HES 1221-012

End of Semester Evaluation

At the beginning of the year, I set various goals for myself spanning various areas of my personal fitness, including to lose roughly 10 pounds, to establish baselines for free-weight lifting and improve on them, and to establish baselines for push-ups/sit-ups/pull-ups. Unfortunately, I was unable to accomplish all of these goals, mainly due to the limited time that the class allows for exercise and my own personal lack of “gung ho”. However, I did complete the second of these three goals, to improve my baseline free-weight lift. I started the semester using 20 pound weights for nearly every weightlifting exercise, and by the end I had jumped 10 pounds and now use the 30 pound dumbbells for my workouts.

Additionally, I decided to start using the weight machines as well as the free-weights and saw improvement in that area as well. I began by using 25 pounds for the curl machine and jumped to 40 by the end of the semester, I started at 80 pounds on the incline barbell lift machine and jumped to 100 pounds by the end of the semester, and on the various back workout machines I saw improvements ranging from jumps of up to 20 pounds.

One of the big reasons that I believe I did not complete the first task I set for myself was twofold. I believe that I focused too much on strength training and thus focused less on cardio workouts, and my diet did not contain enough healthy foods. These two combined led to an overall increase in weight, most likely both in fat as well as muscle from the strength training. If I were to take the course again, I would force myself to set up a schedule that allowed me to switch out between strength training and cardio workouts so as to counteract the weight gain I saw this semester. Additionally, if I want to see any weight loss, I am going to have to adjust my diet significantly to include more healthy foods and less fatty foods.