

I Want More Exercise Developing Pride Through Physical Conditioning

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What is positive conditioning?

- Think of your experiences in conditioning/running.
 - Are they negative or positive?
 - Do you think of yourself as a positive teacher/coach?
 - Often think of conditioning as hard and unpleasant
 - Conditioning as punishment for being inattentive
 - If you didn't run fast enough you had to run again
- PTA- Pain, Torture, Agony

Do you teach/coach as you have been taught/coached?

- Traditional concept: conditioning is drudgery and punishment
- Positive conditioning: built upon concepts of privilege and reward

CHALLENGE is to cultivate a positive view of exercise.

Duds

- Staley- Games book published in 1929
- Run the Gauntlet
- Beat the Goat
- Hit the Dud
- Swinging Dud
- Post the Dud
- Spot Dud
- Shower the Dud
- Variations-
 - Throw until miss
 - Dud gets to throw at those who miss him

Conditioning examples

- Bear Bryant- Junction Boys
- http://espn.go.com/classic/s/dent_junction_08/02/01.html
- Michael Waechter- died while doing “gut run”
- <http://www.nospank.net/fathman7.htm>
- Tom Mihalovich, a Iowa high school football coach, Iowa, may have violated school bullying and corporal punishment policies.
- <http://www.kcci.com/news/central-iowa/New-statement-reveals-details-in-suspended-coaches-case/16489174>
- Physical Education Hall of Shame
- <http://pecentral.org/professional/hos/index.html>
 - Where is the line between corporal punishment and reasonable requests?

What is appropriate/inappropriate?

- Coach and students on same level?
- Appropriate and inappropriate motivational strategies?
- Fear factor?

Position Statements

- NASPE Position Statement: Physical Activity Used as Punishment and/or Behavior Management (2009)- inappropriate practice
- National Standards for Sport Coaches: NASPE (2005) Coaches should never use physical activity of peer pressure as a means of disciplining athlete behavior.
- National Athletic Trainers Association: (2012) recommendations asking coaches to stop using exercise as form of punishment.
- Collegiate Strength and Conditioning Coaches Association: Director Chuck Stiggins- "Conditioning should be there to maximize durability of the athlete, but it should not be used for discipline. We have got to change our culture. It happens very slowly, but we have to get away from that punishment mentality. There are better ways to handle that."
- Developmentally Appropriate Practices-NASPE
VALUES physical activity and its contributions to a healthy lifestyle.

Look at conditioning in a different way

- Are more active students more successful academically?
- Are the more active students healthier? Are the more successful teams highly conditioned?
- Are the more successful athletes more highly conditioned?
- If your students/team gets in better shape do they have a better chance of being successful?

Conditioning is an opportunity

- Opportunities
 - Physiological?
 - Psychological?
 - Social/emotional?

Positive Conditioning Concepts

- Identify what is essential for success (conditioning) and find a way to make it important.
- Find a way to make things that may not be fun and make them FUN.
- Replace running for punishment with positive conditioning.
- Praise
- Reward attitude and effort
- Conditioning is a privilege and should be a source of individual and team pride.
- Attach verbal praise with name
- Reward best workers instead of punishing worst workers.
- Refocus from their own discomfort – keep focus on teamwork.
- Positive activity brings more activity.

Alternatives

- Birthday run – it's your birthday- you get to run extra. Team cheers you on.
- Win competition-
 - victory lap
 - podium
 - Challenge equally
 - Running for time
 - Exercises for time
 - -Individual challenge, do better next time

Other alternatives to physical activity as punishment

- General ideas
 - Each team chooses a song to condition to and when their song comes on they lead and high five during conditioning
 - Conditioning tournament: Pair-up and see who can do the most of an exercise in a certain period of time. The winners keep pairing up and continuing until only one person is left. Non-winners cheer.
 - Running tournament- closest to pace
 - Options to extend the workouts to athletes who successfully complete the workout or practice. Make conditioning a privilege and a source of achievement.

Physical Education K-6

- 1. When handing out praise make sure to say the student's name and the specific action for which you are praising.

Physical Education 7-8

- 1. During class, emphasize that students point out to their classmates when they do something good, by pointing, yelling, high fiving, etc. The person pointing out or the one pointed out or both, run a down and back with the class clapping, and yelling in a positive way,
- 2. Every student gets a pedometer and whoever has the most steps by the end of practice is rewarded.

Physical Education 9-12

- 1. During practice the teacher keep their eyes and ears open for positive statements and gestures between classmates. For example: if a student helps another student up, both of them do fifteen partner push-ups together. Pointing out these positive actions lets your students know that you are paying attention to them, it promotes unity, and it also shows your students that you care about their physical condition as well.

Baseball/Softball

- 1. For every batter a pitcher strikes out, the pitcher will do pushups to strengthen their arm.
- 2. Create games where the bases are longer.

Basketball

- 1. Shooting 1 and 1- make 1 and get to run to half-court line and back, make 2 to end line and back- Coaches and teammates yell positive things. (Way to go) Great shooting, excellent effort running. Reward free throws made and running hard.
- 2. For every shot you make you get a down and back.

Football

- 1. Defensive player make an interception, entire defense runs to end zone.
- 2. Offense scores a touchdown- entire offensive team sprints to goal line to celebrate.

Soccer

- 1. Team records- develop individual records in skills such as juggling, running and shooting. Create a friendly competition within the team that players can be proud of
- 2. Name a drill after a player. When a player excels at a particular drill, name the drill after that player. The player owns that drill until another player performs better.

Tennis

- 1. Double tandem wins a tough point at the net- get to run around the court in celebration
- 2. Set up targets to aim serves at. Hit one get to run a victory lap around the courts.

Track and Field

- 1. Shot put: Good throw, do an obstacle course outside of throws sector as you run to get shot.
- 2. Pole Vault or High Jump: Athletes have ten jumps to clear as many bars as they can. For each bar cleared they get to add that number to the reps that they will do in a circuit to follow. Ex: Athlete clears 6 bars, 6 extra reps will be added to the original 10 reps. So, the athlete will be doing 16 reps of each activity.

Volleyball

- 1. The team that scores the most points during a scrimmage gets to do three sets of ten on net jumps/blocks for volleyball practice.
- 2. Give the players a goal for how many passes they will get into the ball cart that will be placed where the setter would stand. For every ball they get into the cart, they get to run a down and back but they must reach their goal before they can be done with the drill.

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