1st Page At Southern you are given a great environment to stay fit. From Hulsey Wellness Center to your dorm’s basement gym you have many opportunities to stay fit. Anybody who plays intramurals knows it’s nice to win. How do we win… by becoming more athletic in our sport. This simulation you are about to embark on you will choose a sport and be given a goal and you must create a fitness plan that will allow the character you create to be able to meet the goal in three months. Press next to begin

2nd Page

There will be the following options

Load Character

New Character

Credits

New Character Page

There will be the following options

Male

Female

Male Page

Several images of different ethnicities faces

After male page

Choose Sport

Following Options: Basketball, Volleyball, and Soccer

Basketball

On this page

Your Goal is to be able to Dunk

You will be working out the following muscle groups

You will have to create a fitness plan for three months

1st Month you will focusing on raw strength

2nd Month you will be focusing on explosion

3rd Month you will be focusing on endurance

You will be working out three days a week

Rotate each week 1 lower body 2 upper body 2 lower body 1 upper body

Press next to begin

Page after basketball

There will be a table that shows two columns

Description: Go to the gym and find a weight where you can only do five. The fifth will be a struggle and enter it here.

|  |  |  |
| --- | --- | --- |
| Exercises | Maximum Weight | Reps |
| Bench Press |  | 5 |
| Military Press |  | 5 |
| Weighted Squats |  | 5 |
| Deadlifts |  | 5 |
| Romanian Deadlifts |  | 5 |

Page after assessment table

There will be a calendar

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Weight | Reps | Sets |
|  |  |  |  |

They click a day

A popup window will appear

In this popup window

There will be a pulldown menu with a label on top saying exercises

Choose an exercise additional info will have entries for weight, reps and sets

There will be a check yes or no under all of this saying do you want to practice playing the sport today

A submit button will be on the bottom after you click that the popup window will disappear and you will see the calendar to add exercises for the following days. At the bottom will be click simulate

It will simulate for a week and a popup window will show a bar that looks like this:



Red means risk of injury and little to none improvement

Green means max improvement

Blue means improvement

This improvement bar ranges from 1-3

Blue = 1

Green = 2

Red = 3

Month 1 Strength

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Factors | % 1 Rep Max | # of Reps | # of Sets | Days between working out the same muscle group | What day you play the sport | # of Days Playing the Sport |
| **Red Zone**(3) | >90% | >6 | >5 | <2 | On the same day as lower body |  |
| **Green Zone**(2) | 80-90% | 3-6 | 3-5 | 2 | On any other day than lower body workout | ≥2 |
| **Blue Zone**(1) | <80% | <3 | <3 | >2 |  | <2 |

Month 2 Explosion

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Factors | % 1 Rep Max | # of Reps | # of Sets | Days between working out the same muscle group | What day you play the sport | # of Days Playing the Sport |
| **Red Zone**(3) | >80% | >10 | >5 | <2 | On the same day as lower body |  |
| **Green Zone**(2) | 70-80% | 6-10 | 3-5 | 2 | On any other day than lower body workout | ≥2 |
| **Blue Zone**(1) | <70% | <6 | <3 | >2 |  | <2 |

Month 3 Endurance

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Factors | % 1 Rep Max | # of Reps | # of Sets | Days between working out the same muscle group | What day you play the sport | # of Days Playing the Sport |
| **Red Zone**(3) | >50% |  | >5 | <2 | On the same day as lower body |  |
| **Green Zone**(2) | 30-50% | 15+ | 3-5 | 2 | On any other day than lower body workout | ≥2 |
| **Blue Zone**(1) | <30% | <15 | <3 | >2 |  | <2 |

1st Month Strength

* Tendencies that will keep you in the **green**
  + Perform 80-90% of your 1 rep max
  + Perform 3-6 reps
  + Perform 3-5 sets
  + Have two days in between working out the same muscle group.
  + Play the sport on days that you are not working out the lower body
  + Must play 2 days or more of the sport a week
* Tendencies that will keep you in the **red**
  + Perform above 90% of your 1 rep max
  + Perform above 6 reps
  + Perform above 5 sets
  + If there is 0 days in between working out the same muscle group.
  + If you play the sport on the same day as working out the lower body
* Tendencies that will keep you in the **blue**
  + Perform below 80% of your 1 rep max
  + Perform below 3 reps
  + Perform below 3 sets
  + Have three days or more between working out the same muscle group.
  + If you only play the sport none or once a week

2nd Month Explosion

* Tendencies that will keep you in the **green**
  + Perform 70-80% of your 1 rep max
  + Perform 6-10 reps
  + Perform 3-5 sets
  + Have two days in between working out the same muscle group.
  + Play the sport on days that you are not working out the lower body
  + Must play 2 days or more of the sport a week
* Tendencies that will keep you in the **red**
  + Perform above 80% of your 1 rep max
  + Perform above 10 reps
  + Perform above 5 sets
  + If there is 0 days in between working out the same muscle group.
  + If you play the sport on the same day as working out the lower body
* Tendencies that will keep you in the **blue**
  + Perform below 70% of your 1 rep max
  + Perform below 6 reps
  + Perform below 3 sets
  + Have three days or more between working out the same muscle group.
  + If you only play the sport 0-1 times a week

3rd Month Endurance

* Tendencies that will keep you in the **green**
  + Perform 30-50% of your 1 rep max
  + Perform 15+ reps
  + Perform 3-5 sets
  + Have two days in between working out the same muscle group.
  + Play the sport on days that you are not working out the lower body
  + Must play 2 days or more of the sport a week
* Tendencies that will keep you in the **red**
  + Perform above 50% of your 1 rep max
  + Perform above 5 sets
  + If there is 0 days in between working out the same muscle group
  + If you play the sport on the same day as working out your lower body
* Tendencies that will keep you in the **blue**
  + Perform below 30% of your 1 rep max
  + Perform below 15 reps
  + Perform below 3 sets
  + Have three days or more between working out the same muscle group.
  + If you only play the sport 0-1 times a week

Information that students will learn about at the beginning:  
Reps/Weight ratio depending if you’re working out strength, explosion, endurance

Workout three days a week

Rotate each week 1 lower body 2 upper body 2 lower body 1 upper body