



Training materials

Physical, Leisure, Relaxation Activities and Nutrition



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The project *Skills for Wellness* aims to equip providers of wellness services, professionals and VET institutions with the tools to evaluate and improve own and employees’ professional skills.

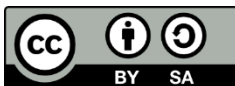


Confederación Española de
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INTRODUCTION

This document is the result of the joint work of partner organisations from Germany, Spain, Italy, Cyprus and Finland conducted within the project “Enhancement of VET offers in the wellness sector” (hereinafter referred to as *Skills for Wellness*, Project Number 2019-1-DE02-KA202-006180). The project *Skills for Wellness* aims to equip providers of wellness services, professionals and VET institutions with the tools to evaluate and improve own and employees’ professional skills.

Purpose of the training materials for the wellness sector

The training resources created by all Skills for Wellness team have a modular structure and cover all relevant professional competencies as well as transversal skills for those working in the wellness sector. Those training materials are based on the occupational standards and have been created to be an extension and updating of the existing training materials in the field.

The first step was mapping and drafting occupational standards, in order to focus on professional practical skills and abilities, such as hygiene, dermatology/nutrition, facial treatments, hand and foot care, body treatment, sport and free time activities, as well as, transversal skills such as foreign languages, communication and green skills. These competencies were grouped into working areas and units, in order to build a modular path that helped the designing of the training materials for work-based learning, as well as the assessment procedures with tools for the assessment and validation of the competencies acquired in VET institutions and in a non-formal context.

The purpose of these training resources is to support:

- **employees** in the wellness sector to further develop their professional and transversal competences in order to meet the requirements of employers
- **employers** and VET programmes in wellness sector to respond to skills challenges and new trends of the wellness sector
- **learners** of VET programmes in wellness sector to prepare them with relevant skills and competencies

The approach used to build those training materials is a **work-based learning approach**, e.g. some resources can include simulations, case studies, practical tasks with use of videos, software, audio, other websites, etc.

Moreover, the attention to create relevant training materials was focused on beauty treatments, sport and fitness, leisure and recreation or therapeutic recreation but also on transversal skills like foreign languages, communication and working with customer, digital skills.

In the design of training materials, we took into account the most important issues related to the wellness sector, such as **green skills** and addressing the customers with special needs (e.g. pregnant women, elderly persons and persons with cancer diseases) to create updated and interesting resources for all those who wish to improve their skills and abilities.

How to use and apply the training materials for the wellness sector

The training resources were developed commonly by the consortium with main contribution of experts and teachers / trainers of the vocational and educational settings (VET schools) and the supervision and contribution of the labour market, such as external experts and managerial staff of the wellness sector.

The training materials are built in order to be used primarily in two settings:

- in the **vocational and educational settings** (VET programmes) carried out by VET staff (teachers / trainers)

- in companies working in the field of wellness (beauty centers, gyms, wellness spas, hotels and resorts where there is attention to the specific needs of customers)

Another way to use this material is **self-study/self-learning**: any learner (young or adult) interested in improving their competencies can freely, and free of charge download some areas or units of the training materials and begin their path of enrichment and improvement of their knowledge and skills in the wellness sector.

The structure of the training materials is the following:

Each work area is composed of **a number of units**.

Each unit is based on a **learning outcome** described as knowledge, skills, responsibility and autonomy, which are related to the performance required in the field of wellness. The learning outcome is also described by a series of demonstration indicators that help the user to understand which common practices based on real work situations are covered in the unit and at the same time required by the world of work.

To achieve the learning outcome (referring to an EQF 4 performance level according to European standards) various **training materials** have been created.

Each unit therefore contains a number **of activities** that allow the learner to achieve the learning objective of the unit. All those activities have been built to cover, in addition to the ability to act professionally, the capacity to work safely (hygiene and safety skills) and to use the most important transversal skills related to the profession (customer service and communication, green skills, ICT skills).

Finally, the **typology of materials/resources** are summarized in the first part of the description of the unit.

Each material/activity has an initial description or presentation that explains to the reader what the focus of the activity is and what the steps for completing the task are.

Each activity also specifies its **typology**, i.e. if the activity is individual, group or mix; **the list of materials, equipment and tools** needed to complete the activity/exercise/task and **the time needed**.

Each activity is supplemented with **the attachments**, i.e. the documents, exercises, links and all that is necessary to carry out the activity as well as the respective **solutions** if applicable.

All this training materials are meant to be used in the three contexts of learning (at school, at work or at home for self-study).

In the following guide, the learner or the trainer of the VET institutions, as well as, the employer or the employee of the wellness sector can find innovative, up-to-date training materials and resources created with a work-based learning approach, i.e. with clear work-based learning outcomes and objectives.

THE TRAINING MATERIALS

Work Area 4: Physical, Leisure, Relaxation Activities and Nutrition

- 4.1 Fitness and body-building activities
- 4.2 Indoor and outdoor amusement and recreation activities
- 4.3 Relaxation activities (yoga, meditation etc.)
- 4.4 Healthy nutrition in the context of skin, physical activity and diseases

Physical, Leisure, Relaxation Activities and Nutrition



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FITNESS AND BODY-BUILDING ACTIVITIES



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Physical, Leisure, Relaxation Activities and Nutrition

4.1		FITNESS ACTIVITIES	
Learning outcomes correspond to EQF			EQF 4
Learning outcome: S/he is able to provide fitness and bodybuilding services choosing appropriate activities and taking into account customer's wishes and needs.			Demonstration indicators
Knowledge	Skills	Responsibility and autonomy	
<i>S/he is able to</i>	<i>S/he is able to</i>	<i>S/he demonstrates proven ability to</i>	<i>Based on real work situations</i>
<ul style="list-style-type: none"> Describe the structure and function of joints and muscles, cardiorespiratory and metabolic body systems. List a range of appropriate training programs to improve or maintain the customer's fitness level, including indications and contraindications. Name basic techniques for performing specific exercises. Recognize motivational strategies to support customer adherence to various programs. Describe planning work, scheduling, safety and equipment. Distinguish types of activities for various types of 	<ul style="list-style-type: none"> Identify the current fitness profile of the customer, his/her exercise preferences and fitness goals. Set up a fitness program. Adapt a fitness program according to the customer's progress. Demonstrate correctly the exercises. Inform the customer about safety considerations for specific exercises and equipment according to organisational policies and procedures. Oversee customers on physical fitness and correct exercise technique. 	<ul style="list-style-type: none"> Plan, demonstrate, supervise and give brief explanations on a range of gym and fitness programs customized to customers with specific fitness profile, physical abilities and considering motivational techniques in the communication process. 	<ul style="list-style-type: none"> S/he poses the necessary questions to the customer. S/he maintains good relationship with the customer. S/he creates a fitness programs based on customer's goals and fitness profile and in accordance to the objectives of the program. S/he explains the exercises to the customer. S/he provides feedback to the customer on the exercise performed. S/he adapts the program based on the condition of the customer. S/he corrects the customer's technique in order to avoid accidents.

<p>customers, incl. pregnant women, seniors, cancer patients, people with intolerances, etc.</p> <ul style="list-style-type: none"> Recall eco-friendly gym rules. 	<ul style="list-style-type: none"> Use motivational techniques to help the customer identify barriers to adherence and to setting effective exercise goals. 		<ul style="list-style-type: none"> S/he motivates the customer using the adequate communication skills. S/he uses the equipment properly. S/he informs the customer about the rules of the gym including eco-friendly rules. S/he uses digital solutions (applications, YouTube videos) when necessary, in order to provide information and assistance. S/he communicates with foreign customers effectively.
<p>Assessment tools</p>	<ul style="list-style-type: none"> Observation Demonstration Case study Test 		

4.1 Fitness activities

List of materials / activities

1. Demonstration “Burning belly and arms fat”
2. Role play “Provision of feedback”
3. Written exercise “Developing a fitness program”
4. Role play “Welcoming a new customer”
5. Role play “Pregnant customer”
6. Written exercise “Using exercise machines in the gym”
7. Role play “Using applications for training at home”
8. Written exercise “Human body”
9. Written exercise “Metabolic system”

Objective of the unit

After completing this unit, you will be able to give professional fitness advice to customers, covering all their needs, motivating them and providing them with feedback.

Transversal Skills covered

- Customer service and communication
- Management and supporting processes
- Time management
- ICT skills
- Foreign languages
- Green skills

Hygiene and Safety skills covered

- Basic knowledge of hygiene and safety
- Equipment and tools in the wellness sector
- Disinfection of equipment and furniture, sterilisation etc.

Typology of materials/resources

- video analysis
- simulation
- demonstration
- practical task
- role play

- case study
- Job shadowing
- dialogues
- written exercise
- Other: _____

Title of the material/activity	1. Demonstration “Burning belly and arms fat”
Presentation / Description of the activity steps	This activity (demonstration) aims to make sure that the learner is able to describe and demonstrate politely and effectively physical activities to serve the purpose of the customer (preferably including equipment). Step 1: Explaining each exercise. Step 2: Showing how to perform each exercise successively. Step 3: Providing comments and feedback mentioning mistakes.
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Weights
Time needed	10 min
Attachments	Exercise “Burning belly and arms fat”
Solution of the activity	Solution “Burning belly and arms fat”

Exercise “Burning belly and arms fat”

You are a fitness trainer and a customer asks you to suggest and demonstrate exercises for belly and arms.

Step 1: Explain each exercise.

Step 2: Show how to perform each exercise successively.

Step 3: Provide comments and feedback mentioning mistakes.

Solution “Burning belly and arms fat”

Exercises for burning belly fat

- Side plank¹: Propp the body up on either the right side or the left side of your body, supported by the arm and the leg, held for as long as possible. The other arm on the top must be extended upwards at a right angle to the body.
Advanced version: try to lift the leg that on top away from the body, instead of resting it on the other leg parallel to the floor.
- Sit-ups: It is an abdominal endurance training and involves a basic crunching movement which entirely targets the abdominal muscles. Lie on the floor facing the ceiling with a slight bend in your knees and arms bent at the elbows and hands lightly touching your head by the ears. Engage your core and lift your upper body so your right elbow touches your left knee. Return to the start position then lift your upper body so your left elbow touches your right knee.
- Oblique crunch²: Lie on your back and put your hands behind the head. Place your left ankle on your right knee or the opposite. Elevate and rotate the upper part of your body in order to achieve that the right shoulder approaches the opposite knee, or the opposite.
- Criss cross³: Lie on your back and place your hand behind your head lifting your head up. Have one knee bent and the other leg extended in the air. Twisting your abdomen approach your elbow to the opposite knee while alternating the movement of the legs.

Exercises for burning arms fat

1. With equipment:

- Triceps muscles: While standing, having the legs slightly open and bent, with the back straight take a light weight and bring your arm close to your ear and place it at the back at the level of your shoulder. Your elbow stays steady and you extend and bend your arm.
- Biceps muscles⁴: While standing hold a light weight in one arm or both and place your arms down naturally. Then, bend the elbow, holding your arm close to the body, and bring the hand with the weight close to the shoulder. Make sure that only your biceps work!

2. Without equipment:

- Scissors⁵: This exercise as mentioned in the name resembles a scissors being opened and closed. Begin by standing straight and lifting your arms to shoulder height, in front of you. Stretch your arms to the side and bring them back to your front, the right hand should overlap the left. Stretch them to the side again and bring them back to the front. This time your left arm should overlap your right.
- Push-ups⁶: Face down on the floor and daw hands⁶ under the shoulders with your palms parallel to your trunk and your feet pointe to the ground. With only using your arms, your whole body should move upwards until your elbows are completely straight. Then, continue with bending

¹ <https://swirlster.ndtv.com/wellness-mother/5-equipment-free-workouts-to-get-a-flat-tummy-2168202>

² http://www.projectmew.eu/images/Output/MEW_book.pdf

³ Ibid pg. 112

⁴ Ibid pg. 114

⁵ <https://betterme.world/articles/10-effective-exercises-to-remove-arm-fat-in-2-weeks/>

⁶ http://www.projectmew.eu/images/Output/MEW_book.pdf

the arms slowly until the whole body reaches the previous lower position. Please, remember to keep your back straight.

Title of the material/activity	2. Role play “Provision of feedback”
Presentation / Description of the activity steps	<p>The aim of the role play is to make sure that the learner is able to provide polite feedback to the customer by using the adequate communication skills and techniques in 2 languages.</p> <p>Step 1: Observing the customer in order to identify any changes that he/she should make.</p> <p>Step 2: Giving politely feedback on the customer’s performance to help her/him improve.</p> <p>Step 3: Giving motivation to the customer.</p> <p><i>If needed, this activity may also be performed in English (or another foreign language relevant for the given country) to check the learner’s proficiency level of the foreign language.</i></p>
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	N/A
Time needed	10 min
Attachments	Exercise “Provision of feedback”
Solution of the activity	Solution “Provision of feedback”

Exercise “Provision of feedback”

You are a fitness trainer at a local gym and you notice that a customer, Mary, does not implement the Plank Pose exercise correctly. Her back is very low. Give her polite and effective feedback.

Step 1: Observe the customer in order to identify any changes that he/she should make.

Step 2: Give politely feedback on the customer’s performance to help her/him improve.

Step 3: Give motivation to the customer.

Solution “Provision of feedback”

Active Listening

Active listening will allow your customers to fully express themselves without feeling rushed or interrupted and it will provide more opportunities for clarifying questions if needed.



Sandwich Method

In order to give feedback to a customer you need to use your communication skills. One way of doing it is using the sandwich method:

The sandwich method is a form of feedback that wraps negative feedback in praise. This means that the feedback discussion starts with positive comments, and is followed by negative criticism, before appreciative words are used again. It is believed that giving positive feedback with negative feedback reduces discomfort and anxiety. Less often, leaders admit that they use the sandwich approach because they are uncomfortable giving negative feedback. It is easier to ease into the conversation with some positive feedback.

In-Session Cues⁷

It is important for every trainer to be able to use customer-oriented language, which means a language that the customer finds easy to understand and to respond to:

- Think about what you intend to say before you say it in order not to end up into longwinded explanations which are confusing to your customer.
- Choose the correct words to explain something. The way you explain a movement would be different if you were coaching a complete beginner to exercise and someone who is exercising since a longtime. The point of training is to make your customers understand without any technical terms that are unknown to them. To take for instance, in the case of the plank pose, instead of saying: “avoid over flexion” you might say “keep your back on a straight line”.

⁷ <https://www.instituteofpersonaltrainers.com/blog/5-communication-tips-personal-trainers>

- c. Even if there are more than one remarks that you would like to make to the customer, make one at a time. Your feedback about one element should be first understood and implemented correctly and then you could add another remark.

How to motivate a customer

1. Focus on the positive aspects in order to offer a support system.
2. Avoid pushing and instead allow resting when the customer needs to.
3. Establish goals in order to create a framework for your customers that will allow them to gain confidence once achieving those goals.
4. Be a good example to your customers by having an upbeat attitude consistently.

Title of the material/activity	3. Written exercise “Developing a fitness program”
Presentation / Description of the activity steps	<p>The aim of this written exercise is to help the learner practice on the development of a fitness program.</p> <p>Step 1: Interviewing the customer to get all the necessary information that can help in the drafting of the fitness program (age, weight, health condition etc.)</p> <p>Step 2: Composing the fitness program using the provided template.</p> <p><i>If needed, this activity may also be performed in English (or another foreign language relevant for the given country) to check the learner’s proficiency level of the foreign language.</i></p>
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Paper • Pen • Scale • Internet • Digital applications • Exercise Planner template
Time needed	30 min for step 1 2 hours for step 2
Attachments	Exercise “Developing a fitness program” https://templates.office.com/en-us/exercise-planner-tm16410108
Solution of the activity	Solution “Developing a fitness program” ⁸

⁸ <https://templates.office.com/en-nz/exercise-planner-tm16410108>

Solution “Developing a fitness program”

Designing good fitness programs is the key to promoting and maintaining good health. Fitness programs are a great way to make sure you get the most out of your workouts and that you are targeting all of your muscle groups, as well as having a good heart workout. Many people exercise but do not have the full benefits that exercise can offer. By planning some fitness programs, you can make sure that you have a structured fitness plan.

Questions to ask your customer before creating the fitness program

1. Basic information (age, weight)
2. Medication and Health History
 - a. Cardiac problems are the most relevant and serious health problems that could affect the fitness schedule of a customer.
 - b. It is important to know if any medication has side effects that can affect the training program.
3. Sleep patterns: Whether the customer gets enough sleep and whether this could affect his/her performance.
4. Occupation: It will help you analyse the strength and energy level of your customer.
5. Food habits: A food diary could help you analyse the type of exercises that you should give to your customer.
6. Aims and goals: It is important to identify the needs of the customer; e.g., weight loss, muscles building.
7. Preferences: It could be possible that your customer has already a particular type of exercising in mind and it is important to take it into account.
8. The program should be structured and detailed. Use the Exercise Planner template attached to develop the fitness program.

Title of the material/activity	4. Role play “Welcoming a new customer”
Presentation / Description of the activity steps	<p>The aim of this role play is to ensure that the learner has the appropriate communication skills when interacting with customers.</p> <p>Step 1: Introducing yourself to the customer and asking the necessary questions to the customer in order to guide her/him to the gym.</p> <p>Step 2: Showing the customer all the facilities, equipment and services of the gym. Explaining the rules of the gym including the hygiene rules, rules on recycling etc.</p> <p>Step 3: Making sure that everything is clear and that the customer has no questions.</p> <p><i>If needed, this activity may also be performed in English (or another foreign language relevant for the given country) to check the learner’s proficiency level of the foreign language.</i></p>
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	N/A
Time needed	20 mins
Attachments	Exercise “Welcoming a new customer”
Solution of the activity	Solution “Welcoming a new customer”

Exercise “Welcoming a new customer”

A new customer to a gym expects a nice welcoming and a thorough explanation of the premises, the working hours, the equipment, the rules and any other inquiry that may occur by the customer. At the same time, every gym has some rules and the fitness trainers are responsible to explain to the customers and be sure that the rules are followed by everyone.

There is a newcomer to the gym and you are assigned the responsibility to welcome her/him and explain the policy and rules of the gym:

Step 1: Introducing yourself to the customer and asking the necessary questions to the customer in order to guide her/him to the gym.

Step 2: Showing the customer all the facilities, equipment and services of the gym. Explaining the rules of the gym including the hygiene rules, rules on recycling etc.

Step 3: Making sure that everything is clear and that the customer has no questions.

Solution “Welcoming a new customer”

The learner should be able to develop some communication skills in order to maintain discipline in the gym without insulting any customer. This will also lead to an effective management of the working place. Additionally, the learner should be ready to fully inform a new customer about the policies of the gym concerning equipment, hygiene rules etc.

Tips when welcoming a customer⁹

1. Make a good first impression with a friendly greeting.
2. Offer a tour in the gym showing all the facilities (equipment, studios, changing rooms, toilets and showers)
3. Offer any available intro classes and intro packages to new customers.
4. Explain the policies and procedures in a clear manner. You can refer your customer to:
 - Posters with the rules that are posted in the gym
 - Automatic email that the customers receive after their subscription to the gym
 - Gym’s application (if applicable)
5. Give a list with the gym’s eco-friendly rules to the customer:
 - *Use of natural or eco-friendly products to clean the equipment in the gym*
Avoid products that contain lye, ammonia, chlorine bleach, and other harsh, VOC-heavy chemicals.
 - *Reduced plastic waste and recycle*
 - *Use filtered water fountains instead of single-use water bottles. Bring your own reusable water bottles or buy durable bottles available at the gym.*
 - *Recycle any energy drinks, protein powder containers etc.*
 - *Efficient lighting*
Do not switch the lights on as there is a motion-sensor lighting and a smart thermostat system to regulate and optimize energy use. (If applicable)
6. Advise the customer to download the gym’s application and show them how to use it in order to book appointments, classes, access FAQs etc.
7. Be an active listener in order to cover any question or doubt that your customer may have.

⁹ <https://classpass.com/afterclass/make-new-clients-feel-welcome/>

Title of the material/activity	5. Role play “Pregnant customer”
Presentation / Description of the activity steps	<p>This activity aims at helping the learner deal with customers that may have different/special needs.</p> <p>Step 1: Conducting research about pregnancy and exercising.</p> <p>Step 2: Collecting information about exercise during pregnancy, including benefits, factors to be taken into account, cautions to be taken, dos and don’ts, advice and suggestions.</p> <p>Step 3: Inviting the customer back to the studio and communicating with her all the necessary information and advises.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> ● Internet ● Online libraries ● Scientific articles ● Paper ● Pen
Time needed	1 hour
Attachments	Exercise “Pregnant customer”
Solution of the activity	Solution “Pregnant customer”

Exercise “Pregnant customer”

A four months pregnant woman comes to your fitness studio and requests information and advises about exercise during her pregnancy.

Step 1: Conduct research about pregnancy and exercising.

Step 2: Collect information about exercise during pregnancy, including benefits, factors to be taken into account, cautions to be taken, dos and don'ts, advice and suggestions.

Step 3: Call or invite the customer back to the studio and communicate with her all the necessary information and advises.

Solution “Pregnant customer”

Benefits of exercising during pregnancy¹⁰

Pregnancy can be a great time to get active. These are some benefits that exercising during pregnancy can bring:

- enjoyment
- increased energy
- improved fitness (muscles tone and stress)
- reduced back and pelvic pain
- decreased risk of pregnancy complications such as pre-eclampsia and pregnancy-induced hypertension
- preparation for the physical demands of labour
- fewer complications in delivery
- reduces constipation and swelling
- faster recuperation after labour
- prevention and management of urinary incontinence
- improved posture
- improved circulation
- weight control
- reduced risk of anxiety and depression
- improved sleep and management of insomnia
- increased ability to cope with the physical demands of motherhood.

Cautions to be taken¹¹

1. Pre-exercising screening control: in order to identify people with medical conditions that may be at a higher risk if they perform physical activity during pregnancy. It is, therefore, essential to get the permission of the person’s personal doctor.

Exercise is not suggested in case of the following conditions:

- pre-eclampsia
 - placenta previa
 - multiple pregnancy
 - high blood pressure
 - bleeding during the second or third trimester
 - weak cervix, sometimes called cervical insufficiency or incompetent cervix, when the cervix opens too early and silently during pregnancy
 - ruptured membranes or at risk of preterm labour
 - poorly-controlled type 1 diabetes, hypertension or thyroid disease
 - serious cardiovascular, respiratory or systemic disorders
2. Avoiding high raise of the body temperature, e.g. exercising in a hot room.
 3. Choosing low weights and medium to high repetitions – avoid lifting heavy weights altogether.

¹⁰ <https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-and-exercise>

¹¹ <https://www.webmd.com/baby/guide/exercise-during-pregnancy#2>

4. Not increasing the intensity of exercising while in pregnancy, and always work at less than 75 per cent of your maximum heart rate.
5. Avoiding any exercise that may cause even mild abdominal trauma.
6. Eating 1 hour before the exercising and drink water before, during and after the exercising.

Advised exercising program for a pregnant woman

- The exercising program for a pregnant woman should consist of 5 minutes of warming up and 5 minutes stretching. The activity part should consist of at least 15 minutes cardiovascular, aerobic, moderate-intensity activity.
- List with suggested exercising:
 - Aerobic activities: walking, cycling, swimming will help you improve your cardiorespiratory fitness (your ability to take in and use oxygen).
 - Strengthening exercises: yoga, pilates will help to reduce back and pelvic pain and also help to prepare your body for giving birth, as well as your recovery after.
 - Pelvic floor exercises will help to strengthen the muscles of the pelvic floor, which come under great strain in pregnancy and childbirth.
- List with exercises to be avoided:
 - abdominal trauma or pressure – such as weightlifting
 - contact or collision– such as martial arts, soccer, basketball and other competition sports
 - hard projectile objects or striking implements – such as hockey, cricket or softball
 - falling – such as downhill skiing, horse riding and skating
 - extreme balance, co-ordination and agility – such as gymnastics
 - significant changes in pressure – such as SCUBA diving
 - heavy lifting
 - high-altitude training at over 2000 m
 - supine exercise position (lying on your back) – the weight of the baby can slow the return of blood to the heart; some of these exercises can be modified by lying on your side
 - wide squats or lunges

Suggestions

- Video suggestions to understand the different aspects of exercising during pregnancy and exercising recommendations:
 - Doctor's advice: <https://www.youtube.com/watch?v=aCx0Pgb8X0Q>
 - Healthy pregnancy: <https://www.youtube.com/watch?v=Wiw-1ckb4A8>
 - Prenatal yoga: <https://www.youtube.com/watch?v=A1mn9brmP4I>
 - Specific exercises for the second trimester of pregnancy: <https://www.healthline.com/health/pregnancy/second-trimester-exercise-fitness#swimming>

Title of the material/activity	6. Written exercise “Using exercise machines in the gym”
Presentation / Description of the activity steps	This activity aims to check the learner’s knowledge of exercise machines. Step 1: Receiving the template and reading the task. Step 2: Completing the exercise in written form.
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Pencil
Time needed	15 min
Attachments	Exercise “Using exercise machines in the gym”
Solution of the activity	Solution “Using exercise machines in the gym”

Exercise “Using exercise machines in the gym”

Match the pictures below with the machines’ names and definitions:

1.



<https://www.ubuy.com.tr/en/product/1AF9963JE-keshwell-ab-workout-machine-core-abs-exercise-equipment-for-home-gym-adjustable-sit-up-bench-strength-training-abdominal-crunder-foldable-core>

2.



<https://www.thosefitnessguys.com/product/trake/>

3.



<https://www.tunturi.com/en/rowing-machine-competence-r20.html>

4.



<https://global.schwinnfitness.com/en/schwinn-ellipticals/>

- I. A stationary cardio machine on which you can walk, jog or run indoors. It provides a straightforward, efficient cardio workout.
- II. It mimics a water exercise and it is great for weight loss, toning and building muscles, and increasing stamina.
- III. A stationary exercise machine which you can use for stair climbing, walking, running, or sprinting exercises. It can be a great, low-impact cardio that burns calories.
- IV. Ideal for stretching, abs and leg work out, push up and back sit up. It also helps young athletes develop basic skills required to improve rhythm, balance and body control.

a. Rowing machine

b. Ellipticals

c. Abs bench

d. Treadmills

Solution “Using exercise machines in the gym”

1.	c. Abs bench	IV. Ideal for stretching, abs and leg work out, push up and back sit up. It also helps young athletes develop basic skills required to improve rhythm, balance and body control.
2.	d. Treadmills	I. A stationary cardio machine on which you can walk, jog or run indoors. It provides a straightforward, efficient cardio workout.
3.	a. Rowing machine	II. It mimics a water exercise and it is great for weight loss, toning and building muscles, and increasing stamina.
4.	b. Ellipticals	III. A stationary exercise machine which you can use for stair climbing, walking, running, or sprinting exercises. It can be a great, low-impact cardio that burns calories.

Title of the material/activity	7. Role play “Using applications for training at home”
Presentation / Description of the activity steps	This activity aims to check the learner’s ability to suggest digital solutions to customers. Step 1: Choosing the topics on which the customer will work on. Step 2: Suggesting at least one app serving each of the purposes.
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Smartphone
Time needed	15 min
Attachments	Exercise “Using applications for training at home”
Solution of the activity	Solution “Using applications for training at home”

Exercise “Using applications for training at home”

A customer would like to do some training at home and asks you what kind of applications you can suggest.

Step 1: Choose the topics on which the customer will work on.

Step 2: Suggest at least one app serving each of the purposes.

Solution “Using applications for training at home”

Different kind of trainings to do at home

- Functional fitness
- Strength or power sport
- Capacity and endurance training
- Burn calories and sweat training

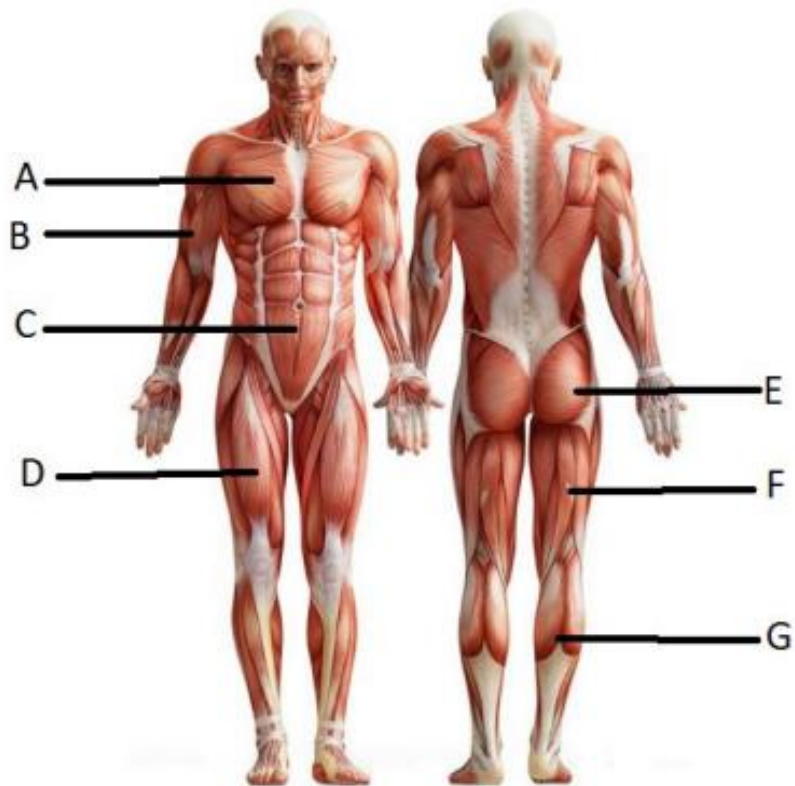
Applications focusing on the different kind of training

- Functional fitness:
 1. Functional Training Workouts:
(https://play.google.com/store/apps/details?id=com.wtafunctionaltraining.wtaapp&hl=en_US&gl=US)
- Strength or power sport:
 1. Strength Training by Muscle and Motion
(<https://play.google.com/store/apps/details?id=air.com.musclemotion.strength.mobile>)
 2. Strong (<https://www.strong.app/>)
- Capacity and endurance training:
 1. Aerobics workout at home – endurance training
(https://play.google.com/store/apps/details?id=melstudio.mcardio&hl=en_US&gl=US)
 2. Daily Cardio Workout - Trainer
(https://play.google.com/store/apps/details?id=com.tinymission.dailycardioworkoutfree&hl=en_US&gl=US)
- Burn calories and sweat training:
 1. FitOn – Free Fitness Workouts & Personalized Plans (<https://fitonapp.com/>)
 2. Sweat: Fitness App for Women
(https://play.google.com/store/apps/details?id=com.kaylainsines.sweatwithkayla&hl=en_US&gl=US)

Title of the material/activity	8. Written exercise “Human body”
Presentation / Description of the activity steps	This activity aims to check the learner’s understanding of human anatomy. Step 1: Receiving the template and reading the task. Step 2: Completing the exercise in written form.
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Pencil
Time needed	15 min
Attachments	Exercise “Human body”
Solution of the activity	Solution “Human body”

Exercise “Human body”

Match the body areas marked on the picture with the suitable notions:



Source: Assess Well. Unit 7: Sport and free time activities

	pectorals
	calves
	glutes
	abdominals
	hamstrings
	biceps
	quadriceps

Solution of the exercise “Human body”

A	pectorals
G	calves
E	glutes
C	abdominals
F	hamstrings
B	biceps
D	quadriceps

Title of the material/activity	9. Written exercise “Metabolic system”
Presentation / Description of the activity steps	This activity aims to check the learner’s understanding of the metabolic system and how it affects a person’s physical condition and activity. Step 1: Receiving the template and reading the task. Step 2: Completing the exercise in written form.
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Pencil
Time needed	20 mins
Attachments	Exercise “Metabolic system”
Solution of the activity	Solution “Metabolic system”

Exercise “Metabolic system”

Fill in the missing words in the text below:

The metabolic system is responsible for burning fat and calories. Some people have a fast 1) _____ while others have a slower one. Genetics play a role in this as does diet and lifestyle.

The metabolic system consists of several systems which work together. They play a role in turning food into energy, processing energy and 2) _____.

A key player is the 3) _____ which controls how energy is used. When it is not working properly it can lead to a disorder called 4) _____, where fat is not easily metabolised. On the other hand, if it is overactive, people may be unable to gain weight and therefore they suffer from 5) _____.

The 6) _____ is important in the processing of sugar; this organ then produces bile which eats up fat. If you eat too much fatty food or drink an excessive amount of alcohol the liver may be unable to do its job.

When we eat, the food is turned in fuel called 7) _____ which is then turned into energy. If your body has too much glucose, this is turned into fat. However, if there is not enough glucose your body reacts by shaking and fuel may be taken from muscles.

If the 8) _____ is in good condition, it will easily process foods. If it is not, then people may suffer from 9a) _____ and/or 9b) _____. The body will not be able to absorb nutrients properly to produce the energy we need.

To improve your metabolism, it is important to eat a 10) _____ and drink plenty of water. It may be useful to concentrate more on muscle-building rather than just aerobic exercises.

Solution “Metabolic system”

The metabolic system is responsible for burning fat and calories. Some people have a fast 1) [metabolism](#) while others have a slower one. Genetics play a role in this as does diet and lifestyle.

The metabolic system consists of several systems which work together. They play a role in turning food into energy, processing energy and 2) [digestion](#).

A key player is the 3) [thyroid](#) which controls how energy is used. When it is not working properly it can lead to a disorder called 4) [hypothyroidism](#), where fat is not easily metabolised. On the other hand, if it is overactive, people may be unable to gain weight and therefore they suffer from 5) [hyperthyroidism](#).

The 6) [liver](#) is important in the processing of sugar; this organ then produces bile which eats up fat. If you eat too much fatty food or drink an excessive amount of alcohol the liver may be unable to do its job.

When we eat, the food is turned in fuel called 7) [glucose](#) which is then turned into energy. If your body has too much glucose, this is turned into fat. However, if there is not enough glucose your body reacts by shaking and fuel may be taken from muscles.

If the 8) [gastrointestinal tract](#) is in good condition, it will easily process foods. If it is not, then people may suffer from 9a) [constipation](#) and/or 9b) [diarrhoea](#). The body will not be able to absorb nutrients properly to produce the energy we need.

To improve your metabolism, it is important to eat a 10) [well-balanced diet](#) and drink plenty of water. It may be useful to concentrate more on muscle-building rather than just aerobic exercises.



INDOOR AND OUTDOOR AMUSEMENT AND RECREATION ACTIVITIES



Co-funded by the
Erasmus+ Programme
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4.2		INDOOR AND OUTDOOR AMUSEMENT AND RECREATION ACTIVITIES	
Learning outcomes correspond to EQF			EQF 4
Learning outcome: S/he is able to provide Indoor and outdoor amusement and recreation services choosing appropriate activities and taking into account customer's wishes and needs			Demonstration indicators
Knowledge	Skills	Responsibility and autonomy	
<i>S/he is able to</i>	<i>S/he is able to</i>	<i>S/he demonstrates proven ability to</i>	<i>Based on real work situations</i>
<ul style="list-style-type: none"> List a range of indoor and outdoor amusement and recreation activities depending on the expectations of customer (fine gastronomy, hiking, biking, horseback riding, rafting, amusement parks, creative arts etc. nature hikes, campfire dining, programs for teamwork of companies) Recognize indications and contraindications for participation in indoor and outdoor amusement and recreation activities, taking into account physical activities of the customer Describe planning work, scheduling, 	<ul style="list-style-type: none"> Inform the customer about various indoor and outdoor amusement and recreation activities taking into account indications and contraindications Select most suitable indoor or outdoor amusement and recreation activity with regard to customer's wishes, needs and abilities Consult the customer about the sequences and procedures, use of equipment for indoor or outdoor amusement and recreation activities Provide ecological and responsible services Inform customers about safety issues Respond to 	<ul style="list-style-type: none"> Plan, carry out and give brief explanation on a range of indoor and outdoor amusement and recreation activities customised to customer's needs and wishes Act as a skilled instructor for indoor and outdoor activities Take care of customers safety and provide first aid when needed React to customer feedback Use customer feedback in product development 	<ul style="list-style-type: none"> S/he informs customer about various outdoor and indoor activities and proposes activities in line with customer's needs, wishes, age, health etc. S/he independently plans, organises, conducts, oversees and assesses outdoor and indoor activities taking into account participants' interests, abilities and needs when selecting work methods and tools. S/he recognizes and independently solves typical problems emerging during a recreational activity (e.g. lack of motivation and/or

<p>safety and equipment</p> <ul style="list-style-type: none"> • Take sustainable development into account when planning activities and services • Consider customer safety • Distinguish types of activities for various types of customers, incl. pregnant women, seniors, cancer patients, people with intolerances, etc. 	<p>customer feedback</p>		<p>organisational problems that hinder participation).</p> <ul style="list-style-type: none"> • S/he applies new technologies (apps, videos, etc.) designed to support outdoor and indoor processes. • S/he carries out the activities taking into account health and safety rules (incl. first aid instructions) and environmental issues. • S/he uses equipment needed for recreational activities and performs maintenance checks according to the established procedure (incl. disinfection).
<p>Assessment tools</p>	<ul style="list-style-type: none"> • Observation • Demonstration • Case study • Test 		

4.2 Indoor and outdoor amusement and recreation activities

List of materials / activities

1. Practical task “Indoor and outdoor activities – type of activities and their benefits”
2. Practical task, role play “Selection of appropriate activities for the customer”
3. Role play “Counselling a customer on indoor / outdoor activities”
4. Written exercise “Activities for seniors”
5. Practical task “How to create an online activity course”
6. Practical task “Online stretching”
7. Practical task “Online indoor activity”
8. Written exercise “Working as a wellness trainer”
9. Written exercise “Why outdoor activities are good for you”
10. Written exercise “When the accident occurs”

Objective of the unit

After completing this unit you will be able to provide Indoor and outdoor amusement and recreation services, choosing appropriate activities and taking into account customer’s wishes and needs

Transversal Skills covered

- Customer service and communication
- Management and supporting processes
- Time management
- ICT skills
- Foreign languages
- Green skills

Hygiene and Safety skills covered

- Basic knowledge of hygiene and safety
- Equipment and tools in the wellness sector
- Disinfection of equipment and furniture, sterilisation etc.

Typology of materials/resources

- video analysis
- simulation
- demonstration
- practical task
- role play

- case study
- Job shadowing
- dialogues
- written exercise
- Other: _____

Title of the material/activity	1. Practical task “Indoor and outdoor activities – type of activities and their benefits”
Presentation / Description of the activity steps	<p>This activity aims to provide an overview of various indoor and outdoor activities and their benefits. The activity include the following steps:</p> <p>Step 1: Listening a conversation between a receptionist / sport technician in the wellness department of a spa hotel and a customer in English https://www.youtube.com/watch?v=ow0CSfqwojl&t=1s&index=28&list=PLfBtP54LkdxGUGiQCF-fnBfz7h-fag6Eq or reading a conversation between a receptionist / sport technician in the wellness department of a spa hotel and a customer.</p> <p>Step 2: Listing the outdoor and indoor activities mentioned in the interview, while also providing information regarding their intensity.</p> <p>Step 3: Looking for other outdoor and indoor activities and trying to divide them according to their intensity, from light, to moderate and vigorous. At the end of the exercise, the learners can compare their own list with the example list.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<p>Materials needed:</p> <ul style="list-style-type: none"> • Audio file or video with dialogues • Internet connection in case of using the video uploaded on the YouTube channel, computer or any IT device to listen to an audio file In case of lack of devices for interview listening, it is possible to use the written transcription of the dialogue • Paper notes and pencils for the learners
Time needed	<p>15 min – explanation of the activity and listening activity</p> <p>15 min – to list the outdoor / indoor activities in the interview</p> <p>20 min – to divide the activities according to the intensity and to look for other activities with various intensity</p>
Attachments	<p>Assess Well - Dialogue 7 Sport and free time activities https://www.youtube.com/watch?v=ow0CSfqwojl&t=1s&index=28&list=PLfBtP54LkdxGUGiQCF-fnBfz7h-fag6Eq Written version of the conversation</p>
Solution of the activity	<p>List of activities indoor and outdoor, division of activities according to their intensity</p>

Written version of the conversation

Dialogue¹²

Speaker A: Amy – Sport technician, receptionist

Speaker B: Mr. Rudi Mueller – Customer

A Good afternoon. How can I help you?

B Good afternoon. I'm Rudi Mueller. I think, I'd like to work out, but I don't know what to do. What does your programme offer?

A Well, we have a wide variety of fitness and free time activities. Here's the programme for the week. You can select any of the activities.

A Do you prefer being in water, outdoors or do you like indoor sports?

B Hmm, I prefer indoor activities. I'm not very athletic. And I'm not sure what's good for beginners, so I think I'll try your program here.

A Well, our fitness offer is really well-rounded so everybody can find something that's compatible with their lifestyle and also so that some people can just try something new. For example, if someone's taking part in our wellness offers they might also want to take a morning yoga session to promote well-being and relaxation before their morning wellness treatment. Or if you want to get a quick work-out in before your afternoon massage, then you might consider taking a spinning class or water aerobics. We even have early bird specials, like Yoga at the lake, for those who want to start their day out on the right foot.

In order to better meet our clients' needs, we have our classes ranked according to skill level – B for beginners, I for intermediate, A for advanced. This coding system allows our clients to be in classes with those of the same level. That way they don't feel embarrassed if they can't keep up or they don't feel bored if the pace is too slow. We like to make our offers really individual. And you see also that the sauna opening hours are part of our fitness offer. We encourage our clients not to wear a bathing suit, just to have a towel or two with them. But we also realise that some cultures aren't comfortable with nudity, so we've included one day a week for women only and one day a week for men only. That way, for those who aren't comfortable being in the sauna with the opposite sex, they can still take advantage of the sauna.

Our night owl specials include talks from a variety of speakers on lots of different topics. This week you'll see Dr. Barns is speaking on "Clean Eating". Those who are committed to a healthy lifestyle and also those who just want to make little changes to their diet will find this talk really interesting.

We can help you select the right course, but you are also invited to talk to the nutritionist and the fitness instructor, both of whom will provide you with even more specific information.

B Okay, what's on the programme today, let me see....

A Well, in the morning we have stretching and yoga; in the afternoon we have aqua-jogging and Fitball.

B Fitball? What is Fitball? I've never heard of that...

A Fitball is an all over body conditioning using the "fit ball". It makes sure that each muscle in your body gets a proper workout. And it strengthens your abdomen, back and your hips. It's really great for burning calories, too.

B Ok. And what if I want to lose weight?

A Then I would suggest using our fitness centre. We've got stationary bikes and treadmills there. Walking or running on treadmills, it's really easy to control the speed and the incline. And it burns calories. Would you like to try one?

¹² The project Assess Well Unit 7: Sport and free time activities. www.assesswell.eu

B Yes, I think I would.

A Okay, well I need to ask a few questions first. Do you have any problems with your knees, your back or your heart?

B Heart problems? No. I have some problems with my lower back pain... with lower back pain, but that usually comes only when I've been sitting down a lot.

A Okay. Well did you know that walking just 20 minutes a day on the treadmill is a good cardio-workout which burns calories and will improve your overall health?

B Okay.

A So, let's go down to the treadmill.

A Before we start I'll show you how the treadmill works. First, you press START, then you can adjust the speed. I suggest starting the speed at "2.0" to warm up your muscles and joints, and after a few minutes, you can adjust it. You adjust the speed here; it goes from 0 to 10.0. If you're feeling well after about 10 minutes you can also use the "incline" option that's right here. It's like walking up a hill. It makes your heartbeat go faster and it improves your endurance.

B Ok, and what muscle groups does it train?

A The treadmill trains your lower body muscles. This includes your hamstrings and quads, and your calves, your thighs, your hip flexors and your glutes. The treadmill enables you to build stronger, more defined muscles in these groups.

A Are you doing okay?

B Yes, thank you.

A Okay, well then I'm going to leave you for a few minutes and I'll come back and check on you soon.

B Okay.

A So, did you like it?

B Oh yes, it was really good; I think it would be great to have a treadmill at home! I don't like going to the gym. It's usually overcrowded.

A That's true. You could try "Nordic Walking". That makes use of poles while walking. It's a simple and accessible form of outdoor exercise.

B Uh, "Nordic walking", I have heard of that in my region, but I always thought that that was not quite as efficient.

A Oh, it is! The advantage is that it uses both your lower body and your upper body muscles. It's great for neck and shoulder and back problems. And it uses about 90% of your muscles and it's great for your heart and lungs. It helps to improve your posture and balance, too.

B Oh okay... I think I'll try... I've never done it before. I think I'll try it.

A Okay, shall I show you any other fitness equipment today?

B Uhm no, not today. I'll be back tomorrow. Thank you very much.

A You're welcome, see you tomorrow. Bye-bye.

B Okay, bye.

A Good morning Rudi, how are you today?

B Well, I am having a little bit of a problem with my lower back pain. My muscles are a bit sore and tight. I was thinking of doing something more relaxing today.

A Mhm, well light exercise in the recovery phase can stimulate blood flow to your muscles to reduce muscle spasms. I would suggest taking some yoga classes. Yoga is done in a relaxing atmosphere. And listening to calming music can help quieten your mind and enter into a place of deep peace and relaxation. Doing yoga helps to reduce back pain and it will help you to relax your shoulders. Yoga can increase your flexibility and your overall health.

B Well, I have never done that, yoga, before; I always thought that I couldn't do it. I don't know...

A We have classes for beginners which are adapted to the ability of each participant.

B Hmm...

A You could also try water aerobics. Gentle water-exercises help ease muscles and back pain. The natural resistance from the water promotes muscle strength and reduces pressure on your bones and your joints. And even if you're not swimming, you can walk in waist-high water and do arm and leg exercises against the resistance of the water.

B I think I'd like to try that, yeah.

A Great. The water aerobics class starts in 30 minutes. Please remember to shower before entering the pool.

B OK.

A Have a great time. And if you need anything, don't hesitate to ask me.

B I will. Thank you.

A Bye-bye.

B Bye.

The video is available via the following links: Dialogue 7 Sport and free time activities

<https://www.youtube.com/watch?v=ow0CSfqwojI>

<https://www.youtube.com/watch?v=LaOJdICSJVw> (with captions)

List of activities indoor and outdoor, division of activities according to their intensity

Movement can be of different intensities, below the table presents various movements: outdoor and indoor according to the intensity.¹³

Light Activity+ (less than 3.5 calories per minute)	Moderate Activity+ (3.5- 7 calories per minute)	Vigorous Activity+ (more than 7 calories per minute)
<ul style="list-style-type: none"> • Casual Walking • Bicycling less than 5 mph • Stretching • Light weight training • Dancing slowly • Leisurely sports (table tennis, playing catch) • Floating • Boating • Fishing • Golf-using cart 	<ul style="list-style-type: none"> • Brisk walking (3 - 4.5 mph) • Walking uphill • Hiking • Roller skating at leisurely pace • Bicycling 5-9 mph • Low impact aerobics • Aqua aerobics • Light calisthenics • Yoga • Gymnastics • Jumping on a trampoline • Weight training • Moderate dancing • Boxing-punching bag • Most aerobic machines (e.g., stair climber, elliptical, stationary bike)- moderate pace • Competitive tennis, volleyball, badminton, diving • Recreational swimming • Canoeing • Horseback riding • Golf 	<ul style="list-style-type: none"> • Race walking (more than 4.5 mph) Jogging/Running • Wheeling a wheelchair • Mountain climbing • Backpacking • Fast pace in-line skating • Bicycling more than 10 mph • High impact aerobics • Step aerobics • Vigorous calisthenics • Karate, Judo, Taekwon-do, jujitsu • Jumping rope, jumping jacks • Circuit weight training • Vigorous dancing • Boxing-sparring • Most aerobic machines (e.g., stair climber, elliptical, stationary bike)- vigorous pace • Competitive basketball, soccer, football, rugby, kickball, hockey, lacrosse • Swimming laps or synchronized swimming • Treading water • Water jogging • Water polo • Downhill or cross country skiing

¹³ (Project MEW Movement Environment Wellbeing - Increasing Physical Activity and Improving Quality of Life) C.S.E.N. 2019 ISBN 978-88-943662-9-7.

Title of the material/activity	2. Practical task, role play “Selection of appropriate activities for the customer”
Presentation / Description of the activity steps	<p>This activity consists of two parts, in the first part the anamnesis questionnaire is created, the second part consists of the selection of the most appropriate indoor or outdoor activities taking into account customer’s abilities, needs, age etc. (based on relevant questions).</p> <p>Step 1: Creating the anamnesis questionnaire for the customer. The questionnaire should list questions, which can support the collection of as much relevant and useful information as possible (e.g.: habits, age, interests, health etc.) in order to offer the most suitable activity (indoor or outdoor) to the customer. The learners will compare their own questionnaires with the sample of the anamnesis questionnaire.</p> <p>Step 2: Working in pairs in a simulation game (customer and employee), carrying out short interviews in order to identify and propose the activity using the anamnesis questionnaire.</p>
Typology of activity	<input type="checkbox"/> individual <input type="checkbox"/> group activity <input checked="" type="checkbox"/> mix
Needed materials / equipment/ tools	Materials needed: <ul style="list-style-type: none"> • Paper notes, pencil or computer
Time needed	30 min – to create own template of questionnaire 10 min – to discuss results 10 min – to work in pairs (interview and proposal of activities)
Attachments	
Solution of the activity	Sample of the anamnesis questionnaire

Sample of the anamnesis questionnaire¹⁴

GENERAL INFORMATION	
Surname, Name	
Date of birth, age	
Street, House number	
Postcode, City	
Telephone number	
Email address	
Profession	<input type="checkbox"/> Fulltime <input type="checkbox"/> Part-time <input type="checkbox"/> Shift work
GOALS AND WISHES	
<input type="checkbox"/> Improve performance <input type="checkbox"/> Improve performance <input type="checkbox"/> Reduction of pain <input type="checkbox"/> Reduction of body fat <input type="checkbox"/> Improvement of the well-being <input type="checkbox"/> Improvement of appearance <input type="checkbox"/> Building up of musculature <input type="checkbox"/> Others:	
ATTEMPTS TO DATE TO ACHIEVE THE ABOVE GOAL(S)	
Type, duration, frequency, reasons for discontinuation etc.:	
CURRENT CONSTITUTION	
HOW ARE YOU DOING AT THE MOMENT?	
DO YOU CURRENTLY EXERCISE?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, please describe the sports programme (type, duration, frequency, intensity):	
ARE YOU PREGNANT?	Yes <input type="checkbox"/> No <input type="checkbox"/>
PLEASE GIVE YOUR WEIGHT AND SIZE:	kg m
ARE YOU CURRENTLY SUFFERING FROM ANY ILLNESSES OR COMPLAINTS?	Yes <input type="checkbox"/> No <input type="checkbox"/>
ARE YOU CURRENTLY RECEIVING MEDICAL TREATMENT?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, why?	
ARE YOU CURRENTLY TAKING ANY MEDICATION OR SUPPLEMENTS?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, why?	

¹⁴ The sample questionnaire is adapted from Akademie für Sport und Gesundheit Lehrbrief Fitnesstrainer C-Lizenz;

- against high blood pressure
- Drainage tablets
- against high blood sugar
- Cholesterol-lowering tablets
- for hypothyroidism
- against hyperthyroidism
- Vitamins:
- Minerals:
- Other:

HOW MUCH TIME DO YOU HAVE FOR YOUR TRAINING EACH WEEK?

hours

OTHER

e.g. "interested in nutritional advice"

Title of the material/activity	3. Role play “Counselling a customer on indoor/outdoor activities”
Presentation / Description of the activity steps	<p>This activity is based on role-playing (working in pairs): one person plays the role of a wellness employee and the other one has the role of a customer. The activity focuses on communication aspects and advisory services.</p> <p>Step 1: The person playing the role of the customer draws a card with one or more questions regarding the specific activity. The person playing the role of the beautician / wellness specialist answers the questions on the card. When answering the questions proper communication and customer relation should be taken into account.</p> <p>Step 2: The learners switch roles and play a second round.</p> <p>Sample: The customer is not sure which activities to choose and asks some questions regarding different activities. Provide responses to the customer List of questions: What are the effects of strength training? What are isometric exercises? What are bodyweight exercises? What kind of exercises do you suggest for someone with low or no experience in strength training? What is relaxation training?</p>
Typology of activity	<input type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	Materials needed: <ul style="list-style-type: none"> • Questions prepared on the single cards
Time needed	10 min – for the preparation max 10 min – for the role play
Attachments	Questions prepared on single cards
Solution of the activity	Sample answers to the questions

Questions prepared on single cards

What is endurance training/endurance activities?

What is anaerobic and aerobic training?

Can you give me some examples of stretching exercises?

What does it mean progressive muscle relaxation?

What kind of exercises do you suggest for someone with low or no experience in strength training?

When should I do stretching?

To what extent can strength training support your everyday life?

What are the effects of strength training?

What are the benefits of outdoor activities?

Give examples of exercises for bodyweight training
/ activity

What are positive physical and mental aspects of
practicing yoga regularly?

What are isometric exercises?

Sample answers to the questions

1. What is endurance training/endurance activities?

Repetitive, aerobic use of large muscles, also called aerobic exercises, they includes activities that increase breathing and heart rate (e.g., walking, bicycling, swimming, jumping rope).

Examples of endurance exercise:

- Walking briskly
- Running / jogging
- Dancing
- Biking
- Climbing stairs at work or at home (if available)

2. What is anaerobic and aerobic training?

Aerobic training improves the efficiency of the aerobic energy-producing systems and that can improve cardiorespiratory endurance. Aerobic means 'with air' and refers to the body producing energy with the use of oxygen. This typically involves any exercise that lasts longer than two minutes in duration.

Anaerobic means 'without air' and refers to the body producing energy without oxygen. This is typically exercise that is performed at a higher intensity. Anaerobic training improves the efficiency of the anaerobic energy-producing systems and that can increase muscular strength and tolerance for acid-base imbalances during high-intensity effort.

Aerobic training will typically fall in the range of 60 - 80% of estimated maximum heart rate and can be done continuously for prolonged periods of time, anaerobic training will fall between 80 - 90% of estimated maximum heart rate.

Examples of aerobic training are jogging, walking, swimming, biking etc

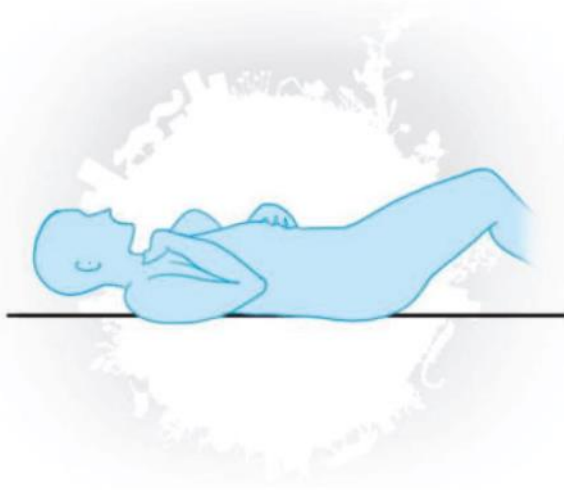
Examples of anaerobic training are: sprint running, heavy weightlifting, jump squats, box jumps.

3. Can you give me some examples of stretching exercises?

Stretching exercises¹⁵

¹⁵ from the Project MEW Movement Environment Wellbeing - Increasing Physical Activity and Improving Quality of Life) C.S.E.N. 2019 ISBN 978-88-943662-9-7.

1. Stomach breathing



Lie on your back and place one hand on your stomach, just below your ribcage, and the other hand on the centre of your chest. Breathe in deeply through your nose and let your first hand be pushed out by your stomach. The hand on your chest should not move. Then breathe out through your mouth, pursing your lips as if you were about to whistle. Gently guide the hand on your stomach inwards, helping to press out the breath. Repeat for 15-20 seconds.

2. Rotation of wrists



Extend your arms out in front of you. Make fists and rotate them inwards for 20 seconds. Then change direction.

3. Rotation of palms



Standing, open out your arms. Rotate your palms downwards and then upwards. Go on alternating directions for 30 seconds.

4. Wrist stretching



Stretch out your arms in front of you, open the palm of one hand and with the other hand grasp the fingers and pull them downward. Hold this position for at least 20 seconds (you should feel the wrist pulling a little bit). Repeat with the other hand.

5. Neck stretching



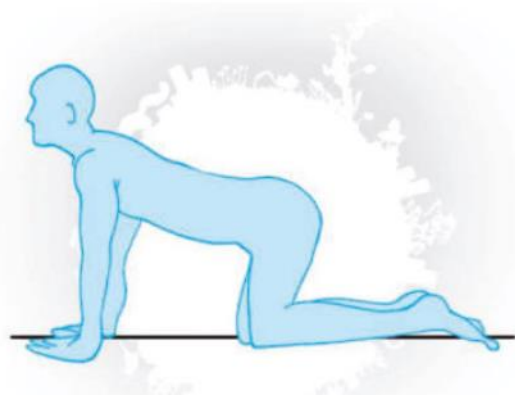
Standing straight, place your left hand on your head, the palm of the hand on the right temple. Gently push the head towards the left shoulder and hold for 15 seconds. Repeat on the opposite site.

6. Triangle



Standing, spread your legs a little bit, the right foot more open outwards. Knees should be outstretched. Open your arms, bend your chest on the side and touch your right foot with your right hand. Rotate your head and look upwards. Chest and back should not bend in front, they must be kept aligned with the legs. Hold this position for 15 seconds, then repeat on the opposite site.

7. The cat



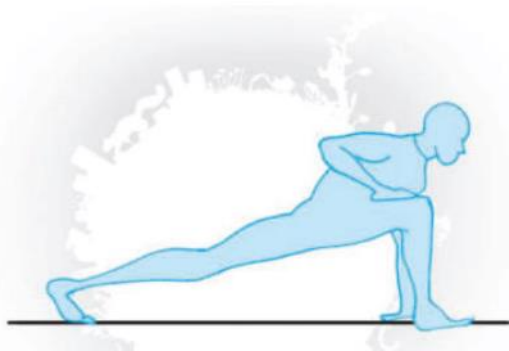
Get on all fours, knees aligned with the hips and the wrists under the shoulders. Arch your back and let the head fall. Do the opposite (the back arched in the opposite direction) and lift the head looking up. Go on alternating the movements for 40 seconds at the rhythm you like (but not too fast!).

8. The pigeon



Lunge with your right foot in front, place your hands on the floor before the foot. Place also your left knee on the floor (the leg must be straight) and bend your right foot inwards, between your leg. Keep your back straight. Hold this position for 15 seconds while deeply breathing. Perform with the other leg.

9. Deep lunge



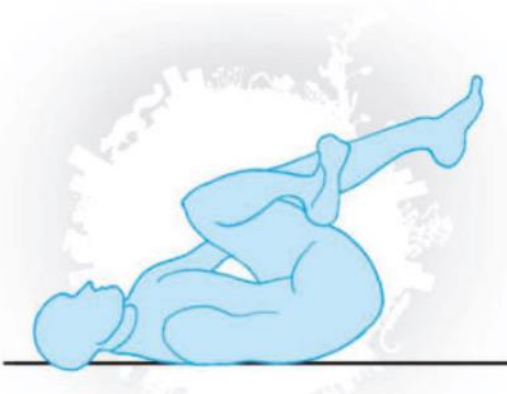
Make a long step forward with your right foot and bend the right knee (a low lunge). Place the palm of the left hand on the floor to hold. Your left leg stays straight. Bend it so that the knee touches the floor and straighten it again. Do this movement for 15 seconds, then perform the exercise with the other leg.

10. Triangle with a leg up



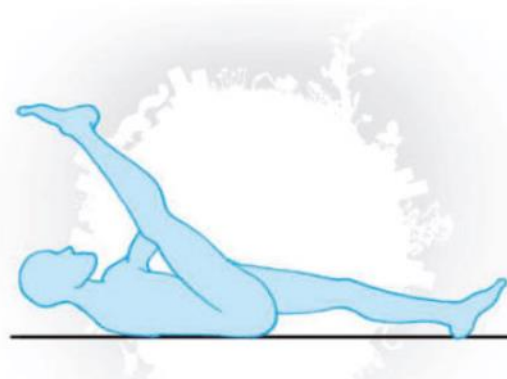
Take the plank position, as you were about to start a push-up. Lift your pelvis up, bring your feet closer. You must make a triangle with your body. Lift your right leg, bend your right knee and let your right foot get closer the left shoulder. Hold this position for a least 15 seconds, then perform with the other leg.

11. Stretching with a crossed leg



Lie on your back, your arms down by your sides, bent knees with the soles of the feet on the floor. Place the left ankle on the right leg, just under the knee. Grasp your right thigh with both hands and bend your elbow to gently pull the right knee toward your chest for 15 seconds. Perform with the other leg.

12. Stretching on the floor



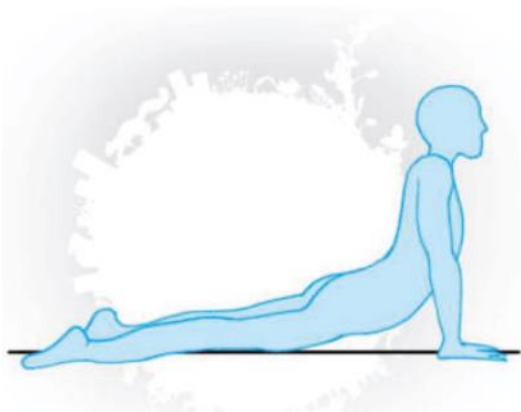
Lie on your back with extended legs. Lift your right leg up, grasp the calf with both hands and pull the leg towards your chest. Hold this position for 15 seconds and then perform with the other leg.

13. Ankle stretching



Stand in front of a tree (or a step) at a step distance. Rest the toes of your right foot on the log while keeping the heel on the floor. Block the right knee, keep it well extended and go down till you touch the toes. Hold this position for 15 seconds and then perform on the other side.

14. The cobra



Pose lie flat on a mat, your belly facing down. Place your hands directly underneath the shoulders and extend your elbows to lift the upper part of the body. Shoulders should be down and relaxed, not make them contract. Breath holding this position for 10 seconds, then go back to the starting position. Repeat 3 times.

15. Thigh stretching



Standing, lift your right heel till it touches the right gluteus. Your right hand helps by holding the toes. Hold this position for at least 15 seconds, then change leg.

16. The hug



Standing, bring your right arm to your chest keeping it straight, as you were to hug yourself. Grasp it with your left arm and put some pressure to push it better and extend it. You will feel some tension on the arm and on the right shoulder. Hold this position for 15 seconds, then perform with the other arm.

17. Leg twist



Lie on your back, your legs extended and arms open. Lift your right leg. With your left hand grasp the external side of your right calf and try pushing (do not exaggerate!) the right hip towards left. Hold this position for 15 seconds and then perform on the other side.

18. Stretching behind the back



Bend your left elbow and place it besides your head (the left hand must go down the back). Gently pull the left elbow backwards with your right hand. Hold this position for 15 seconds, then change arm.

4. What does it mean progressive muscle relaxation?

PMR was created by American physician Edmund Jacobson in the 1920s. It is a non-pharmacological method of deep muscle relaxation, based on the premise that muscle tension is the body's psychological response to anxiety-provoking thoughts and that muscle relaxation blocks anxiety. The technique involves learning to monitor the tension in specific muscle groups by first tensing each muscle group. This tension is then released, as attention is directed towards the differences felt during tension and relaxation.

According to Encyclopedia of medicine by Miller-Keane, long term effects of practicing progressive muscle relaxation include:

- A decrease in generalized level of anxiety
- A decrease in anticipatory anxiety related to phobias
- Reduction in the frequency and duration of panic attacks
- Improved ability to face phobic situations through graded exposure
- Improved concentration
- An increased sense of control over moods
- Increased self-esteem
- Increased spontaneity and creativity

5. What kind of exercises do you suggest for someone with low or no experience in strength training?

For someone with low or no experience in strength training it is suggested to train with use of machines. The training with use of machines can minimise a risk of overtraining or incorrect loading. The guided sitting or lying positions can minimise the risk of injury however, precise execution and adapted load are necessary.

6. When should I do stretching?

In intensive sports such as football, handball or basketball - daily stretching is even necessary so that the muscles are e.g. not shortened. It is a good idea to stretch regularly after training.

When building muscle, i.e. in the gym or in bodybuilding, you should very often schedule a 5-minute session at a light intensity to prepare the muscle for the load. This is best done before you start training. Do not stretch your muscles too much so that you can use your full strength potential in the exercise. This helps you to maintain the basic tension.

You can also stretch after training, but it is important that you do not stretch intensively if your muscles are sore. For this it makes sense to plan fixed stretching days so that your muscles get enough rest time.

7. To what extent can strength training support my everyday life?

The loss of muscle strength can have a noticeable impact on health and quality of life as we age. If untrained, muscle mass decreases by about 40 % from the age of 20 to 70. A significant reduction becomes noticeable from the age of 30.

Muscle strength is important not only in specific professional contexts (e.g. in crafts), but in everyday life in general (e.g. to do the shopping, to be able to do housework or to adopt a back-friendly posture when standing or sitting). In addition, muscle strength in older age is important in the context of preventing osteoporosis and avoiding falls.

The goals of strength training are:

- Body shaping through targeted muscle building in the desired areas of the body
- Tissue tightening
- Reduction of fat deposits

Strength training offers significant positive effects. It increases self-esteem, helps to develop body awareness (my body is important) and improves body perception.

Strength training is possible for everyone in any age, however it should be adapted individually after consultation with a physician, especially after long training break or in advance age.

There are various possibility to train strength:

- Bodyweight exercises e.g. push ups, air squats, lunges, pull ups etc
- Weightlifting – moving weights in different body positions
- Moving levers on the machines with weights

8. Give examples of exercises for bodyweight training/activity

Exercises of bodyweight training are exercises without any equipment or machines, the bodyweight exercises are effective ways to improve balance, flexibility, and strength.

Typical bodyweight exercises are: standard push ups, squats, lunges, reverse lunges, hip extensions, step – ups, burpees, inchworms, tuck jump, bear crawl, mountain climbers etc

9. What are positive physical and mental aspects of practicing yoga regularly?

Physical benefits: increased mobility, toned muscles, improved digestion and elimination, improved circulation, strengthened immune system, increased body awareness and improved ability to relax.

Mental benefits: calming of the mind, improved ability to concentrate and pay attention, and a certain freeing of the spirit. In cosmetics, yoga can therefore be a useful complement on the path to complete inner and outer beauty.

10. What are isometric exercises?

An isometric exercise is a form of exercise involving the static contraction of a muscle without any visible movement in the angle of the joint. The term "isometric" combines the Greek words "Isos" (equal) and "metria" (measuring), meaning that in these exercises the length of the muscle and the angle of the joint do not change, though contraction strength may be varied. You can experience an isometric effect, for example, if you try to hold a bucket of water at a 90-degree angle for as long as possible with your elbows bent. The purpose of isometric exercises is to improve muscle tone, which directly affects the tension of the skin and the firmness of the connective tissue. At the same time, the posture of the body is improved.

The isometric exercises are particularly suitable for building up the back and facial muscles. Learning and feeling the muscle tensions is an important basic prerequisite for performing the exercises.

Isometric exercises are also suitable for the initial phase of the strength training.

The isometric exercises have also some disadvantages: dangerous for cardiovascular diseases, danger of forced breathing, altered blood flow to the muscles, significant increase in blood pressure.

Examples of isometric exercises: plank, side plank, pressing the palms of the hands against each other, etc

References:

Ausbildung zum Basic –Trainer “Group Fitness“, VHS im Lkrs. Cham 2019

Das Kosmetikbuch Lernfelder 5 bis 12, Verlag Handwerk und Technik GmbH, 2016, ISBN 978-3-582-03924-8

the Project MEW Movement Environment Wellbeing - Increasing Physical Activity and Improving Quality of Life) C.S.E.N. 2019 ISBN 978-88-943662-9-7

Title of the material/activity	4. Written exercise “Activities for seniors”
Presentation / Description of the activity steps	<p>This activity aims to set up an activity session for senior participants aged 60+. The activity session shall consist of appropriate exercises for this group, it can include outdoor or indoor activities.</p> <p>Step 1: Reading the text “General rules for the training with seniors” and also research the WHO’s website with recommendations on physical activity and intensity taking into account specific groups (age, chronic conditions, disabilities, pregnant women etc.)</p> <p>Step 2: Creating an activity plan and taking into account duration, types of exercises for the group e.g. strength exercises, corrective exercises or general health etc. This step can be done individually or in pairs. To create a plan, a template for the activity plan can be used.</p> <p>Step 3: Presenting a proposal of the activity session, plus a short practical session e.g. introduction and presentation of the selected exercise.</p> <p>Step 4: Discussing the results of the sessions, providing suggestions, proposals for potential improvements.</p>
Typology of activity	<input type="checkbox"/> individual <input type="checkbox"/> group activity <input checked="" type="checkbox"/> mix
Needed materials / equipment/ tools	<p>Materials needed:</p> <ul style="list-style-type: none"> • Paper, pencil • Reading material: General rules for the trainings with seniors • Template of an activity plan
Time needed	<p>60 min – to read and prepare an activity plan – this can be done also as a home assignment</p> <p>10 min – presentation per participant</p> <p>15 min – discussion, exchange</p>
Attachments	<p>Text “General rules for the trainings with seniors”</p> <p>Template for the activity plan</p>
Solution of the activity	<p>Example of the description of exercises in the activity plan</p>

General rules for the trainings with seniors

Text “General rules for the trainings with seniors”

“General rules for the training with seniors”

With age, certain muscle groups become weaker and therefore require specific attention or targeted strengthening. As the counterparts of these muscles tend to shorten, this can lead to dysbalances and subsequently to a disturbance of the muscle-joint relationship.

This promotes joint wear and tear. Muscle groups that tend to weaken are

- Deep neck flexors
- Shoulder blade fixators
- Abdominal muscles
- Gluteal muscles
- Knee extensors
- Front shin muscles (tibial muscle group)

Strengthening exercises are necessary as prophylaxis or therapy for postural weaknesses in the back muscles to prevent thoracic kyphosis. The abdominal muscles should also be trained to combat the often pronounced lumbar lordosis. The greatest muscle atrophy in adulthood occurs in the shoulder and arm muscles. With regard to the positive effect of motor fitness on the quality of life, the entire musculature should be strengthened.

In addition to muscular adaptations, strength stimuli also change the skeleton for the better. The cancellous bone strengthens, bone density and calcium content increase and the blood supply to the bone tissue improves. The osteocytes (bone-forming cells) are activated and collagen formation in tendons and ligaments is stimulated.

General principles of training with seniors:

- Exercise group should consist of max. 15 persons and remain stable over a longer period.
- Optimal training times are morning and afternoon
- Optimal duration of the training session: approx. 45-60 minutes
- Warming up should take up a large part of the training (delayed adjustment to a higher functional level in older people)
- Exercise content should be based on everyday movements (controlled movements).
- Targeted breathing exercises can be used (progressive rigidity of the chest)
- No jerky movements of the head
- Equipment used must be easy to use
- Training with one's own body weight is usually sufficient.
- Allow for sufficient recovery phases (recovery processes are slower)
- Rhythmic movements are preferable.

Principles of strength training with seniors:

- Avoid hyperextension of the cervical and lumbar spine.
- Jumping up, jumping down, etc. are taboo.
- Strength training must always be combined with flexibility exercises.
- All parts of the body from head to toe should be included in the training.
- Strength training should be carried out in a way that is easy on the joints.
- Extreme angular positions of the joints should be avoided
- Pressed breathing should be avoided
- Maximum force in a flexed position should be avoided.

- Heavy, swinging trunk bending should be avoided.
- Explosive turning sideways should be avoided
- Do not plan for prolonged static loads of more than 1-2 minutes
- Fast-strengthening movements at an advanced age (especially in the spinal area) should be avoided
- Avoid low torso bends or head down exercises

Physical training is the only scientifically proven measure to counteract the age-related decline in cardiovascular the heart, circulation, respiration, metabolism, skeletal musculature and nervous system and to keep oneself functionally younger than one's chronological age. Quellen: Altern & Muskulatur „Zwanzig Jahre Vierzig sein“ K. A. Zech

The World Health Organisation defined the physical activity and provided recommendation of physical activity and its intensity taking into account age, chronic conditions, and disabilities.

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

Also the website <https://www.nia.nih.gov/health/exercise-physical-activity> provides examples of exercises for seniors, including examples of outdoor activities.

References:

Körperhygiene ist mehr. Zur Rolle von Skelettmuskulatur und Widerstandstraining beim optimalen Altern Abschlussarbeit im Fachstudium zum Präventologen beim Berufsverband Deutscher Präventologen e.V. vorgelegt durch Dr. rer.nat. Karl-Adolf Zech Studien-Nr. 841-12-07 Berlin, am 17. August 2009

The activity plan

Topic:					
Target group:					
Time:					
Materials :					
Phase	Time	Focus e.g. mobility, strength exercise, endurance etc.	Content / Exercises	Organisation (Methodological and didactical aspects) equipment, materials	Comments
Introduction					
Warm up					
Main part					
Cool down					

Example of the description of exercises in the activity plan

Topic:		10 minute strength routine			
Target group:		Seniors getting started some exercises			
Time:		10 minutes			
Materials :		Mat, chair			
Phase	Time	Focus e.g. mobility, strength exercise, endurance etc.	Content / Exercises	Organisation (Methodological and didactical aspects) equipment, materials	Comments
Introduction to the session, what is the focus	2 min	-	-	-	-
	1 min	To increase strength in the abdominal muscles	Abdominal contractions	Showing and explaining; eventual corrections of the movements	Take a deep breath and tighten your abdominal muscles. Hold for 3 breaths and then release the contraction. Repeat 10 times.
	1 min	To increase strength in the chest and shoulders	Wall push ups	Showing and explaining; eventual corrections of the movements	Stand about 3 feet away from a wall, facing the wall, with your feet shoulder-width apart. Lean forward and place your hands flat on the wall, in line with your shoulders. Your body should be in plank position, with your spine straight, not sagging or arched. Lower your body toward the wall and then push back. Repeat 10 times.
	1 min	To strengthen and stretch muscles in the lower back	Pelvic tilts	Showing and explaining; eventual corrections of the movements	Take a deep breath, tighten your buttocks, and tilt your hips slightly forward. Hold for a 3-count. Now tilt your hips back, and hold for 3

					seconds. (It's a very subtle movement.) Repeat 8 to 12 times.
	1 min	To strengthen the lower legs	Toe taps	Showing and explaining; eventual corrections of the movements, chair needed	Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strengthens the lower leg.) Repeat 20 times.
Stretch it out		To improve range of motion To relieve tension in the shoulders and upper back	Upper back		Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart. Hold your arms up and out in front at shoulder height, with your palms facing outward and the backs of your hands pressed together. Relax your shoulders so they're not scrunched up near your ears. Reach your fingertips out until you feel a stretch. Your back will move away from the back of the chair. Stop and hold for 10 to 30 seconds. Repeat 3 to 5 times.

Title of the material/activity	5. Practical task “How to create an online activity course”
Presentation / Description of the activity steps	<p>This activity aims to provide information and main steps when creating an online course. The pandemic situation in 2020 did not allow for running courses face-to-face. Many of the studios or centres were forced to change the mode of courses from face to face to online courses.</p> <p>Step 1: Reading a text about the main steps to create an online course including methodological and technical aspects of online activities (live or videos); using the internet to do some additional research is also suggested.</p> <p>Step 2: Preparing a concept of an online course taking into account methodological and technical aspects. It is suggested to choose a specific group of customers, e.g. pregnant women, seniors etc. This activity can be carried out also as group work (max 3-4 persons).</p> <p>Step 3: Presentation of the concept of online course to the learners of other groups.</p> <p>Optional: instead of step 2 and 3, the learners can look for existing online sessions and carry out an assessment of these online sessions taking into account methodological and technical aspects.</p>
Typology of activity	<input type="checkbox"/> individual <input type="checkbox"/> group activity <input checked="" type="checkbox"/> mix
Needed materials / equipment/ tools	Materials needed: <ul style="list-style-type: none"> • Internet connection, computer for research • Paper notes, pencil or notebook
Time needed	45 min – reading and researching work 60 min – preparation of the concept – group work 7 min – presentation of the results per group
Attachments	Methodological and technical aspects of online activities (live or videos)
Solution of the activity	

Methodological and technical aspects of online activities (live or videos)

There are the following formats of the online activities:

- Live sessions e.g. lecture or course
- Video and / or audio
- Live session with recording option

Technical preparation for the online sessions:

- Setting up the course room e.g. with use of available applications, streaming platforms e.g. Jitsi, ZOOM, OFFICE 365
- Necessary equipment for sound: microphone, the best option cordless microphone, headset
- Necessary equipment for video: use of integrated webcam, mobile webcam on tripod
- Background – avoiding white walls; avoiding windows and mirrors (coloured, designed background preferred,
- Normal webcam perspective, i.e. if possible at eye level of the presenter
- Choosing a "favourable" camera angle (maybe some posters or image logos in background)
- The view (look) into camera
- Screen sharing - If the whole screen is mirrored, participants see everything that is open on the screen from the moment of sharing ... (privacy speaker, desktop photos, etc.)
- Recommendation: use computer with two screens (better overview)
- Don't panic in case of technical breakdowns, the online participants will forgive anything
- To save performance resources, close unnecessary programmes.

Procedure / Preparation / Test run:

- Start test run 10 - 20 min before start (check image, sound, presentation, mirroring).
- In case of connection problems, you can do without permanent image transmission, priority is given to sound.
- No spontaneous experimentation without prior practice/test run
- No time-consuming introduction to the webinar technology for participants
- Maintain eye contact with online participants (look into the camera from time to time)
- schedule time for follow-up questions, chat, comments (in between, or at the end)

Structure of the activity session:

- Welcome
- Image – a picture presenting the activities can be inserted
- Explanations/instructions:
- Clear agreements on communication e.g. chat function only, microphone off, camera on etc.
- Recommended conference tools can be used:
- Welcome slide
- Music
- Polls
- Chat

Methodical structure of the session:

- Welcome
- Warm up
- Main part

- Cool down
- Example: 10 min warm up (mobility)
- Upper body strengthening (10 minutes)
- Core body strengthening (20 minutes)
- Short challenge exercise (4 minutes)
- Stretching

Positions:

- Standing
- Sitting
- Lying
- Alternating

Giving instructions and demonstrations:

- clear, simple instructions
- speaking slowly, tempo, volume and voice pitch play a greater role than gestures and facial mimic
- give the participants time enough
- doing the exercises more often and for longer time,
- repetition of exercises, visualisation and differentiation of exercises
- no hectic movements (in standing)
- announcing when changing positions
- anticipatory error corrections
- speaking to the microphone
- looking into the camera
- use of social / friendly tone
- positive vibes

References:

Presentation Basisseminar: „Gesundheitsbildung online: Gestaltung von Lernangeboten in der vhs.cloud, 2020

VHS WEBINARE „simulcast“ durchführen, SAEK Chemnitz / SAEK Bautzen

Title of the material/activity	6. Practical task “Online stretching”
Presentation / Description of the activity steps	<p>This activity focuses on development of communication skills as well as use of clear and understandable terminology for the customer.</p> <p>Step 1: Watching a video which shows specific muscles and stretching exercises when using a treadmill. In the step 1, it is suggested to watch the video without audio.</p> <p>Step 2: Creating verbal input, referring to the explanation of the movements presented in the video; the verbal input shall be created in a way that the customer can follow the presented stretching exercises.</p> <p>Step 3: Streaming of the video with own verbal explanation of the presented movements.</p> <p>This activity can be also used to practice foreign language skills and create a verbal input in a foreign language, e.g. in English.</p> <p>If the learners are less experienced in the field, they can read first the script of the text.</p>
Typology of activity	<input type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<p>Materials needed:</p> <ul style="list-style-type: none"> • Video without audio • Paper notes and pencil or • Audio recorder
Time needed	<p>60 min – for Step 1 and Step 2 5 min – for presentation of the Step 3</p>
Attachments	<p>Assess Well - Dialogue 6 Whole body treatment Captions https://www.youtube.com/watch?v=CWwOzdTO4bo&t=1s&index=26&list=PLfBtP54LkdxGUGiQCF-fnBfz7h-fag6Eq</p>
Solution of the activity	<p>Assess Well - Dialogue 6 Whole body treatment Captions https://www.youtube.com/watch?v=CWwOzdTO4bo&t=1s&index=26&list=PLfBtP54LkdxGUGiQCF-fnBfz7h-fag6Eq Script of the spoken text</p>

Script of the spoken text

This video demonstrates possible stretches for different muscle groups which are exercised when using a treadmill.

The technical terms for the muscle groups used in this video may be new to you.

Quadriceps are located at the front of the thighs.

Calves are located between the back of the knees and the ankles and play a very important role in stabilising the body.

It is important that your clients take the time to stretch these muscles.

To stretch the calves, ask your client to face a wall and stand about 12 inches or 30 centimetres away from it.

Tell them to extend one leg behind them, keeping both feet flat on the floor and their rear knee straight.

They should lean towards the wall until they feel tension in the calf muscle of the extended leg.

Their hands should be placed on the wall for support.

You can suggest that they relax their upper body to release the tension if it feels uncomfortable for them.

They should repeat this action for about 30 seconds and then do the same with the other leg.

Your client should also stretch their hamstrings which are located at the back of the thighs.

These muscles can be easily damaged, so before any hard workout it is important to gently stretch them.

To stretch their hamstrings, your client should sit on the floor with one leg stretched out straight and the other bent inwards.

Tell them to lean forward from the hips to feel a stretch under the thigh while trying to grab their foot. If your client can't reach their foot, suggest they grab their shin instead.

Tell them to take a deep breath, then slowly exhale while leaning into the stretch.

They should hold this stretch for about 30 seconds before repeating with the other side.

Finally the treadmill also works the gluteal muscles which are located in the buttocks.

There are three muscles – medial, maximus and minimus.

To stretch this muscle group, tell your client to lie flat on their back with both knees bent.

They should cross one leg over the other so that one foot is resting on the opposite knee.

Tell them to bring both knees towards their chest, then gently pull the uncrossed leg towards them until they feel a stretch in one buttock.

They may slightly relax before pulling the leg closer to their chest again.

They should hold this position for 30 seconds before repeating with the other leg.

Title of the material/activity	7. Practical task “Online indoor activity”
Presentation / Description of the activity steps	<p>This activity focuses on online communication with a customer, verbal and non-verbal aspects of communication as well as technical elements are subjects of this activity. The activity shall support to overcome shyness and stage fright when standing in front of the camera.</p> <p>Step 1: Selecting an exercise from various indoor activities e.g. one movement from yoga, aerobic or gymnastic etc. It is possible to choose the movements according to own preferences.</p> <p>Step 2: Preparing a scenario for the video, as well as a short video with an explanation of the exercise and instructions – max 5 minutes duration of the video. Reading the input “Methodological and technical design of the online activity” (Activity 5) can help in preparation of the video</p> <p>Step 3: Analysis of the video taking into account methodological and technical design and presentation of the exercise. This step can be done individually or as a group activity. If done as a group activity, it is important that the learners already know each other and feel comfortable in a group.</p>
Typology of activity	<input type="checkbox"/> individual <input type="checkbox"/> group activity <input checked="" type="checkbox"/> mix
Needed materials / equipment/ tools	<p>Materials needed:</p> <ul style="list-style-type: none"> • Video camera or smartphone with video camera • Enough space for presentation and recording of the selected exercise
Time needed	<p>15 min – to prepare a scenario (what will be presented, how long etc) this part can be also done as a home assignment</p> <p>15 min – to prepare a video: e.g. including testing without camera</p> <p>15-20 min – Group analysis – watching plus feedback</p>
Attachments	Methodological and technical design of the online activity (Activity 5) p.31
Solution of the activity	

Title of the material/activity	8. Written exercise “Working as a wellness trainer”
Presentation / Description of the activity steps	<p>This activity focuses on the methodical and psychological aspects of being a trainer. The activity consists of two parts: the first one is an input – text “working as a wellness trainer” the second one is a test. The test includes a range of questions related to the topics like: leadership style, motivation, knowledge of trainers, their roles etc.</p> <p>Step 1: Reading the text “Working as a wellness trainer”</p> <p>Step 2: Filling in the quiz test consisting of various statements related to the methodological aspects of work, behaviour and role of trainer.</p> <p>Step 3: Comparison of the results of their own answers with the solution (optional)</p> <p>Step 4: Carrying out a self-assessment analysis of own leadership style, motivating and working with the customer. If the learners are not yet experienced as a trainer, they can attend e.g. some activities (outdoor or indoor) and analyse the work of other trainers and what eventual improvements they would implement.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	Materials needed: <ul style="list-style-type: none"> • Paper notes, pencil
Time needed	30 min – to read the text “working as a wellness trainer” 10 min – to fill in the quiz test 10 min – to carry out a self-analysis
Attachments	Text “Working as a wellness trainer” Quiz test
Solution of the activity	Solution of the quiz test

Working as a wellness trainer

Principles

Every trainer always has to be aware that he/she is a role model. In order to work successfully, he/she must succeed in building up a relationship of trust with the customers, allow appropriate participation, refrain from putting too much pressure on them to perform or exposing them. Appropriate social behaviour (e.g. fairness, helpfulness, reliable, friendliness) should be lived and promoted. The trainer's duty of supervision and care extends not only to customers, but also to the rooms, equipment and materials used. A trainer must recognise conflicts at an early stage and deal with or settle them adequately.

Safety and First Aid

It is not uncommon for injuries to be the result of incorrect risk assessment, inadequate warming up or inadequate exercises. It is the instructor's responsibility to ensure that unnecessary dangers are avoided and a maximum level of safety is ensured. He/ she should know where the nearest first aid kit and emergency telephone are, be familiar with first aid measures and keep them updated.

Leadership style

The term leadership style is primarily known from the world of work and describes enduring behavioural patterns of managers towards their employees. Transferred to the recreational sports sector it is less about the leadership of subordinates and more about the style that an instructor displays towards his/ her customers. A distinction is made between three basic types, which were originally developed by the social psychologist Kurt Lewin. In reality, they are usually not found in their pure form, but in more or less pronounced mixed forms.

Leadership style	authoritarian	democratic/cooperative	laissez faire
Features	rigid, authoritarian	collaborative, democratic	anti-authoritarian, trainer acts rather passively as advisor, coordinator
Advantages	high speed of decision-making, high clarity, clear areas of responsibility	Promotion of motivation, creativity and co-determination	Promotion of creativity, self-determination and self-responsibility
Disadvantages	not very creative and inspiring, possibly demotivating	Possibly lengthy processes, enforcement problems	possibly protracted, disoriented, conflictual, chaotic

Motives and motivation

Motives in sport are value dispositions or personality traits that persist over time and influence how a person behaves in a particular situation. Typical motives for doing sport are:

- Movement motive (sport is fun)
- Health motive (sport makes/is healthy)
- Achievement motive (one wants to achieve something through sport)
- Play motive (very similar to the movement motive)
- Connection motive (social contacts through sport)

Motivation, on the other hand, is more likely to arise from the situation in which certain stimuli "activate" a motive. In general, motivation describes the striving for goals or desirable target objects.

A distinction is made between intrinsic and extrinsic motivation. Intrinsic motivation is an inner motivation that arises from within the individual. Examples are, the inner striving for performance or the joy of movement. Extrinsic motivation involves incentives that act on the individual from the outside. Examples of this are a doctor or a life partner who encourages or demands weight reduction or sporting activities. Rewards may be held out in prospect. Sometimes, however, pressure is also exerted. When these pressures or incentives disappear, motivation usually decreases. At least in the long term, intrinsic motivation is more promising and should, therefore, be encouraged.

The following approaches offer basic possibilities for promoting motivation:

- arouse curiosity
- praise and reward
- choose a reasonable balance between over- and under-challenging, create a sense of achievement
- choose activities from light to more difficult; from easy to more complex, from well-known to less known, from individual exercises to partner exercises
- set achievable intermediate goals for long-term objectives
- make appropriate comparisons
- offer competitions/challenges according to different patterns
- provide opportunities for different levels of challenge
- if relevant, use appropriate music as a motivational support
- establish social references

Used methods

The trainer can use various methodical measures or forms of action to convey the content.

Methodical measure	Explanation
Demonstration	Teaching of a movement design by the exercise instructor or a medium (e.g. pictures or video), i.e. focus on visual perception.
Describing and explaining	Creation of a movement design through verbalisation, possibly with focal points, i.e. focus on acoustic perception
Movement task	The solution to the task remains open, movement experience and movement imagination are in the foreground (the customer is "thrown in at the deep end" and should simply try it out).
Movement instruction	Precise instruction of a movement by the trainer, consequently there are only few possibilities for variation
Movement aid	Customer receives assistance, for example, from the trainer or by means of special equipment or objects
Corrections	Customer receives feedback and suggestions for improvement or optimisation instructions for his / her movement

Movement correction

Corrective action is one of the most important forms of action for any exercise instructor. With a good formulated feedback, training goals can be reached more quickly and the risks of undesirable developments or injuries can be minimised. Finally yet importantly, corrections and positively formulated feedback help to maintain the customer's motivation and loyalty.

Corrections can be communicated in different ways:

- verbally (instruction or feedback via voice)
- visually (e.g. by showing pictures, videos or demonstrating movements)

- acoustically (e.g. by giving a movement rhythm through clapping)
- tactile-kinaesthetically (by touching or actively leading or accompanying a movement)
- combination of different forms (e.g. verbal and tactile).

Irrespective of the chosen method of correction, the following aspects are particularly important in training of correction or feedback:

- Always address and focus on the most important error first
- Give only a few information/corrections at a time
- Correct as soon as possible, ideally already during the execution of movements.
- Take individuality and movement experience into account: corrections should always be age-appropriate and adapted to the stage of development.
- Choose the most positive formulations possible: Movement should not be described as bad or wrong, but corrected by constructive suggestions for improvement.
- Avoid negations: it should not be described what should not be done or what should be done, but rather an optimisation correction leading in the direction of the goal.
- Do not correct too often, but also take into account the customer's intrinsic feedback (i.e. self-perception, self-reflection)
- If possible, always give positive feedback as well

References:

Ausbildung zum Basic –Trainer “Group Fitness“, VHS im Lkrs. Cham 2019
Akademie für Sport und Gesundheit Lehrbrief Fitnesstrainer C-Lizenz; 2020

Quiz test

1. Which of the following statements below is correct (more than one is possible)
 - a. The trainer should have specialist knowledge related to the fitness and health activities.
 - b. The trainer should be flexible and willing to learn.
 - c. The trainer should have empathy and friendliness.
 - d. The trainer should be aware of his/her responsibility in influencing the health of the customers.

2. In case of accident or injury the following shall be done:
 - a. The trainer should immediately inform a supervisor about the accident.
 - b. The trainer shall apply the first aid measures.

3. The good way to communication movement corrections during the exercise is:
 - a. explaining what was done wrong
 - b. correct every time when the movement is done wrong
 - c. providing a correction in time, ideally already during the execution of movements

4. Movement motive and play motive are:
 - a. examples of intrinsic motivation
 - b. examples of extrinsic motivation

5. The advantages of democratic/cooperative leadership style are:
 - a. creativity and co-determination
 - b. high speed of decision-making, clear areas of responsibility

6. When introducing exercises, it is good to start:
 - a. from well-known movements, exercises to less known
 - b. from complex movements to single movements

Solution of the quiz test

1. Which of the following statements below is correct (more than one statement is possible) (all answers are correct)
 - a. The trainer should have specialist knowledge related to the fitness and health activities.
 - b. The trainer should be flexible and willing to learn.
 - c. The trainer should have empathy and friendliness.
 - d. The trainer should be aware of his/her responsibility in influencing the health of the customers.

2. In case of accident or injury the following shall be done: (correct answer: b)
 - a. The trainer should immediately inform a supervisor about the accident.
 - b. The trainer shall apply the first aid measures.

3. The good way to communication movement corrections during the exercise is: (correct answer: c)
 - a. explaining what was done wrong
 - b. correct every time when the movement is done wrong
 - c. providing a correction in time, ideally already during the execution of movements

4. Movement motive and play motive are: (correct answer: a)
 - a. examples of intrinsic motivation
 - b. examples of extrinsic motivation

5. What are advantages of democratic/cooperative leadership style: (correct answer: a)
 - a. creativity and co-determination
 - b. high speed of decision-making, clear areas of responsibility

6. When introducing exercises, it is good to start: (correct answer: a)
 - a. from well-known movements, exercises to less known
 - b. from complex movements to single movements

Title of the material/activity	9. Written exercise “Why outdoor activities are good for you”
Presentation / Description of the activity steps	<p>This activity aims to highlight health and social benefits of outdoor activities</p> <p>Step 1: Reading text on 5 outdoor activities https://www.ontarioparks.com/parksblog/five-outdoor-activities-improve-health/ and text on outdoor activities and its relation to the nature https://www.climateforesight.eu/jobs-growth/the-outdoor-industrys-troubled-relationship-with-nature/</p> <p>Step 2: Preparation of the argumentation to convince certain groups of customers to start outdoor activities, the arguments can be used from the read texts, also the list of indoor and outdoor activities, division of activities according to their intensity from activity 1 can be helpful. When creating arguments to start outdoor activities, aspects of nature and its protection are also important. Here below groups of customers:</p> <ol style="list-style-type: none"> a. To convince a man aged 40 years, full time working, with light overweight to start outdoor activities, spend more time outdoor, or how to integrate more movement in everyday b. To convince a woman or man who just retired to start outdoor activities, focus on the advantages of outdoor activities for health, social life as well as spending more time in nature
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	Materials needed: <ul style="list-style-type: none"> • Paper notes, pencil
Time needed	30 min – to read the text ““Outdoor Recreation, Health, and Wellness Understanding and Enhancing the Relationship” – it is possible to use other texts 10 min – to prepare answers 10 min – to present arguments
Attachments	Five outdoor activities to improve your health https://www.ontarioparks.com/parksblog/five-outdoor-activities-improve-health/ The Outdoor Industry’s Troubled Relationship With Nature https://www.climateforesight.eu/jobs-growth/the-outdoor-industrys-troubled-relationship-with-nature/ List of activities indoor and outdoor, division of activities according to their intensity from activity 1
Solution of the activity	

Title of the material/activity	10. Written exercise “When the accident occurs”
Presentation / Description of the activity steps	<p>This activity focuses on the topic of first aid and how to proceed with the accident occurring during the indoor or outdoor activity. First aid is the emergency care a sick or injured person gets. In some cases, it may be the only care someone needs, while in others, it may help them until paramedics arrive or they are taken to the hospital. The best way to prepare for these events is to get official first aid training; however, it is also useful to learn some basic life-saving steps.</p> <p>Step 1: Reading the list of various emergencies.</p> <p>Step 2: Preparation of information how to proceed in each of the specific situation and what steps should be undertaken.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<p>Materials needed:</p> <ul style="list-style-type: none"> • Template with exercise, pencil
Time needed	30 min
Attachments	First aid in emergencies
Solution of the activity	Solution - First aid in emergencies

First aid in emergencies

What to do:

1. When you suspect someone is in cardiac arrest
2. When someone is injured and bleeding
3. When someone has broken bone or fracture
4. When someone has symptoms of sprain

Solution - First aid in emergencies

What to do:

1. When you suspect someone is in cardiac arrest

You should get someone to call 112. Start chest compressions immediately. Using both hands, push down hard and fast in the center of the chest, allowing the chest to come back up naturally between compressions. Continue until someone with more training has arrived. If you're trained in CPR (Cardiopulmonary resuscitation), use chest compressions and rescue breathing. Use an AED (automated external defibrillator) if available. However, do not delay chest compressions to find the device. If possible, have someone else look for it instead.

2. When someone is injured and bleeding

While it is important to stop bleeding, remember the ABCs¹⁶ of first aid and check for something more serious first. Then, wash your hands or put on disposable gloves, if possible.

Rinse the wound with water. Cover the wound with a gauze or cloth (towel, blanket, clothing, whatever's available). Apply direct pressure to stop the blood flow and encourage clotting, which is when blood naturally thickens to stop blood loss. If possible, elevate the bleeding body part above the heart. Do not remove the cloth if it becomes soaked through, but add more layers if needed. Removing the first layer will interfere with the clotting process and result in more blood loss. Once bleeding has stopped, apply a clean bandage.

Get medical help if, the wound is deep or has widely separated sides, if the injury oozes blood after pressure has been applied, if the injury is from an animal or human bite, if the injury is a puncture, burn, or electrical injury, if you suspect arterial bleeding, if blood is soaking through bandages, if bleeding won't stop.

3. When someone has broken bone or fracture

Call 112 immediately if the person is bleeding profusely, is unresponsive, not breathing, or has numerous injuries, if you suspect a fracture or other serious injury to the spinal column, head, hip, pelvis, or thigh. In this case, the person should not be moved except by trained medical personnel; if a broken bone protrudes from the skin, known as an open or compound fracture; if the area below an injured joint feels cold and clammy or becomes bluish, if you can't immobilize the injury well enough to transport the person. If these don't apply, use first aid and then go to an urgent care or contact your healthcare provider for guidance.

Steps to take:

- Don't try to straighten the bone.
- For a limb, use a splint and padding to keep it still and elevate it.
- Put a cold pack on the injury, with a barrier between it and the skin to prevent tissue damage. If ice is all that's available, put it in a plastic bag and wrap it in a shirt or towel.

¹⁶ ABC of the first aid:

- Awake? If not, try to wake them. If they do not wake up, make sure someone is calling 112 and move on to B.
- Breathing? If not, start rescue breathing and chest compressions. If so, move on to C.
- Continue care: Follow instructions from 112 on, or continue treatment until an ambulance arrives.

4. When someone has symptoms of sprain

A sprain is an injury to the ligaments, which are connective tissues that hold bones, cartilage, and joints together. Sprains are generally caused by twisting a joint, which overstretches or tears these tissues. They commonly occur in the ankle and wrist, and also very often by sport activities.

Symptoms of a sprain are similar to those of a broken bone, so an X-ray will likely be used for diagnosis.

What to Do:

The first thing to do is make sure the injured person stops any unnecessary activity so they don't make the injury worse. Sprains often don't require emergency treatment. However, you should get immediate medical care if the injured person has:

- Severe pain with movement or touch
- Ongoing inability to bear weight on the injured joint
- Increased bruising
- Numbness or pins-and-needles near the sprain
- Signs of infection

If they don't, begin first aid:

- Keep the limb still.
- Apply a cold pack.
- Elevate the injured part if you can do so safely.
- Use NSAIDs for pain.



RELAXATION ACTIVITIES (YOGA, MEDITATION ETC.)



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4.3		RELAXATION ACTIVITIES (YOGA, MEDITATION ETC.)	
Learning outcomes correspond to EQF			EQF 4
Learning outcome: S/he is able to organize and run relaxation activities taking into account customer's wishes and needs			Demonstration indicators
Knowledge	Skills	Responsibility and autonomy	
<i>S/he is able to</i>	<i>S/he is able to</i>	<i>S/he demonstrates proven ability to</i>	<i>Based on real work situations</i>
<ul style="list-style-type: none"> Recognize indications and contraindications for participation in relaxation activities. List various forms of relaxation activities (yoga, pilates, meditation, Tai Chi, breathing techniques). Recall historical and philosophical background of different relaxation activities. Distinguish between the purposes of relaxation activities. List physical, mental and spiritual practices related to yoga and relaxation activities. Identify the factors that promote the mental, physical and mental well- 	<ul style="list-style-type: none"> Support customer when carrying out body exercises, breathing techniques, meditation practices. Select most suitable relaxation activities with regard to customers' wishes, needs and physical form. Safely make and control the most important asanas in the yoga tradition and their variations. Apply a variety of relaxation and meditation techniques. Make use of digital applications for online classes, transfer of information etc. 	<ul style="list-style-type: none"> Plan, demonstrate, supervise and give brief explanations on relaxation activities customized to customer's wishes and needs, design an exercise suitable for different groups according to the structure of exercise and combine nutrition into a natural part of yoga, communicated in more than just one language. 	<ul style="list-style-type: none"> S/he poses the necessary questions to identify which of the different types of relaxation activities suit the customer. S/he introduces yoga to the customer. S/he maintains a good relationship with the customer. S/he explains the benefits of each relaxation activity that the customer will follow. S/he creates yoga or pilates exercises based on customer's level, physical form and health condition. S/he explains the asanas (exercises) to the customer. S/he corrects customer's asanas (exercises) to ensure safety and effectiveness.

<p>being of yoga.</p> <ul style="list-style-type: none"> Recall the connection between healthy lifestyle and yoga. Distinguish types of activities for various types of customers, incl. pregnant women, seniors, cancer patients, people with injuries, etc. Recall eco-friendly mindset related to relaxation activities and how to apply it in practice. Find digital solutions for customers who wish to practice at home. 			<ul style="list-style-type: none"> S/he informs about the various relaxation activities taking into account the needs of the customer. S/he explains the benefits of combining healthy nutrition habits and yoga practice. S/he poses the necessary questions to identify the daily habits of the customer. S/he uses digital solutions (applications, YouTube videos) when necessary, in order to provide information and assistance. S/he communicates with foreign customers effectively.
<p>Assessment tools</p>	<ul style="list-style-type: none"> Observation Demonstration Case study Test 		

4.3 Relaxation Activities

List of materials / activities

1. Demonstration with role play “Yoga asanas”
2. Role play “Yoga and children”
3. Practical task “Design a Pilates program for a customer with an injury”
4. Case study “Yoga and food”
5. Written exercise “Creating an eco-friendly yoga studio”
6. Case study “Distinguishing between relaxation activities”
7. Case study “Using yoga and Pilates applications at home”

Objective of the unit

After completing this unit you will be able to plan, organize and run relaxation activities depending on the needs and wishes of the customer.

Transversal Skills covered

- Customer service and communication
- Management and supporting processes
- Time management
- ICT skills
- Foreign languages
- Green skills

Hygiene and Safety skills covered

- Basic knowledge of hygiene and safety
- Equipment and tools in the wellness sector
- Disinfection of equipment and furniture, sterilisation etc.

Typology of materials/resources

- video analysis
- simulation
- demonstration
- practical task
- role play

- case study
- Job shadowing
- dialogues
- written exercise
- Other: _____

Title of the material/activity	1. Demonstration with role play “Yoga Asanas”
Presentation / Description of the activity steps	<p>The aim of this exercise is to examine the knowledge of the learner on yoga exercises.</p> <p>Working in pairs, one person takes the role of the yoga instructor and the other person takes the role of the customer.</p> <p>Step 1: Demonstrating the four asanas written on the exercise template.</p> <p>Step 2: Explaining the benefits and giving tips for each asana.</p> <p>Step 3: Providing feedback to the learner who is the yoga instructor.</p> <p>If needed, this activity may also be performed in English (or another foreign language relevant for the given country) to check the learner’s proficiency level of the foreign language.</p>
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Yoga mat • Yoga blocks
Time needed	45 min
Attachments	Exercise “Yoga Asanas”
Solution of the activity	Solution “Yoga Asanas”

Exercise “Yoga Asanas”

Work in pairs: one person takes the role of the yoga instructor and the other person takes the role of the customer.

Step 1: The learner who has the role of the yoga instructor demonstrates the four asanas:

1. Extended triangle pose
2. Child's pose
3. Pyramid pose
4. Chair pose

Step 2: Explain the benefits and giving tips for each asana.

Step 3: The learner who has the role of the customer provides feedback to the learner who demonstrated the asanas.

Solution “Yoga Asanas “

Extended triangle pose¹⁷



Photo by Vlada Karpovich from Pexels

Benefits

- Lengthening the spine and strengthening the thighs and torso.
- Stretches the hips, groin, hamstrings, calves, shoulders, chest, and spine.
- Improves digestion by stimulating the abdominal organs.

How to perform

1. From what is called the mountain pose, step or lightly jump your feet 3 to 4 feet apart. Raise your arms parallel to the floor and reach them actively to the sides, shoulder blades wide, palms down.
2. Turn your left foot in slightly and your right foot out to 90 degrees. Align your right heel with your left heel. Firm your thighs and rotate your right thigh outward, so the centre of your right kneecap is in line with the centre of the right ankle.
3. Exhale and extend your torso to the right, bending from your hip joint, not the waist. Reach out directly over the plane of the right leg. Counter the reach by anchoring your left hip to the left. (Imagine someone is trying to pull your hips to the left.) Ground this movement by strengthening the left leg and pressing the outer heel firmly to the floor.
4. When you have reached as far as you are able, hinge at the hip and bring the torso to the right, moving toward your upper body being parallel to the floor. Reach your right hand down toward the floor and stretch your left arm toward the ceiling, in line with the tops of your shoulders. Your hands, arms and shoulders will form a straight line, perpendicular to your mat.
5. Open your torso to the left, keeping the left and right sides of the torso equally long. Let the left hip come slightly forward and lengthen the tailbone toward the back heel.
6. Rest your right hand on your shin, ankle, or the floor outside your right foot—whatever is possible without distorting the sides of the torso. Keep your head in a neutral position or turn it to the left, eyes gazing softly at the left thumb or down at the floor.
7. Stay in this pose for 30 to 60 seconds. Inhale to come up, strongly pressing the back heel into the floor and reaching the top arm toward the ceiling. Recentre, then reverse the feet and repeat for the same length of time on the other side.

Tips

¹⁷ <https://www.yogajournal.com/poses/types/standing/extended-triangle-pose/>

- It is important to have enough distance between your feet in order to have the full benefits of the exercise. However, it is unique to you and the length of your leg.
- The feeling should be pleasant stretch.
- It is important to keep your knee aligned with your foot.

Child's pose¹⁸



Photo by Elina Fairytale from Pexels

Benefits

- A gentle stretch for the back, hips, thighs, and ankles which helps relieve the back pain.
- It relaxes the body and mind.

How to perform

1. Come to your hands and knees on the mat.
2. Spread your knees as wide as your mat, keeping the tops of your feet on the floor with the big toes touching.
3. Bring your belly to rest between your thighs and place your forehead to the floor. Relax the shoulders, jaw, and eyes.
4. You can stretch your arms in front of you with the palms toward the floor or bring your arms back alongside your thighs with the palms facing upwards. These are the most common variations. You can also stretch the arms forward with palms facing up for a shoulder release or try bending the elbows so that the palms touch and rest the thumbs at the back of the neck. In this position inch the elbows forward.

Tips

- If it is not comfortable to place the forehead on the floor, rest it on a block or two stacked fists.

¹⁸ <https://www.verywellfit.com/childs-pose-balasana-3567066>

- There is an energy point at the center of the forehead in between the eyebrows that stimulates the vagus nerve and supports a "rest and digest" response. Finding a comfortable place for the forehead is key to gaining this soothing benefit.

Pyramid pose¹⁹



Photo by Miriam Alonso from Pexels

Benefits

- Stretches hip muscles and hamstrings and lengthen the spine.
- Cultivates stability, strength, and integrity.

How to perform

1. Begin with what is called a mountain pose at the top of the mat.
2. Place your hands on your hips, making sure your hips are squared.
3. Step your right foot back. Line up heel to heel with your back foot at approximately a 30- to 45-degree angle.
4. Keep your hips facing forward and both sides of your waist elongated by pressing down with your right big toe mound at the same time as you draw your left hip back and in toward your right heel.
5. On an inhalation, spread your arms out to the sides. On an exhalation, internally rotate your arms, bend your elbows, and bring your palms together behind your back. If this isn't feasible, release your hands alongside your feet, on blocks, or on your shin.
6. Inhale, lengthen your spine, and engage your quadriceps.
7. Exhale, hinge at your hips, and begin to fold forward and toward your front thigh. Reach your sternum away from your navel and keep your collar bones broad to maintain openness in your front body and length in your back body. Release your forehead toward your shin.

¹⁹ <https://www.yogajournal.com/poses/types/forward-bends/intense-side-stretch-pose/>

8. Draw the heads of your upper arms back and up away from the floor as you remain in the pose.
9. To exit the pose, inhale and use the strength of your legs to come up. Release your arms and step your feet together, returning to mountain pose.

Tips

- Keep a slight, soft bend in your knees rather than locking them.
- Your energy comes from your base. Press down into all four corners of your feet to generate stability and integrity in the rest of the pose.

Chair pose²⁰



https://de.freepik.com/fotos-kostenlos/junge-attraktive-frau-die-in-utkatasana-haltung-graues-studio-steht_3938156.htm#&position=3&from_view=detail#&position=3&from_view=detail

Benefits

- Strengthens the ankles, thighs, calves, and spine
- Increases the heart rate stimulating the metabolic system
- Stimulates the abdominal organs and diaphragm

How to perform

1. Stand in the mountain pose. Inhale and raise your arms overhead so that your biceps are just slightly in front of your ears. Either keep the arms parallel, palms facing inward, or join the palms.
2. Exhale and bend your knees so that your thighs are as parallel to the floor as possible. Your knees will project out over your feet, and your trunk will lean slightly forward over your thighs until your front torso forms approximately a right angle with the tops of your thighs.
3. Keep your inner thighs parallel to each other and press the heads of the thigh bones down toward your heels.
4. Firm your shoulder blades against your back. Direct your tailbone down toward the floor and in toward your pubis to keep your lower back long.
5. Stay for 30 seconds to a minute. To come out of this pose, straighten your knees with an inhalation, lifting strongly through your arms.

Tips

²⁰ <https://www.yogajournal.com/poses/types/standing/chair-pose-2/>

- Shift their weight back toward the heels to keep the knees safe.
- Gaze out in front of you to rest your eye and don't look up.

Title of the material/activity	2. Role play “Yoga and children”
Presentation / Description of the activity steps	<p>The aim of this role play activity is to examine the ability of the learner to recommend the appropriate relaxation activity to specific customers, like children. One of the many great aspects of yoga is that it can be modified to support any age, goal and ability level.</p> <p>Step 1: Introducing yoga and the benefits of yoga for children.</p> <p>Step 2: Explaining the methods and tools you use.</p> <p>Step 3: Suggesting online sources to watch and understand yoga for children.</p> <p>If needed, this activity may also be performed in English (or another foreign language relevant for the given country) to check the learner’s proficiency level of the foreign language.</p>
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Laptop
Time needed	15 min
Attachments	Exercise “Yoga and children”
Solution of the activity	Solution “Yoga and children”

Exercise “Yoga and children”

Work in pair: one person should take the role of the yoga instructor and the other person should take the role of the customer. As yoga instructor explain to the customer stepping into the yoga studio the yoga activities that you can offer for children.

Step 1: Introduce yoga and the benefits of yoga for children.

Step 2: Explain the methods and tools you use.

Step 3: Suggest online sources to watch and understand yoga for children.

Solution “Yoga and Children”

Benefits that yoga brings to children²¹

When practiced as an activity:

1. It enhances physical flexibility as the children learn how to use their muscles.
2. It refines balance and coordination which leads to a feeling of accomplishment to the children.
3. It develops focus and concentration that children learn to use later at school as well.
4. It boosts self-esteem and confidence especially when a child masters a pose.

Furthermore, studies show that yoga benefits children with autism and ADHD.

Types of yoga activities

1. Energizing activities
2. Calming activities
3. Mindfulness activities

Yoga activities with children²²

Games

1. Yoga race

The instructor by standing at one end of the room and the children will stand on the opposite end. When the instructor turns their back, the learners have to walk toward the instructor. When the instructor turns around, the instructor will shout out a pose and the learners will have to stop where they are and quickly get into that pose. The person that reaches the trainer first, gets to lead the game.

2. Yoga dance

The game is similar to the game ‘chairs dance’. Play a favorite song and have the children dance around. When the music stops, shout out the name of a yoga pose and the learners will then have to freeze in that pose. This also tests their knowledge of poses.

Suggestions

YouTube channel: <https://www.youtube.com/user/CosmicKidsYoga>

²¹ <https://www.parents.com/fun/sports/exercise/the-benefits-of-yoga-for-kids/>

²² <https://www.doyou.com/6-fun-yoga-games-for-kids-24103/>

Title of the material/activity	3. Practical task “Design a Pilates program for a customer with an injury”
Presentation / Description of the activity steps	<p>The aim of this written exercise is to examine the learner’s ability to design a relaxation program based on the special needs, characteristics and preferences of the customer.</p> <p>Step 1: Interviewing the customer to get all the needed information about the previous experience, the personal characteristics and any special health conditions.</p> <p>Step 2: Designing a Pilates program taking into account the information acquired from the customer.</p>
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Internet • Books
Time needed	1 hour
Attachments	Exercise “Design a Pilates program for a customer with an injury”
Solution of the activity	Solution “Design a Pilates program for a customer with an injury”

Exercise “Design a Pilates program for a customer with an injury”

Work in pairs: one person takes the role of a relaxation retreat employee and the other person takes the role of a customer with an injured knee.

Step 1: Interview the customer to get all the needed information about the previous experience, the personal characteristics and her/his special health conditions.

Step 2: Design a Pilates program taking into account the information acquired from the customer.

Solution “Design a Pilates program for a customer with an injury”

Questions to ask your customer before creating the program

1. Basic information (age, weight)
2. Health History
 - a. Injuries, permanent problems.
 - b. Medication.
 - c. It is important to know if any medication has side effects that can affect the training program.
3. Sleep patterns: Whether the customer gets enough sleep and whether this could affect his/her performance.
4. Occupation: It will help you analyse the strength and energy level of your customer.
5. Food habits: A food diary could help you analyse the type of exercises that you should give to your customer.
6. Aims and goals: It is important to identify the needs of the customer.
7. Preferences: It could be possible that your customer has already a particular type of exercising in mind and it is important to take it into account.

Factors to be taken into account

- Personal characteristics: age, sex, weight, height, health condition.
- Preferences and needs: relaxation, energy, recovery etc.
- Time available: structure the programme in three parts – warming up, main exercises, cooling down. Additionally, allow time for repetition.

Why Pilates is a good form of exercise for a customer with an injured knee?²³

- Pilates is a low-impact exercise, which is the appropriate form of exercise when there are existing injuries.
- It is a full-body exercise which helps the muscles to be balanced and therefore offer knee alignment.
- It is a very good rehabilitation, supportive and therapeutic method for injuries “by addressing movement patterns that can contribute over time to wear and tear in the knee joint.”

Which Pilates exercises can contribute to the recovery of a knee injury?²⁴

1. Clams exercise focuses on thigh muscles, that support your knees laterally and provide stability and balance.
 - Lie on your side on a mat. Slightly bend your knees – about 45 degrees. Keep your legs one on top of the other. Lift your heels off the ground. Keeping your bottom leg where it is, lift your top leg to open up the knees. Keep your heels together throughout this movement. And make sure to squeeze your glutes as you do this. It is important to make sure that your hips to fall backwards. Slowly close, and repeat for about 10-15 repetitions.

²³ <https://www.pilatesanytime.com/blog/restorative/pilates-for-healthy-knees>

²⁴ <https://reformstudios.com.au/pilates-for-bad-knees-your-ultimate-guide/>

2. Inner Thigh Circles exercise help to strengthen those muscles that we usually let them weak leading to a destabilisation of the knee.
 - Lie on your side. Bend your top leg, and plant your foot on the ground in front of you. Lift your bottom leg up and off the ground. Lift it high enough that it almost touches your top knee. Perform 5 leg lifts, then hold the leg up and perform 10 circles in each direction.
3. Shoulder Bridge strengthens the hamstrings and glutes.
 - Lie facing up. Use a towel or an exercise ball and place it in between your knees. Your knees should be bent with your feet planted on the ground. Squeeze the ball or towel and lift your hips up and off the ground. Squeeze your glutes and hamstrings during this process as well. Hold for a few seconds at the top and then slowly lower. Repeat 10-15 times.

Title of the material/activity	4. Case study “Yoga and food”
Presentation / Description of the activity steps	<p>The aim of this activity is to allow the learner to inform and emphasize the importance of a combination of a balanced diet and exercise (yoga) to the customers.</p> <p>Step 1: Giving a short description on the benefits of combining healthy diet and practicing yoga recalling your knowledge on the subject.</p> <p>Step 2: Listing different food categories and combinations that can help the customer have a balance with yoga and healthy diet.</p> <p>Step 3: Recommending reading sources, applications in order to motivate the customer to learn more about the subject from scientific sources.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Internet • Books
Time needed	30 min
Attachments	Exercise “Yoga and food”
Solution of the activity	Solution “Yoga and food”

Exercise “Yoga and food”

After the class, a customer asks your opinion on the diet that s/he should follow to combine a balanced diet with yoga.

Step 1: Give a short description on the benefits of combining healthy diet and practicing yoga recalling your knowledge on the subject.

Step 2: List different food categories and combinations that can help the customer have a balance with yoga and healthy diet.

Step 3: Recommend reading sources, applications in order to motivate the customer to learn more about the subject from scientific sources.

Solution “Yoga and Food”

Benefits of combining yoga with a healthy diet

Diet and exercise have long been respected as two key players in maintaining your health. If you take a holistic approach, you know that diet and exercise alone won't create overall wellbeing, but they certainly are main factors to success.

Many yoga poses stimulate the digestive organs allowing them to function more efficiently. Deep breathing, mental focus, and, of course, shavasana all have obvious stress reduction benefits.

Both yoga and nutrition increase our connection to our bodies. Yoga allows you to tune in and listen to the cues your body gives you.

Yoga postures and breathing release store energy in your body, giving you a liberating feeling at the end of class.

Yoga helps to wring out our organs, prompting them to release toxins.

Yoga Diet²⁵

When practising yoga, it is quite common to follow a specific diet that complies with the yoga beliefs and principles.

1. Sattvic diet

Sattvic food is considered as the purest form of diet and it is believed to be suitable for those who follow a yoga regime. It helps in nourishing the body and maintains a peaceful state. Examples of food that can be included in the Sattvic diet:

- pure fruit juices
- wholemeal bread
- seeds
- sprouted seeds
- milk
- butter and cheese
- legumes

2. Vegetarian

Following the principle of Ahimsa, an ancient Indian principle of nonviolence, yogis tend to be vegetarians. Additionally, yogis eat proteins obtained from legumes, green vegetables and dairy products that do not pollute your internal system and are easily digestible.

3. Free from chemicals (organic)

This means, cutting out caffeine, alcohol, and tobacco and wherever possible, also avoid any processed snacks or food.

4. Made up of fresh foods²⁶

Preparing fresh from scratch and if possible, avoiding eating frozen left overs.

²⁵ <https://timesofindia.indiatimes.com/life-style/health-fitness/photo-stories/yoga-diet-what-to-eat-and-when/photostory/64664321.cms>

²⁶ <https://origympersonaltrainercourses.co.uk/blog/yoga-diet>

5. Eaten at regular intervals

Specifically, always eat two hours before any kind of yoga practice, and at least 2 hours before sleeping.

6. Fasted for at least one day

Instead of food you can try fruit juices and water for just one day of the week.

Articles:

<https://timesofindia.indiatimes.com/life-style/health-fitness/photo-stories/yoga-diet-what-to-eat-and-when/photostory/64664321.cms>

<https://www.doyou.com/10-foods-to-support-your-yoga-practice/>

Title of the material/activity	5. Written exercise “Creating an eco-friendly yoga studio”
Presentation / Description of the activity steps	The aim of this activity is to examine the learner’s environmental knowledge and how she/he can implement it in practice. Step 1: Conducting research on sustainability in yoga practice. Step 2: Listing and recommending solutions in order to create an eco-friendly yoga studio.
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Internet • Laptop
Time needed	30 min
Attachments	Exercise “Creating an eco-friendly yoga studio”
Solution of the activity	Solution “Creating an eco-friendly yoga studio”

Exercise “Creating an eco-friendly yoga studio”

In order to show your knowledge on sustainability in yoga practise:

Step 1: Conduct research on sustainability in yoga practise.

Step 2: List and recommend solutions in order to create an eco-friendly yoga studio.

Solution “Creating an eco-friendly yoga studio”

A short explanation on the need to include sustainability in a yoga studio

Considering the 8 Limbs of Yoga, the principles on which yoga practised is based, sustainability can fall under the first limb, ahimsa, which means non-violence. Therefore, yoga practise and sustainability are interconnected when it comes to the non-violation of the environment.

Additionally, and when taking into account the values of yoga: “While facilitating an elevation and expansion of one’s consciousness, removing artificial barriers and enhancing positive psychology, the yogic system of thought encourages respect for the ecological balance and deepens environmental consciousness, promoting inner peace and contentment.”²⁷ Wanphen Sreshthaputra, ESCAP

5 Ways to create a green yoga studio

1. Eco-friendly probs
 - When practicing yoga, there are different probs that are either essential or can be occasionally used, like yoga mats, blocks, belts etc.
 - Blocks can be made of the following eco-friendly materials: bamboo, cork- made from the outermost layer of a specific species of oak bark (without harming the tree), partially recycled foam, non-toxic glues, sealers, and coatings²⁸.
 - Yoga mats can be made of the following eco-friendly materials: cork, bamboo, recycled tires²⁹.
2. Do not sell any plastic product (water bottles, energy drinks, probs etc.).
3. Provide natural mat cleaners (water with vinegar, essential oils).
4. Buy exercise second-hand clothes or by a sustainable company.
5. Take your practise outdoors. During sunny days, the practise could take place outside, in order to reduce energy consumption in your yoga studio (lights, air-conditioning). Additionally, in case the yoga practise cannot take place outdoors, online classes can also be a good option.

²⁷ <https://www.unescap.org/blog/embracing-yoga#>

²⁸ <https://www.yogajournal.com/lifestyle/build-green-yoga-practice/>

²⁹ <https://earthhero.com/creating-an-eco-friendly-yoga-practice/>

Title of the material/activity	6. Case study “Distinguishing between relaxation activities”
Presentation / Description of the activity steps	The aim of this activity is to examine the learner’s knowledge on different relaxation activities, their purpose and use. Step 1: Conducting research on different relaxation activities. Step 2: Listing the purpose and the use of three different relaxation activities a learner is aware of. Step 3: Preparing a leaflet that includes your findings using a poster maker application.
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Internet • Laptop
Time needed	45 min
Attachments	Exercise “Distinguishing between relaxation activities”
Solution of the activity	Solution “Distinguishing between relaxation activities”

Exercise “Distinguishing between relaxation activities”

In order to provide your customers with the best possible options for them regarding relaxation activities they can take, you need to prepare an informative leaflet.

Step 1: Conduct research on different relaxation activities.

Step 2: List the purpose and the use of three different relaxation activities you are aware of.

Step 3: Prepare a leaflet that includes your findings using a poster maker application.

Solution “Distinguishing between relaxation activities”

Yoga

While Yoga was designed as a path to spiritual enlightenment and has its roots in the ancient Indian philosophy and the Hindi religion that dates back thousands of years, in modern times has found a huge popularity as a form of exercise and stress management.³⁰

*How it is performed?*³¹

There are many different varieties of yoga of which the most popular are Hatha, Bikram, Iyengar and Vinyasa yoga. During a yoga class the focus is on “asanas,” i.e., postures. The basic approach is to attempt to transition from one static posture to another, emphasizing proper alignment and execution, hold each posture for a time. The exercises are performed in combination with breathing techniques as well as meditation in specific types of yoga.

What are the benefits?

- Improved strength, balance and flexibility
- Manageable stress and improved mental health
- Improved sleep
- Relieved back pain

Pilates

Pilates started by the German trainer, Joseph Pilates as a safe and effective method of rehabilitation of athletes. The practise is now developed into suiting the general community. A Pilates class consists of exercises that focuses on muscular balance.³²

*How it is performed?*³³

Pilates consists of moving through a slow, sustained series of exercises using mostly abdominal control and it is combined with breathing techniques. The quality of each posture is more important than the number of repetitions or how energetically you can move.

What are the benefits?

- Increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks (which are considered to be the ‘core muscles’ of your body)
- Rehabilitation or prevention of injuries related to muscle imbalances
- Relaxed shoulders, neck and upper back
- Improved balance and flexibility

Tai Chi

Tai chi has a martial art history but it is used today as a low-impact activity and it emphasizes on relaxation.

How it is performed?

It involves shifting the body’s weight through a series of postures and rhythmic movements combined with mental focus, breathing, and relaxation techniques.

*What are the benefits?*³⁴

³⁰ <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/pilates-and-yoga-health-benefits>

³¹ <https://www.workouthealthy.com/blog-tai-chi-vs-yoga-vs-pilates>

³² Ibid

³³ Ibid

³⁴ <https://www.riteaid.com/articles/yoga-pilates-tai-chi-what-you-need-to-know>

- Lower blood pressure.
- Decreased risk of falls in older adults
- Reduced anxiety and depression
- Improved balance and flexibility

Meditation

It is a training in awareness and getting a healthy sense of perspective. The goal is to learn to observe feelings and thoughts without judgment and ultimately understand them. The ultimately goal is to achieve mindfulness which is explained as the ability to be present, to rest in the here and now, fully engaged with what you are doing in the moment.³⁵

*How it is performed?*³⁶

Meditation can be practiced on your own anytime and anywhere. There are some steps that are usually followed, as described below:

- Take a seat that is calm and quiet
- Set a time limit especially at the beginning.
- Notice your body
- Feel your breath
- Notice when your mind has wandered and simply return to your breath.
- Be kind to your wandering mind
- Close the practise when you are ready, gently lift your gaze. Notice your thoughts and emotions.

*What are the benefits?*³⁷

- Understanding the pain
- Reduced stress
- Better connection
- Improved focus
- Reduced brain chatter

Poster maker applications

- Xara:

https://www.xara.com/templates/flyers/?utm_campaign=flyer-templates&utm_medium=cpc&utm_source=google&gclid=Cj0KCQiAubmPBhCyARIsAJWNpiPXgUgX5Tnlj9pkXm-N7pcsLTpUVj9BQ4IkD7onykCjsWH-Mvigim8aAuY6EALw_wcB
- Flyer Maker, Poster Maker:

https://play.google.com/store/apps/details?id=com.bg.flyermaker&hl=en_US&gl=US

³⁵ <https://www.headspace.com/meditation-101/what-is-meditation>

³⁶ <https://www.mindful.org/how-to-meditate/>

³⁷ Ibid

Title of the material/activity	7. Case study “Using yoga and Pilates applications at home”
Presentation / Description of the activity steps	<p>This activity aims to check the learner’s ability to provide digital solutions to customers.</p> <p>As a person working at a relaxation retreat centre, you are appointed with the task to provide your customers with a list of online applications they can use at home to practise yoga and Pilates.</p> <p>Step 1: Choosing applications that serve different practise purposes.</p> <p>Step 2: Suggesting at least three applications serving each purpose.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Internet • Smartphone
Time needed	45 min
Attachments	Exercise “Using yoga and Pilates applications at home”
Solution of the activity	Solution “Using yoga and Pilates applications at home”

Exercise “Using yoga and Pilates applications at home”

As a person working at a relaxation retreat, you are appointed with the task to provide your customers with a list of online applications they can use at home to practise Yoga and Pilates.

Step 1: Choose applications that serve different practise purposes (e.g., everyday practise, beginners).

Step 2: Suggest at least two applications serving each of the purposes that you have chosen.

Solution “Using yoga and Pilates applications at home”

Yoga

Beginners

1. Yoga for Beginners | Workouts for the mind & body!:
https://play.google.com/store/apps/details?id=net.workoutinc.yoga.beginners.free.workouts.studio&hl=en_US&gl=US
2. Bulldog Online:
https://play.google.com/store/apps/details?id=tv.uscreen.bulldogonline&hl=en_US&gl=US

Everyday practise

1. Daily Yoga: <https://www.dailyyoga.com/#/>
2. Gaia: https://play.google.com/store/apps/details?id=com.gaiamtv&hl=en_US

30 days challenge

1. Do You: <https://play.google.com/store/apps/details?id=co.skyengine.flow>
2. Asana Rebel: <https://asanarebel.com/en/>

Pilates

Beginners

1. FitOn: <https://fitonapp.com/>
2. Club Pilates GO: <https://www.xponential.com/plus/clubpilates>

Everyday practise

1. 5 Minutes Pilates:
https://play.google.com/store/apps/details?id=uk.co.olsonapps.fiveMinPilates&hl=en_US&gl=US
2. Pilates Anytime:
<https://play.google.com/store/apps/details?id=com.pilatesanytime.pilatesanytime>

30 days challenge

1. 30 days Pilates Challenge:
https://play.google.com/store/apps/details?id=pilates.challenge.workout&hl=en_US&gl=US

Extra tip

Combination of yoga and Pilates <https://www.glo.com/>



HEALTHY NUTRITION IN THE CONTEXT OF SKIN, PHYSICAL ACTIVITY AND DISEASES



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4.4		HEALTHY NUTRITION IN THE CONTEXT OF SKIN, PHYSICAL ACTIVITY AND DISEASES	
Learning outcomes correspond to EQF			EQF 4
Learning outcome: S/he will be able to give advice on healthy nutrition			Demonstration indicators
Knowledge	Skills	Responsibility and autonomy	
<i>S/he is able to</i>	<i>S/he is able to</i>	<i>S/he demonstrates proven ability to</i>	<i>Based on real work situations</i>
<ul style="list-style-type: none"> List basics of healthy nutrition and its effects on skin. Recall the role of nutrition in the regulation of life processes (basic nutrients, ballast substances, vitamins, minerals, nutrition-linked diseases and disorders). List principles of healthy lifestyle in the context of nutrition, physical activity, diets and with regard to various types of customers, incl. pregnant women, vegans/vegetarians, people with intolerances, etc. Explain plant-based solutions to different group of customers. Relate healthy nutrition to eco-sustainable way of living. 	<ul style="list-style-type: none"> Explain how food products may influence disorders, like acne, body weight and physical activity. List sustainable products/foods that customers can include in their diet. Organize online activities in order to inform the customers about useful nutrition information (e.g., seminars). 	<ul style="list-style-type: none"> Give advice about nutrition beneficial for improvement of the customer's skin condition, body weight and physical activity. Support the boundary between the skills of the aesthetician and those of the physician. Choose the appropriate products/foods/information to suggest for any skin issue or weight problems. Adapt the range of advises to the condition of each customer with the adequate communication techniques and in the appropriate language. 	<ul style="list-style-type: none"> S/he explains the results of a healthy nutrition on the skin. S/he explains the role of a healthy nutrition in relation to immune system. S/he explains the benefits of combining a healthy nutrition with physical activity. S/he informs the customers on how to combine a healthy nutrition with physical activity. S/he designs new nutrition routines according to the profile of the customer. S/he conducts research on the relationship between skin and nutrition. S/he motivates the customer using the adequate

<ul style="list-style-type: none"> Find digital solutions to customers for nutrition and physical activity. 			<p>communication skills.</p> <ul style="list-style-type: none"> S/he uses digital solutions (applications, YouTube videos) when necessary, in order to provide information and assistance. S/he communicates with foreign customers effectively.
<p>Assessment tools</p>	<ul style="list-style-type: none"> Observation Demonstration Case study Test 		

4.4 Healthy nutrition in the context of skin, physical activity and diseases

List of materials / activities

1. Case study “Skin conditions related to nutrition”
2. Role play “Balanced diet”
3. Case study “Foods and their carbon footprint”
4. Practical task “Nutrition and immunity system”
5. Role play “Using applications for combining nutrition and physical activity”
6. Written exercise “Different nutrients and their effect on human health”
7. Case study “Healthy nutrition for different types of customers”

Objective of the unit

At the end of this unit, you will be able to give advice about the benefits of healthy nutrition for improvement of the customer’s skin condition, body weight and confrontation of several diseases.

Transversal Skills covered

- Customer service and communication
- Management and supporting processes
- Time management
- ICT skills
- Foreign languages
- Green skills

Hygiene and Safety skills covered

- Basic knowledge of hygiene and safety
- Equipment and tools in the wellness sector
- Disinfection of equipment and furniture, sterilisation etc.

Typology of materials/resources

- video analysis
- simulation
- demonstration
- practical task
- role play

- case study
- Job shadowing
- dialogues
- written exercise
- Other: _____

Title of the material/activity	1. Case study “Skin conditions related to nutrition”
Presentation / Description of the activity steps	<p>The aim of this activity is to make sure that the learner will be able to identify customer’s skin condition that could be related to nutrition, describe the benefits of a healthy nutrition in relation to the specific condition and give relevant advice.</p> <p>Step 1: Conducting research on the interrelated connection between skin and nutrition.</p> <p>Step 2: Identifying whether different skin conditions (acne, psoriasis, rosacea, urtikaria) could be related to the nutrition.</p> <p>Step 3: Making a list of alternative nutrition habits that could help the condition of acne, psoriasis, rosacea and urtikaria.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> ● Exercise template ● Internet ● Online libraries ● Laptop
Time needed	30 min
Attachments	Exercise “Skin conditions related to nutrition”
Solution of the activity	Solution “Skin conditions related to nutrition”

Exercise “Skin conditions related to nutrition”

Working as a beautician you need to make research in order to give advice to customers with different skin conditions:

Step 1: Conduct research on the interconnection between nutrition and skin conditions.

Step 2: Identify whether different skin conditions (acne, psoriasis, rosacea) that could be related to the nutrition.

Step 3: Make a list of alternative nutrition habits that could help the condition of acne, psoriasis and rosacea of the customer.

Solution “Skin conditions related to nutrition”



General information

Nutritional skincare illuminates the natural radiance of your skin through a proper diet.

Your skin is the largest organ of your body. And its health is easily influenced by what you eat. Skin goes through many cycles of renewal and repair. Proper nutrition supplies your skin with the materials it needs to maintain its beauty and strength. Diet alone won't solve skin problems, but research shows that some conditions can be greatly improved by good nutrition.

How nutrition affects different skin conditions

Acne: High-glycemic-load diets have recently been implicated in acne etiology because of their ability to increase the insulin demand and other factors associated with insulin resistance. The role of insulin in acne development is also supported by the high prevalence of acne in women with polycystic ovary syndrome (PCOS), a condition associated with insulin resistance, hyperinsulinemia, and hyperandrogenism.³⁸

Urtikaria:³⁹

Food Group	Reported Triggers (Suggest Avoidance)
Seafood	<ul style="list-style-type: none"> • Avoid all except freshly caught and frozen fish, which is then cooked
Meat	<ul style="list-style-type: none"> • Aged sausages/smoked meats/processed meats
Dairy	<ul style="list-style-type: none"> • Fermented dairy (aged cheeses, yogurt, sour cream)
Vegetables	<ul style="list-style-type: none"> • Tomatoes • Spinach, eggplant, avocado • Fermented vegetables such as sauerkraut and kimchi • Overripe vegetables
Fruits	<ul style="list-style-type: none"> • All fruits • All fruit juices
Beverages	<ul style="list-style-type: none"> • Alcohol • Herbal tea
Other	<ul style="list-style-type: none"> • Any fermented foods • Food additives (dyes, preservatives, artificial sweeteners) • Spices and herbs • Chocolate • Chewing gum/candy

³⁸ <https://academic.oup.com/ajcn/article/86/1/107/4633089?login=true>

³⁹ Ibid

Conditions that can be treated with a good diet

Acne⁴⁰: Your diet can trigger acne flare-ups. Eliminate processed breads and snacks and sugary drinks. Retin-A, derived from vitamin A, has been used to treat acne for decades. Another vitamin A-based medicine, Accutane, is highly effective in treating cystic acne. However, if you have any chance of becoming pregnant, you'll need to use birth control when using Accutane, because it can cause birth deformities.

Psoriasis⁴¹: Psoriasis is a condition that can be triggered by the consumption of specific food. In order to reduce triggers, avoid:

- Red meat and dairy that contain arachidonic acids.
- Gluten (e.g, wheat, pasta, beer)
- Processed food
- Nightshade plants (e.g., tomatoes, eggplants, peppers)
- Alcohol

Rosacea⁴²: Flare-ups of rosacea can be avoided by the consumption anti-inflammatory food like cherries, avocados, nuts and beetroots. Additionally, food rich in omega-3 fats like fish, seeds can also help the skin to retain moisture. On the other hand, there are other foods that could trigger rosacea that should be avoided. Some of these are chocolate and spicy food. Spicy food as well as alcohol can lead a histamine response which subsequently can lead to inflammations of the skin.

Urtikaria: Following an antihistamine diet could help decreasing the condition. In order to follow such a diet, one should avoid the following:

- Cheese
- Yogurt
- preserved meats
- fruits such as strawberries and cherries
- spinach, tomatoes, and eggplant
- alcoholic beverages
- fermented foods
- fast food
- canned, frozen, and smoked fish, including tuna, anchovies, and sardines
- seasonings such as chili powder, cinnamon, cloves, and vinegar

And introduce in their diet the following:

- most vegetables
- fresh meat
- bread
- pasta
- rice
- dairy products other than cheese and yogurt
- certain varieties of fresh fish, including salmon, cod, and trout

⁴⁰ <https://www.premierhealth.com/your-health/articles/women-wisdom-wellness-/it-s-clear-nutrition-plays-a-role-in-healthy-skin>

⁴¹ <https://www.healthline.com/health/psoriasis/food-triggers-for-psoriasis#foods-to-avoid>

⁴² <https://www.healthline.com/health/ciu/foods-to-eat-and-avoid#foods-to-eat>

Suggestions

The variety of the alternative plant-based products has grown the last years and this enables the experts in wellness to use them in their everyday work. In this way you support a sustainable way of living and a healthy lifestyle that will benefit your customer.

Title of the material/activity	2. Role play “Balanced diet”
Presentation / Description of the activity steps	<p>The aim of this role play activity is to make sure that the learner can advise on the connection of balanced diet and physical activity:</p> <p>Step 1: Discussing with the customer his/her reduced performance and lack of energy.</p> <p>Step 2: Asking questions about the habits of the customer. The questions should be about the eating and drinking habits, the sleeping habits, the existence of any disease etc. Identifying whether the customer has good eating habits is essential in this exercise.</p> <p>Step 3: Explaining to the customer the connection between healthy nutrition and physical activity.</p> <p>Step 4: Explaining how to combine healthy diet while keeping up with physical activity.</p> <p>Step 5: Suggesting some YouTube videos that explain the combination (e.g. meal hours during the day, dos and don'ts)</p> <p>If needed, this activity may also be performed in English (or another foreign language relevant for the given country) to check the learner's proficiency level of the foreign language.</p>
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> ● Exercise template ● Internet ● Laptop ● YouTube
Time needed	30 min
Attachments	Exercise “Balanced Diet”
Solution of the activity	Solution “Balanced Diet”

Exercise “Balanced Diet”

You notice that one customer does not have the same energy that had in previous lessons and can't keep up with the exercises and you want to know what has changed.

Step 1: Discuss with the customer his/her reduced performance and lack of energy.

Step 2: Ask questions about the habits of the customer. The questions should be about the eating and drinking habits, the sleeping habits, the existence of any disease etc. Identifying whether the customer has good eating habits is essential in this exercise.

Step 3: Explain to the customer the connection between healthy nutrition and physical activity.

Step 4: Explain how to combine healthy diet while keeping up with physical activity.

Step 5: Suggest some YouTube videos that explain the combination (e.g. meal hours during the day, dos and don'ts)

Solution “Balanced diet”

Questions to ask to the customer

1. How many times do you eat during the day?
2. How often do you eat fruits and vegetables?
3. How often do you eat carbohydrates?
4. How often do you eat meat/fish/poultry?
5. How often do you order?
6. How often do you drink alcohol or soft drinks?
7. Do you have any food preferences (vegetarian/vegan/flexitarian)?
8. Do you have any food intolerances?
9. Do you have any other disease that affects your diet?
10. Describe each of your meals during the day (breakfast, snacks, lunch, dinner)



Photo by Karolina Grabowska from Pexels

Tips for effective communication with customers⁴³

1. Empathy:
This means that you build a rapport with your customer and you understand feeling and needs better.
2. Nonverbal communication skills
Understanding and using your body language and tone of voice will improve your messaging and presentation skills.
3. Listening skills
Communication starts from active listening.

5 elements of an engaged listener⁴⁴

- The center of your focus is on the speaker.
- You don't interrupt the speaker.
- You are not judgmental.
- You present your interest in his or her message by adding comments like 'yes' or 'I understand'.
- You ask questions to ensure that you've fully understood.

Suggestions

<https://www.wikihow.com/Balance-Diet-and-Exercise>

<https://www.youtube.com/watch?v=qUfWOT3ZujY>

<https://www.youtube.com/watch?v=XR6F6rkeXeg>

<https://www.bbcgoodfood.com/recipes/collection/quick-and-healthy-recipes>

⁴³ <https://www.masterclass.com/articles/how-to-improve-your-communication-skills#4-skills-that-are-necessary-for-effective-communication>

⁴⁴ <https://bthechange.com/5-tips-to-communicate-more-effectively-ed3a11405bda>

Title of the material/activity	3. Case study “Foods and their carbon footprint”
Presentation / Description of the activity steps	<p>This case study aims at examining the learner’s environmental knowledge and her/his ability to give eco-sustainable advice.</p> <p>A customer who would like to follow a diet asks you to give suggestions of foods that have low and high carbon footprint.</p> <p>Step 1: Conducting research on the carbon footprint of different foods.</p> <p>Step 2: Giving written information on different foods that should or not be consumed according to their carbon footprint and explain why.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Internet • Laptop
Time needed	30 min
Attachments	Exercise “Foods and their carbon footprint”
Solution of the activity	Solution “Foods and their carbon footprint”

Exercise “Foods and their carbon footprint”

A customer who would like to follow a diet asks you to give suggestions of foods that have low and high carbon footprint.

Step 1: Conduct research on the carbon footprints of different foods.

Step 2: Give written information on different foods that should or not be consumed according to their carbon footprint and explain why.

Solution “Foods and their carbon footprint”

Foods with low carbon-footprint

- **Mango**'s greenhouse gas emissions data suggest that mangos fare well in comparison to other fruit and vegetables like tomatoes.⁴⁵
- **Bananas** are carbon-friendly fruits because:
 - they grow in direct sunlight which means that they do not consume energy in greenhouses.
 - they keep and store well and maintain their quality during transport which means that they can often be shipped by boat, which dramatically decreases their carbon footprint.⁴⁶
- **Nuts** are some of the most environmentally friendly foods because they replace the most environmentally harmful foods like meat and cheese.⁴⁷
- **Root** vegetables are even used for the production of sustainable cement because of their low carbon-footprint.

Foods with high carbon-footprint

- **Pork, lamb and beef** have the highest carbon footprint of all foods with beef to have the highest carbon footprint because of its methane emissions from cows and land conversion for grazing.⁴⁸
- **Chocolate** is another product with high carbon footprint because of its ingredients of productions.
- **Coffee** is also in this category because of the fuel that is needed for their transportation.

Tips to reduce carbon emission⁴⁹

1. Buy seasonal products (vegetables and fruits)
2. Grow some products in your garden
3. Buy products without packaging
4. Reduce the consumption of refrigerated products
5. Reduce the consumption of meat

⁴⁵ <https://healabel.com/m-ingredients/mangos>

⁴⁶ <https://www.shelfengine.com/blog/best-worst-foods-for-environment/>

⁴⁷ Ibid

⁴⁸ <https://www.visualcapitalist.com/visualising-the-greenhouse-gas-impact-of-each-food/>

⁴⁹ <https://healabel.com/carbon-footprint-of-foods>

Title of the material/activity	4. Practical task “Nutrition and immunity system”
Presentation / Description of the activity steps	<p>The aim of this activity is to ensure that the learner is able to explain the effects of a healthy nutrition on the immune system.</p> <p>Step 1: Advertising, through social media, the seminar you are preparing with details about the subject, the time etc.</p> <p>Step 2: Creating a presentation of 10 slides where you:</p> <ol style="list-style-type: none"> a. Briefly, introduce yourself, your workplace and the subject. b. Describe the benefits of a healthy lifestyle on overall health and especially on immunity system – give examples. c. Offer tips and alternatives to implement in the everyday nutrition habits. d. Suggest material for further research. <p>Step 3: Presenting the seminar like you would have done in the reality and be prepared to be asked some questions.</p> <p>If needed, this activity may also be performed in English (or another foreign language relevant for the given country) to check the learner’s proficiency level of the foreign language.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> ● Exercise template ● Laptop ● Internet ● Online meeting platform
Time needed	2 hours
Attachments	Exercise “Nutrition and immunity system”
Solution of the activity	Solution “Nutrition and immunity system”

Exercise “Nutrition and immunity system”

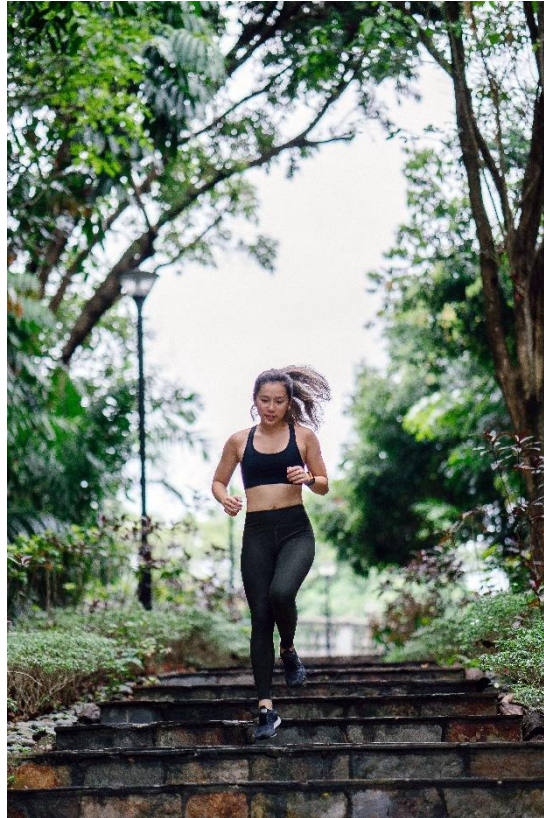


Photo by mentatdgt from Pexels

You are working at a fitness club and you take the opportunity to organize an online seminar, during which you explain to your customers the positive effects that exercising and healthy nutrition can have on immune system.

In real working conditions, create the models for an online seminar, its advertisement and the presentation for it. In real working conditions, create the models for an online seminar, its advertisement and the presentation for it.

Step 1: Advertise in social media the seminar you are preparing with details about the subject, the time etc.

Step 2: Create a presentation of 10 slides where you:

- a. Briefly, introduce yourself, your workplace and the subject.
- b. Describe the benefits of a healthy lifestyle on overall health and especially on immunity system – give examples.
- c. Offer tips and alternatives to implement in the everyday nutrition habits.
- d. Suggest material for further research.

Step 3: Present the seminar like you would have done in the reality and be prepared to be asked some questions.

Solution “Nutrition and immunity system”

Information to be included in the presentation

- What is the immune system:⁵⁰

The adaptive immune response has the ability to specifically recognise a pathogen and ‘remember’ it if exposed to it again. The immunity of your body protects you from a foreign invasion, performing the following steps:

- a. Recognizing that something invasive is attacking in the body.
- b. Selecting the immune cells to the area of the invasive element.
- c. Attacking the invasive element and leading it out of the body.
- d. Once the invasive element is gone, signalling the immune cells to stop defending.

- What is a healthy lifestyle:⁵¹

A combination of a balanced diet, regular exercise, avoiding tobacco and drugs and getting plenty of rest (sleep).

- How immune system is boosted by good nutrition:⁵²

The following micronutrients are essential for the development of immunity cells:

Iron

Iron is a component of enzymes critical for immune cell function. Sources include red meat, beans, nuts and fortified breakfast cereals.

Vitamin A

Vitamin A helps protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Sources include orange and red fruits, and vegetables like carrots, apricots and bell peppers.

Vitamin C

Vitamin C stimulates the formation of antibodies, and the production, function and movement of white blood cells. Sources include citrus fruits like oranges, grapefruit, strawberries and tomatoes.

Vitamin D

Vitamin D helps regulate antimicrobial proteins that can directly kill pathogens. Sources include sunlight; fatty fish, like salmon; egg yolks; and fortified dairy.

Vitamin E

Vitamin E works as an antioxidant to protect the integrity of cell membranes from damage caused by free radicals. Sources include seeds, nuts, vegetable oils and peanut butter.

Zinc

Zinc is needed for wound healing and supports immune response. Sources include meats, whole grains, milk, seeds and nuts.

Materials to be suggested to the customers

<https://www.sciencedirect.com/science/article/abs/pii/S092544392030168X>

<https://www.youtube.com/watch?v=SYk2RqiMExw>

⁵⁰ <https://elitelv.com/can-a-healthy-lifestyle-boost-your-immune-system/>

⁵¹ <https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zmjkhbk>

⁵² <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/support-your-immune-function-with-good-nutrition>

Title of the material/activity	5. Role play “Using applications for combining nutrition and physical activity”
Presentation / Description of the activity steps	<p>This activity aims to check the learner’s ability to suggest digital tools to customers.</p> <p>Working in pairs, one person takes the role of the customer and the other person takes the role of the nutritionist.</p> <p>A customer would like to be able to access advice and instructions related to nutrition and physical activity for muscle gaining at home and asks you what kind of applications you can suggest.</p> <p>Step 1: Searching applications that focus on nutrition, physical activity or both related to the need of the customer.</p> <p>Step 2: Suggesting at least one app serving each of the purposes.</p>
Typology of activity	<input type="checkbox"/> individual <input checked="" type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> ● Exercise template ● Internet ● Smart phone
Time needed	45 min
Attachments	Exercise “Using applications for combining nutrition and physical activity”
Solution of the activity	Solution “Using applications for combining nutrition and physical activity”

Exercise “Using applications for combining nutrition and physical activity”

Work in pairs: one person takes the role of a customer and the other person takes the role of a nutritionist.

A customer would like to get some advice and instructions related to nutrition and physical activity for muscle gaining at home and asks you what kind of applications you can suggest.

Step 1: Search applications that focus on nutrition, physical activity or both related to the need of the customer.

Step 2: Suggest at least one app serving each of the purposes.

Solution “Using applications for combining nutrition and physical activity”

Applications for controlling nutrition

1. Protein tracker:
<https://play.google.com/store/apps/details?id=com.musta.mustafa.proteintracker>
2. Lifesum: Healthy Eating and Diet:
https://play.google.com/store/apps/details?id=com.sillens.shapeupclub&referrer=adjust_ref tag%3Dco8F4oH39iDmB%26utm_source%3DLifesum%2BWeb

Applications for physical activity

1. Jefit: https://play.google.com/store/apps/details?id=je.fit&referrer=utm_source%3Demail
2. BodySpace:
<https://apps.apple.com/us/app/body-space-social-fitness-app/id687818146>

Applications combining nutrition and exercise

1. MyFitnessPal:
<https://play.google.com/store/apps/details?id=com.myfitnesspal.android&rdid=com.myfitnesspal.android>
2. 8fit:
<https://play.google.com/store/apps/details?id=com.eightfit.app&hl=el&gl=US>

Title of the material/activity	6. Written exercise “Different nutrients and their effect on human health”
Presentation / Description of the activity steps	This activity aims to check the learner’s understanding of the different nutrients and how they affect human health. Step 1: Receiving the template and reading the task. Step 2: Completing the exercise in written form.
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Internet
Time needed	20 min
Attachments	Exercise “Different nutrients and their effect on human health”
Solution of the activity	Solution “Different nutrients and their effect on human health”

Exercise “Different nutrients and their effect on human health”

Please give, at least two functions of each of the following nutrients on human body:

1. Carbohydrates
2. Proteins
3. Minerals
4. Hyaluronic acid

Solution “Different nutrients and their effect on human health”

Carbohydrates⁵³

- Supply energy to the cells of the body.
- Storage energy for muscles or liver and releases when necessary.
- Instant source of energy when exercising.

Proteins⁵⁴

- Move essential molecules around the body
- Provide support to the body
- Support muscles construction
- Antibodies to support the immunity of the body.

Minerals (major minerals and trace minerals)⁵⁵

- Help of proper fluid balance
- Help on muscles construction
- Help to build a good immune system

Hyaluronic acid⁵⁶

- Helps to maintain a healthier skin and accelerates wound healing
- Keeps bones strong and well lubricated
- It maintains moisture in the eyes

⁵³ <http://pressbooks-dev.oer.hawaii.edu/humannutrition/chapter/the-functions-of-carbohydrates-in-the-body/>

⁵⁴ <https://www.eufic.org/en/whats-in-food/article/what-are-proteins-and-what-is-their-function-in-the-body>

⁵⁵ <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=ta3912>

⁵⁶ <https://www.healthline.com/nutrition/hyaluronic-acid-benefits>

Title of the material/activity	7. Case study “Healthy nutrition for different types of customers”
Presentation / Description of the activity steps	<p>This exercise aims to check the learner’s understanding of the need for differentiating the nutrition habits of different types of customers (vegans, pregnant women).</p> <p>Step 1: Conducting research on healthy nutrition of customers with specific needs (vegans, pregnant women).</p> <p>Step 2: Identifying the needs of each different type of customer.</p> <p>Step 3: Making a list of tips and recommendations for nutrition of different types of customers.</p>
Typology of activity	<input checked="" type="checkbox"/> individual <input type="checkbox"/> group activity <input type="checkbox"/> mix
Needed materials / equipment/ tools	<ul style="list-style-type: none"> • Exercise template • Internet • Laptop
Time needed	30 min
Attachments	Exercise “Healthy nutrition for different types of customers”
Solution of the activity	Solution “Healthy nutrition for different types of customers”

Exercise “Healthy nutrition for different types of customers”

Working as a nutritionist you need to make research in order to give advice to different types of customers, and more specifically, to vegan and pregnant customers:

Step 1: Conduct research on healthy nutrition of customers with specific needs.

Step 2: Identify the needs of each different type of customer.

Step 3: Make a list of tips and advises for nutrition of different types of customers.

Solution “Healthy nutrition for different types of customers”

Tips for vegan customers⁵⁷

1. Vegetables should be the base of your diet. Since they contain a lot of fibers, they can give you a feeling of fulfillment.
2. Include in your meals foods that will offer you different nutrients, such as proteins, minerals, vitamins etc. To take for instance, beans and lentils could be eaten for their proteins and sweet potatoes can be eaten for their Vitamin A.
3. Swap refined grains with wholegrains. They contain iron, vitamin A and can give you the feeling of satisfaction.
4. You can easily get protein from the following products: tofu, tempeh, edamame (soybeans), lentils, chickpeas, beans, nuts, like almonds and walnuts, and seeds, like sunflower and pumpkin seeds.
5. You can easily get omega-3 from the following products: flaxseed, walnuts, canola oil and soy.

Tips for pregnant customers⁵⁸

1. Pregnant women need to consumer more protein, iron and calcium during pregnancy.
2. The following categories of food are essential during pregnancy:
 - i. vegetables and fruits for fibers, vitamins and minerals.
 - ii. Lean meat (poultry, fish, tofu etc.) for proteins.
 - iii. Dairy (milk, yogurt etc.) for calcium and vitamin D.
3. A pregnant woman should limit the consumption of caffeine and avoid completely the consumption of alcohol, unpasteurized foods and raw meat and fish with high-levels of mercury.
4. Another important part of a pregnant woman’s diet is folic acid of which 400 micrograms per day, during pregnancy are essential.
5. The diet of a pregnant woman in numbers on a daily basis:
 - i. Five servings of fresh fruits and vegetables.
 - ii. Six servings of enriched, whole-grain breads and cereals.
 - iii. Three servings of nonfat or low-fat milk or milk products.
 - iv. Two to three servings of extra-lean meats, chicken without the skin, fish, or cooked dried beans and peas.

⁵⁷ <https://www.eatingwell.com/article/279566/9-healthy-tips-to-help-you-start-eating-a-vegan-diet/>

⁵⁸ <https://www.livescience.com/45090-pregnancy-diet.html>