

Jaden Williams: Fitness bibliography

Sources:

[Effect of Progressive Calisthenic Push-up Training on mm Strength and Thickness](#)

This is important to my research template because it puts calisthenics to the test, which happens to be a very common way of exercising, pushups are proof that heavyweight isn't necessarily needed to grow muscle. Exercising is more than just weightlifting, through Calastenics one can master there own body and do some pretty amazing things with them. This will most likely be the firsr thing I present to them because it've very important thing to get out of the way and shall stand as foundation for them if they are new to the world of exercising. Ill also talk about progressive over load here.

[Health promotion and exercise training](#)

The Health benefits of exercise go beyond just feeling fine physically Exercising increases longevity and boosts yotheimmune system. TrItan also allow yotheody to produce healthy chemicals and bonds that protect yoit from life-threateningiseases. This will also helps with natuatural adaptation so combating sicknesses are more doable, as well as increasing things like endurance which helps combat things a like asthma. The type of exercise you do can help with specific areas of heath such as stretching can increase flexibility that will help in everyday life, or how cardio helps with the heart. I want to draw in more out of research like this to build to my slides.

[Massive study uncovers how much exercise is needed to live longer](#) + [Evidence mounts on the benefits of strength training](#)

With it being said that you only really need to work out for around 30 to 60 minutes a week, it's so thrilling to find out what happens to your body when you stay consistent. This statement alone makes what I'm trying to do way more powerful because Ill be giving the kids a sort of head start on this. If they take what I say to heart, which I hope is the case, then this will be apart of there long great lives. I don't see kids too worried about it now but as they go to SLA and think about there live I hope it comes to mind.

▶ Everything You Should Know Before Starting Creatine

Creatine can be a very hard topic to cover because some people associate it with drugs or steriords which couldn't be farther from the truth. Creatine is a natural product that we as humans prodeuce naturally so it is safe to in take, This organic compound energizes you and enhances your performance. Creatine is an all around boost that supports the in taker. It's also stated to improv fat loss whcuh might be a future goal of one of the students, alltogether creatine is agreat thing to learn about at a young age.

▶ Muscle Hypertrophy EXPLAINED in 5 Minutes

I chose this source because it's so familiar to me. It breaks down the basics of hypertrophy and how to focus on it. I remember watching this video and others when I started working out, so using it to make my slides come together will make them pop. I plan to use this research as a baseline for my other research on hypertrophy because it provides more detailed explanations and tests to back up what it says. Explaining this to children might be overwhelming in bulk so I might use less complicated examples so that everything goes though smoothly.

▶ Building Muscle Vs Building Strength - What's the Difference?

When it comes to exercising these are the two most important things that are most commonly brought up. Everyone either wants bigger, more defined muscles or gains a lot of strength in a short amount of time. This is another gem from my past that allows for more precise planning and movement training. I also think this video is useful because its more of less what most people want out of exercising and no matter what exercises you do you will build both regardless. The focus on what you want gives an opportunity of growth that will be perfect for beginners to know.

[Anabolic Steroids and Other Appearance and Performance Enhancing Drugs](#)

This had to be in my research document because it's. Really scary that people my age and younger are really getting addicted too. They see these big social media influencers who are more of them not on steroids or something to appear bigger. To shed light on what steroids really do to people and the effects they have on about everything that makes a person a person. Through the addition on unnatural testosterone steroids shuts down the bodys natural production on testorone, leaving people with probelms like a decaying brain, and the loss of iq. This will be a series topic that I dive into so this slide will help a lot.

[Calories](#)

This was a good choice because What you put in your body acts as fuel for you and helps supports your actions through whatever you do. A great example would be like adding fuel to your body, healthy fuel can leave you feeling motavaed and make you feel enerized, unhealthy food in large quanitiys tends to demotivate you. Depending on your goal its really easy to slim down or bulk up depending on if you exceed your caloric intake or go right blow it. This soure with prove helpful when I create my slides for the class and I will be sure to do more in depth research.

[Cardiovascular Effects and Benefits of Exercise](#)

Cardio is an overlook part of exercising which is understandable as its difficult to do without feeling drained and it being said to hurt muscle growth. The latter part holds weight for the most part as its only possible if you overdue cardio in comparison to other forms of exercise. Though cardio is still recommended due to the positive effects on the heart and stamina it gives, as well as longevity that I've discussed earlier on. Adding cardio to my slides will definitely help the students in future endeavours in exercising so letting them learn now will be worth it in the long run.