

EXAMPLES FOR LECTURE 1

1. Example about a self-monitoring diary

Student Oleksii decided to improve his endurance. He started keeping a diary: he recorded running duration, heart rate before and after the load, and how he felt after training. After 3 weeks, he noticed in his records: his post-run heart rate decreased from 160 to 145 bpm – which meant his cardiovascular system had adapted and his endurance improved. Thanks to these records, the instructor was able to adjust the tasks and offer more advanced interval training.

2. Example of motivation through results

Student Maria was preparing to pass the required fitness standards. She knew that in a month she would take the Cooper test. By using independent training – light jogging three times a week — she gradually improved her result from 1.8 km to 2.2 km. The goal set by the instructor became a strong motivator for her, and regular self-monitoring allowed her to track real progress.

3. Example of exercise breaks during class

During long lectures, students begin to lose efficiency: back pain, drowsiness, decreased concentration. The instructor suggested a 5-minute exercise break: stretching, several bends, shoulder rotations, and breathing exercises. After 3–4 minutes, heart rate slightly increased (to 110 bpm), cerebral blood flow improved, and students returned to work more focused and alert.

4. Example of the impact of morning exercises

Student Vladyslav started doing morning exercises – just 12 minutes. He noted in his diary that by day 10 his sleep became deeper and concentration during classes improved. He did not change his diet or drink coffee, yet his work capacity increased by almost 20% – exactly as confirmed by the research cited in the text.

5. Example of group-based independent sessions

In the general physical training section, a group of students meets three times a week in the gym. One day is strength work (push-ups, squats, planks), the second is endurance (running, jumps, games), and the third is coordination and flexibility. All participants keep diaries, recording pulse and well-being. After a month, the instructor analyses their progress and adjusts the plan.

6. Example of students with different fitness levels

The group included both athletes and low-active students. The instructor divided them into subgroups: one worked on endurance, the other on basic mobility and back strength. Thanks to this, everyone received an adequate load, and independent tasks became realistic and achievable.

7. Example of micro-breaks for tension relief

While writing her term paper, student Anna took 30-second micro-breaks every 40–60 minutes: circular shoulder movements, light squats, head turns. This reduced headaches and neck fatigue. The micro-breaks helped maintain productivity during intensive mental work – just as described in the text.

8. Example of students during exam session

During the exam period, the instructor opened the sports hall for independent sessions three times a week. Students used relaxation exercises, breathing techniques, light strength work, and mobility exercises, which helped reduce stress, maintain work capacity, and improve the quality of exam preparation.

9. Example of preparation for the holidays

After the final session of the academic year, the instructor reviewed students' diaries and identified an individual direction for summer work for each: someone needed to improve flexibility, someone – strength, someone – posture. Thanks to clear feedback, students did not “fall out” of physical activity during the holidays.

10. Example of a student who “overestimated his abilities,” but the diary saved the situation

Student Danylo decided to radically improve his fitness. He began running 5 km every day, even though he previously trained irregularly. After a week, he noticed in his diary: his sleep worsened, morning heart rate increased (from 62 to 78 bpm), and after training he felt extreme fatigue. When the instructor reviewed the records, he immediately understood: this was overtraining. Thanks to the diary, it was easy to track the dynamics. The instructor suggested switching to a combined format: two days of running + two days of active recovery (walking, stretching). After 10 days, Danylo's morning heart rate returned to normal, and he felt an energy boost. This example shows how the self-monitoring diary helps identify fatigue before serious signs of overtraining appear.

P.S. Humorous example about a student who kept his diary “in his own way”

Student Serhii decided to keep a self-monitoring diary but filled it out “his own style”:

- in the “heart rate” column he wrote: “normal,”
- in the “training” column: “was intense,”
- in the “well-being” column: he just drew smiley faces.

When the instructor asked to show the diary, Serhii proudly handed it over. After looking through it, the instructor raised an eyebrow and said:

- “Serhii, where are the numbers?”
- “But I wrote based on my feelings!”
- “And how am I supposed to monitor this – by smileys?”

The whole group laughed, but after this situation, Serhii started keeping proper records – and for the first time he noticed real progress: his post-run heart rate dropped from 170 to 150 bpm.

