or rotate to different activity after 10 second rest. "Rest" means toe taps for 10 seconds.

20 Second Challenge: Students choose one of the three; jumping lunges, mountain climbers, or scissor crunches. Do activity for 20 seconds with a 10 second rest. Students do same activity or select a different activity every 20 seconds.

20 Second Ultimate Challenge: Students choose one of the three; burpee with reverse lunge, double butt kickers, jumping Jacks with cross toe touch. Do activity for 20 seconds with a 10 second rest. "Rest" means toe taps for 10 seconds. Be sure students land on balls of feet. Students do same activity or can select a different activity.

Plyometric Challenge: Students choose one of the three; jogging high knees, squat jumps or jump tucks. Be sure students land on balls of feet, bend knees high at waist level, arms swing. Do activity for 20 seconds with a 10 second rest. Students do same activity or select a different activity each time.

# Thematic Cardio

**Combatives:** Knee Tap Game



Shadow box activity - Number combinations (1 = left jab, 2 = right cross, 3 = left hook, 4 = overhand right, 5 = left uppercut, 6 = right uppercut). Line students up, then call out numbered combinations and they perform them as they continue with a rhythmic bounce from foot to foot.

Mirror Activity

Cornering drill – “Cornering” is a skill used in boxing, and this game helps teach that concept; it is similar to a mirroring drill, but one student is trying to escape the corner while the other tries to keep them in the corner without any contact – they are only allowed to slide/shuffle in front of one another without touching one another.

Balloon kick – Students in groups of 6-10 and each has a number; a large balloon is kicked (using as good of form as they can) and before kicking it they call out a number, the numbered student called is the next to kick the balloon and must do so before it touches the ground (can allow one bounce depending on skill level).

**Softball:** Grounders

**Football or Basketball:** Shuffle drills – Students are lined up, teacher holds a ball up high for students to see and follow, students shuffle side to side, run forward, or back pedal backwards based on where the teacher moves the ball; can also point the ball down and students drop and do a pushup before popping back up; while waiting for a command the students can be doing “quick feet” drills on the balls of their feet.

**Volleyball** – Level changes – students work in a shuffle line alternating between a low squat shuffle (similar to a position they would be in to receive a serve) and jumping straight up with hands high over the head as if they are blocking at the net.

## Run 4 Fun!

- \*Noodle Tag Games
- \*Poly Spot Plyometrics
- \*Tennis Ball Take-Away
- \*Clippers
- \*Dead Bug
- \*Geomotion or Dance Dance Revolution with pedometers (make it a cardio day!)
- \*Muddy buddy or obstacle course run (make an event out of it!)



## How to NOT run a lap! Cardiorespiratory Fitness Activities



# Teaching Lifelong Cardio Habits



## Preparing Students for Life

*It takes only moments to teach students key cardiorespiratory strategies and “take-aways” that students can practice in class and use at home to improve their health. I took 1-5 minutes in class to teach the following:*

***“Teach me, so I can learn”***

- \*Definition of cardiorespiratory fitness
- \*Benefits of water
- \*Adequate water intake (“Drink a lot of water AND?”)
- \*Hydration skin check (skin tugar)
- \*Target heart rate
- \*Running techniques (pace, stride, etc.)
- \*Proper breathing during cardiorespiratory exercise

**Thank you for your time!**

## References

- Institute of Medicine (IOM). (2014). *Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate*. Retrieved <http://www.iom.edu/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>
- O’Rourke, M. (2011). *Predictors of Attitudes toward physical activity as a function of secondary school physical education experiences among adults*. Publication pending.