Community Teaching Plan, Teaching Experience

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Summary of Teaching Plan

Exercise and physical activity in general are an important part of the lives human beings, as long as they are alive and breathing. Focus in this case was a group of people above the age of 65, who are said to meet on a regular basis and on a fortnight basis to be exact. This is a group of people made up of 8 friends who meet to keep up with the lives of each other and to get to know the progress made or changes that each one has undergone. They engage in each other’s lives in an active manner. The teaching experience, amazingly, attracted all the 8 friends in attendance. Some of the friends were fighting some ailments physically. They were very eager to learn. The reason behind holding this practice was for the sake of educating them on the importance of engaging in physical activities as well as exercise, especially for people within this age bracket. The group was very engaging as well as friendly, and thus relaying the message was smooth sailing.

Epidemiological rationale for topic

As much as engaging in activities to do with fitness, almost half of the American population does engage in these at all. This is to mean that this portion of the population is at risk of suffering from attacks or diseases and conditions that result from lack of exercise and physical activity (Rippe, 2012). People have been diagnosed with various conditions that are related to the heart, blood sugar level, lungs, muscles and even the lower limbs as a result of lack of these. A percentage of people, slightly higher than 50% is said to be engaging in physical activities and exercise but to the recommended amount. On this account, this puts a lot of people’s lives in jeopardy and therefore, at risk at the conditions related to the same or even at risk of death. An increase in the level of education is said to be a great contributor to the increase in engagement in physical activity and exercise. This is to mean that an increase in the awareness of the causes of chronic conditions, diseases and even physical ailments, then they can take better care of themselves as opposed to living their lives in a reckless manner that might eventually lead to diseases or worse, death. Engaging in physical activity and exercise leads to the strengthening of the muscles in the body (In Shephard, & In Tudor-Locke, 2016).

Muscle strengthening in itself is one form of physical activity that will help deal with the body diseases, as well as engaging in aerobics. Muscle strengthening and aerobics are the two types of exercise that are considered to bring back one’s health or even as a way of helping maintain it. Swimming is a good way of strengthening all the muscles of the body at the same time. For people within the group that is covered in the above 65 age bracket, aerobics may be engaged through brisk walking. As one begins, it is important to engage slowly therefore, starting with a short amount of time spent exercising to avoid straining the muscles too much to a point of having them tear. As time goes by, so does the amount of time spent exercising each time increases. In a week, an individual is expected to spend at least two and a half hours in exercise. Exercise in itself is a way of increasing the chances of living a healthy life. Health benefits then result from exercising.

Following the taking up of exercise, it is important to get an understanding of the benefits that result from it. As for those people who have a great amount of weight, exercise is the best way to lose the weight and even help with going back to living a healthy life and thus eliminating the chances of contracting conditions or diseases that might lead to the body shutting down. Maintaining a healthy diet is also another way of ensuring that the body is well taken care of based on the calorie intake. Exercise and physical activity lead to the release of hormones that help with mood improvement and better dealing with stress. This also eliminates the chances of contracting conditions that are pegged to stress. Exercise plays a role in the building of muscles which deals with the problems that a person may get in older age. Bones are also built in the same process through making them denser and thus more difficult for them to break or helping with the prevention of osteoporosis.

Chances of being at risk of getting chronic diseases are greatly reduced. With this reduction then there is hope for the person to live a longer and a healthier life. The person also ends up being energized since the body is now rejuvenated which is a better environment of dealing with diseases for those who already them. The health of the brain as well as the skin is well guarded since it improves as one engages in exercise and physical activity. The skin does not wrinkle easily and the brain is always active since blood is pumping across faster and without hindrances. The memory is also active at the moment (Kokkinos, 2010). With exercise, one gets better sleep and relaxation meaning that the problems arising during resting before are eliminated. Exercise, through research, has been said to reduce chronic pain therefore, leading to it being highly advised. Finally, better exercise also translates to a better sex life that is boosted in return. With better muscle flexibility and blood circulation comes a better sex drive.

Evaluation of teaching experience

This was a good learning experience, to both the audience and the tutor. As much as the teaching was towards the audience, the group ended up sharing a lot of their experiences which are very new to me, given the fact that they have experienced a lot and have also been through a lot more than I have. Some of their experiences are still very new to me. Some of the members mentioned that they were active but as much as they remained healthy, the body will not go back to the way it was during the earlier ages. For instance, the skin will stretch out as time goes by but the best that can be done in such a scenario even when exercise has been an important part of one’s life is to drink a lot of water which has anti-aging properties. Some have experienced a few problems with the back, even if they are not serious in nature. They also shared the fact that retirement usually welcomes the idea of walking a lot since one cannot spend the whole time indoors. Exploring is also another pastime activity that they have actively engaged in, especially as a group. They are very motivated to see the world that they never got to experience while younger. This proves difficult at times, since one of them might end up getting complications with regard to their health forcing them to slow down. The group of eight was very engaging and active in curiosity to know what to expect in old age and the best way to deal with these issues through engaging in physical activity in the best way possible. They even had a secretary to help note down all that was needed to help them go back to their healthy selves. It is important to keep people updated since a lot of people are unaware of what may befall them in old age while others are curious to know what to expect but lack knowledge on the same.

Community response to teaching

The group of eight, representative of the community at large, was very welcoming to the thoughts and knowledge that was being passed across. They decided to put into practice some, if not all that was taught and even going further to decide that they were going to be accountable to each other for the physical activity they were going to engage in. This would be easier for them given their regular meetings where they would get to be strategic about the right method of implementation to follow. They asked for a follow-up after three months so that changes, if any, could recommended based on the their capabilities. They were grateful for the day that saw them get a better understanding of what some of the members were already going through, that probably they did not understand as well as getting new knowledge imparted. They also asked for another visit that they would get to learn more the life of seniors.

Areas of strengths and areas of improvement

The areas of strengths that came out during the teaching are several. One, the group was more than eager to learn and very interactive as well. It was a group of people that was also ready to share information received with others so that others would benefit as well. There was proper understanding of the topics covered, which was a motivating factor in itself. As for the areas of improvement, it is important to have ample time to cover the topics planned for since it is an eager group. Their pace is different too, therefore, calling for more time to be spent with them. They enjoy their interactions therefore, it important to have adult games for them. It is important to leave them a printed version of shared information to help them revisit covered topics as opposed to having someone note the information down for them.

References

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