



***Special
Olympics***
New Mexico



SPECIAL OLYMPICS NEW MEXICO

FITNESS COMPETITION

PLAYBOOK

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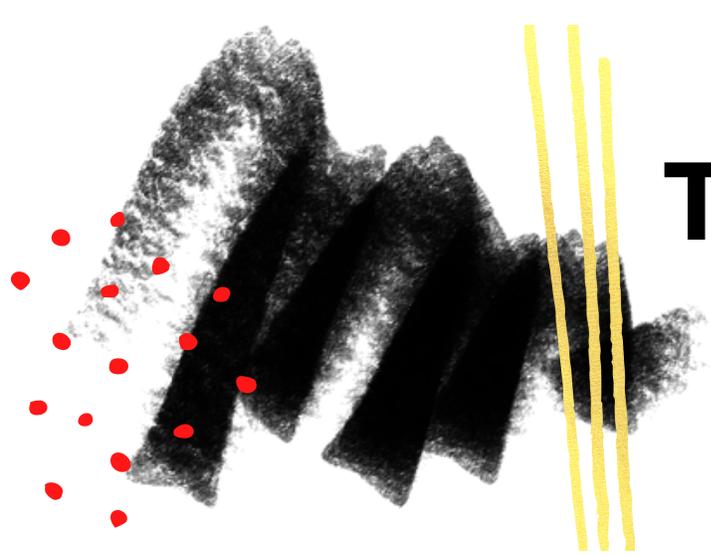
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THE GAME PLAN

Hi SONM community!

The Special Olympics New Mexico (SONM) Fitness Competition has been designed by SpecialOlympics staff representing multiple SO Programs, the SONA Region and Special Olympics Inc. (SOI) to offer participants the opportunity to challenge themselves through performance measures of various fitness exercises.

The Fitness Competition provides trainings and exercises that can be done in-person, but also allow for participants and their coaches to train and compete virtually, all while staying connected to their Special Olympics community.

Why is fitness important for our Special Olympics community? We have an obligation to improve the statistics that dominate our current fitness picture. Current health statistics for individuals with intellectual disabilities present challenges that only activity on multiple days per week can address.

Combining fitness initiatives into your daily routine, along with other sporting endeavors, presents the opportunity to improve everyone's health and quality of life.

SONM Sport and Fitness Team

WHY IS IT IMPORTANT FOR ATHLETES TO PARTICIPATE?!

6.5 million people in the United States and an estimated 200 million people worldwide have an intellectual disability. Through **sports, health, and fitness**, we can change the statistics below for people with ID and become a **stronger, healthier, and more unified community**.

2 TIMES
as likely to be
OBESE



2-4 TIMES
as likely to be less
PHYSICALLY
ACTIVE



LIFE
EXPECTANCY
is reduced by an
average of
16 YEARS



5 TIMES
as likely to have
DIABETES



2 TIMES
as likely to have
CARDIOVASCULAR
DISEASE &
ASTHMA

FITNESS AS COMPETITION

PRE-READ

Physical fitness exercises can include a broad array of fitness components. The recommended competition format for the Fitness Competition incorporates fitness exercises that target the following:

- 1) Balance
- 2) Core body strength
- 3) Endurance
- 4) Lower body strength
- 5) Upper body strength

The Fitness Competition format will allow participants to select which level of exercises they will focus on for training to challenge themselves and compete against other participants over the course of a pre-determined season length.

PREPARING FOR A FITNESS COMPETITION

It is a good idea to prepare yourself and others to assist you before conducting a fitness competition or training session. Carefully plan and organize the session in advance so that you can effectively educate, engage, and motivate participants to give their best effort during each session. The following steps will help you prepare:

Gather equipment in advance – Don't forget to bring something with which to record scores, whether that is pencil and paper or an electronic device.

Learn and practice the exercises – All the exercises have protocols on how to conduct and score the individual exercises. Training, which should include participants regularly practicing their selected exercises, will allow individual participants to improve their scores and become healthier and more physically fit.

Plan the order and timing of exercises – It may be best to do the more challenging exercises first, such as the ones that cause more fatigue, and then do the exercises that are not as difficult. Also, build in rest time between tests so that participants do not tire as quickly and can perform optimally. While you are planning your exercise order, you should also consider how many assistants you will need to help so that each exercise is done and supervised appropriately, as well as scored correctly.

Ensure participants stretch and warm-up properly prior to attempting the fitness exercises, as well as cool down afterwards and ensure that hydration (i.e. water) is provided.



THE FITNESS COMPETITION

A new Special Olympics Fitness Competition has been developed. It provides Special Olympics participants with an opportunity to compete in a sequence of 3 or five different fitness exercises and measure overall performance levels.

The Fitness Competition offers participants a wide range of exercises best suited for their individual needs and interests. Places of finish in a competition are predicated upon each participant's performance improvement over the course of a season.



FITNESS COMPETITION FAST FACTS



- ▶ **Length of Season: 8 weeks**
- ▶ **Participants select one of the five levels in this guide.** The fitness exercises in each level require little to no equipment, so they can be done at home or at a training site.
- ▶ **Each participant must train and compete in the same four exercises throughout the course of the 8-week season.**
- ▶ **Participants will be divisioned based on age, gender and score, which reflects level of improvement.** This approach provides flexibility to participants and programs, while encouraging participants to continually work towards progression in their fitness exercises.
 - Participants have choices when selecting fitness exercise levels.
 - Participants are incentivized by the scoring format to improve throughout the course of the 8-week season and become more fit and skilled. This is due to awarding points based upon the levels of increase in their performance.

SCORING FOR FITNESS COMPETITION

For the Fitness Competition, an athlete final score will be based upon the sum of four scores from each fitness exercise:

- Score 1 = a pre-season score
- Score 2 = % improvement from pre-season to midseason
- Score 3 = % improvement from pre-season to end of season
-

A pre-season point value is assigned to participants, corresponding to their scores from Week 1. The point/scoring matrix has been developed to assign points for the number of repetitions completed within a period of time OR the amount of time an exercise is held. The corresponding points from each of the four fitness exercises are added together to give the participant a total individual pre-season score.

Fitness exercises that use repetitions (over a 30, 60 or 90- second time frame):

0 repetitions	= 0 points
1-5 repetitions	= 1 point
6-10 repetitions	= 2 points
11-15 repetitions	= 3 points
16-20 repetitions	= 4 points
21-25 repetitions	= 5 points
26-30 repetitions	= 6 points
31-35 repetitions	= 7 points
36-40 repetitions	= 8 points
41-45 repetitions	= 9 points
46-50 repetitions	= 10 points
50+ repetitions	= 11 points

Fitness exercises that focus on the overall amount of time an exercise is held:

0 seconds	= 0 points
1-10 seconds	= 1 point
11-15 seconds	= 2 points
16-20 seconds	= 3 points
21-25 seconds	= 4 points
26-30 seconds	= 5 points
31-35 seconds	= 6 points
36-40 seconds	= 7 points
41-45 seconds	= 8 points
46-50 seconds	= 9 points
51-55 seconds	= 10 points
55+ seconds	= 11 points

Note: Agencies will just submit raw scores (number of repetitions or time held) for each exercise. SONM will convert the raw score into points

FITNESS COMPETITION SCHEDULE

WEEK 1 July 1st – July 7th Pre-Season scores must be submitted by July 7th. Scores will not be accepted after this date.

Participants select their fitness level and receive instruction on how to do each exercise properly. Each participant must keep the same four fitness exercises throughout the duration of the 8-week season.

A pre-season score is recorded and submitted for each of the four fitness exercises. For example, some fitness exercises may require the number of repetitions within a designated amount of time, such as the number of push-ups properly completed within 60 seconds. Other fitness exercises may be scored based on the amount of time/duration an exercise is held, such as balancing on one leg.

MIDSEASON (WEEK 4) July 22nd – July 28th. Scores must be submitted by July 28th.

A score (i.e. number of repetitions or elapsed time) for each of the four fitness exercises is recorded and submitted at midseason. The pre-season score from Week 1 (i.e. number of repetitions or elapsed time) is compared with the midseason score from Week 5. Points are assigned based upon the percentage of improvement. Each of the four fitness exercises is assigned a corresponding numeric score (based upon % improvement for each) and these four scores are added together for a composite score.

FITNESS COMPETITION

SCHEDULE

continued...

End of Season Competition (Week 8) August 26th – Sept 2nd. Final Scores due Sept 2nd.

Participants compete in each of their four fitness exercises and receive a score (i.e. number of repetitions or elapsed time) for each of the four fitness exercises. These are recorded and submitted. The pre-season score is compared with the end of season score. The composite score is used to determine places of finish within each division. Participants will be awarded medals or ribbons based on their placement against others same-gender athletes of a comparable age and ability.



This section contains everything you need to know to guide participants through each of the four exercise target areas.

- Materials needed for each exercise
- Goal of the exercise
- Instructions
- Scoring guidelines
- Pictures and video links
- Links to supplemental exercises

FITNESS COMPETITION EXERCISES

Level 1

Record how many you can do in 60 seconds

Overhead Press
Side Arm Raises
Forward Arm Raises

Level 2

Record how many you can do in 60 seconds

Curl Ups
Quick Punches
Wall Push Ups

Level 3

Record how many you can do in 60 seconds

Side to Side Jumps
Jog in Place
Chair Squats

Level 4

Plank-record how long you can hold a plank
Record how many you can do in 60 seconds

Frog Jumps
Chair Dips
Jumping Jack Squats
Shin Touches

Level 5

Side Plank-record how long you can hold a plank
Record how many you can do in 60 seconds

Forward Jacks
Burpee
Reverse Fly
Full Push Ups

How do I decide what level is appropriate for my athlete?

Participants should be able to complete each exercise, but still find it challenging. If the participant can max out on any particular exercise within a level, consider moving up to the next level. Similarly, if a participant cannot complete any particular exercise, consider moving down a level. Participants should maintain proper form throughout the entire exercise.

MATERIALS

- Stopwatch
- Weights

PROCEDURE AND SCORING

EXERCISE:

1. Stand (or Sit) with weights* in your hands and your elbows bent. Your hands should be at shoulder height with your palms facing forward.
2. Slowly push the weights over your head until your arms are straight.
3. Lower the weights back down to the starting position.

* Start with 2-5 lb weights, and increase if that feels easy. If you do not have weights, you can use full water bottles instead.

SCORING: Time starts when participant is in the correct starting position and ends at 60 seconds. Count how many times you extend your arms over your head and return to the starting position. When your arms return to their starting position that is 1 complete move.



MATERIALS

- Stopwatch
- Weights

PROCEDURE AND SCORING



EXERCISE:

1. Stand (or Sit) tall with your arms down by your side. Hold small weights* in your hands.
2. Slowly bring your arms out to your sides until your hands are level with your shoulders. Keep your arms straight the whole time.
3. Pause and then slowly lower them back to your body.

* Start with 1-2 lb weights, and increase if that feels easy. Slowly increase weight by 1-2 lbs if you do not feel too tired. If you do not have weights, you can use full water bottles instead.

SCORING: Time starts when participant is in the correct starting position and ends at 60 seconds. Count how many times you extend your arms to your side at shoulder level and return to the starting position. When your arms return to their starting position that is 1 complete move.

MATERIALS

- Stopwatch
- Weights

PROCEDURE AND SCORING



EXERCISE:

1. Stand (or Sit) with your arms down by your side. Hold weights* in your hands.
2. Keep your arms straight. Slowly bring your arms out in front of you until they are shoulder height. Tighten your abdominal muscles so that your shoulders, hips, and back stay in a straight line. Do not lean back.
3. Lower your arms slowly to return to the starting position.

* Begin with 1-2 lb weights and slowly increase weight by 1-2 lbs if you do not feel too tired. If you do not have weights, you can use full water bottles instead.

SCORING: Time starts when participant is in the correct starting position and ends at 60 seconds. Count how many times you extend your arms to your side at shoulder level and return to the starting position. When your arms return to their starting position that is 1 complete move.

MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Participant lies on their back on the floor. They bend their hips and knees so their feet are flat on the floor.
2. Participant reaches their arms toward their knees.
3. Participant lifts their head and then slowly lifts their upper back until they reach their knees.
4. Participant should get their shoulder blades completely off the ground.
5. Participant touches their knees and lowers all the way back down, including their head.

SCORING: Record how many curl-ups you complete in 60 seconds.



MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Put both your hands in fists by your chest. Keep your elbows down by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.
2. Turn toward your left side. Punch your right arm in that direction.
3. Return to the center with both hands in fists by your chest and elbows down by your side.
4. Now turn toward your right side. Punch your left arm in that direction.

SCORING: Record how long you can sustain the quick punches. Punch till your arms are tired and you can no longer sustain the quick movement.



MATERIALS

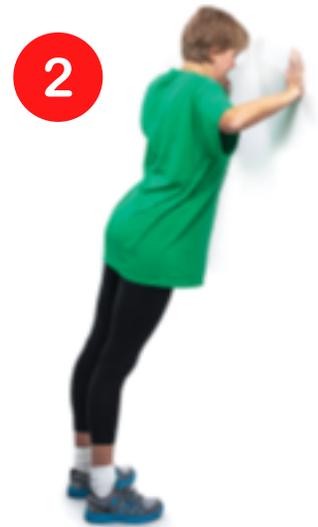
- Stopwatch
- Sturdy wall

PROCEDURE AND SCORING

EXERCISE:

1. Stand facing wall. Place your hands flat on wall at shoulder level with straight arms. Your feet should be behind your body so that you are leaning on the wall.
2. Bend your arms to bring your chest to the wall. Keep your legs in place. Make your body a straight line.
3. Push your arms straight to return to the starting position. Make sure your body stays in a straight line the whole time.

SCORING: Record how many wall push ups you complete in 60 seconds. One full push up is starting from the upright position, lowering towards the wall and returning to the upright position.



MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Bend the knees slightly and hop as high as you can to one side then the other.

NOTE: You can also hop forward to backward or hop in place.

SCORING: Record how many side to side jumps you complete in 60 seconds. Count each jump from side to side, each time your feet touch the ground, count that as 1 jump.

1



2



3



MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Jog in place.
2. Make sure to swing your arms the whole time.

SCORING: Record how long you can sustain a quick job. Jog till you are tired and you can no longer sustain the quick movement.



MATERIALS

- Stopwatch
- Chair

PROCEDURE AND SCORING

EXERCISE:

1. Stand in front of the chair with your arms straight out in front of you. Your feet should be as wide as your shoulders.
2. Bend your knees and hips. Lower yourself until you are seated in the chair. Do not use your hands.
3. Now stand up. Try your best to only use your legs (not your arms).

SCORING: Record how many chair squats you complete in 60 seconds. 1 squat is equal to you starting and ending in the upright position.



MATERIALS

- Stopwatch



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts on hands and knees/toes
2. Participant straightens one leg at a time and put the balls of their feet or knees on the floor.
3. Participant's hands are placed below their shoulders.
4. Participant's body should make a straight line from their heels/knees to their shoulders.
5. Participant should keep their abdominal muscles tight and their back straight.
6. Participant should hold this position in the correct form for as long as possible.

NOTES:

1. Participant should always have a straight back and should never make an "A" body shape while completing this exercise.
2. Stop the test when correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging or swaying occurs at the elbows, shoulders, trunk or knees.

SCORING: Record how long you can hold the plank position. Stop the time when you can no longer hold the correct form.

MODIFICATIONS

Participants with mobility impairments in the hands, wrists or forearms can complete this test with their elbows and forearms on the ground. Note that this test is more difficult so form should be monitored even more closely.

MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Start by standing with your feet apart.
2. Bend at your knees and hips to squat down. Touch the floor with your hands.
3. Jump straight in the air with your arms up.
4. Land in a squat with your hands touching the floor.

SCORING: Record how many frog leaps you complete in 60 seconds. 1 from leap is equal to starting with hands on the floor, jumping and returning to the starting position with knees bent and hands on the floor.



MATERIALS

- Stopwatch
- Chair

PROCEDURE AND SCORING

EXERCISE:

1. Sit on the edge of a sturdy chair or bench with your hands holding on to the edge. Keep your feet flat on the floor about 2 feet in front of you.
2. Scoot your buttocks off the edge of the chair. Supporting yourself with your arms and feet. Keep most of your weight in your arms..
3. Keep your back close to the chair. Bend your elbows and lower your buttocks toward the ground.
4. Straighten your arms and come back up.

SCORING: Record how many chair dips you complete in 60 seconds. 1 chair dip is equal to starting and ending in an upright extended arm position.

1



2



MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Stand with your feet together and your arms by your sides.
2. Jump up and spread your legs apart as you swing your arms over your head.
3. As you land with your legs apart, bend your knees and go into a wide squat.
4. Jump up and bring your arms back to your sides and your legs together.

SCORING: Record how many jumping jacks you complete in 60 seconds. 1 jumping jack is equal to starting and ending in the starting position with your legs together and arms at your side.



MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Lay on your back on the floor. Put your legs straight up over your hips and your arms over your head.
2. Lift your arms. Touch your shins. Bring your head, neck, and upper back off the ground as you reach toward your shins. Slowly lower back to the starting position.

SCORING: Record how shin touches you complete in 60 seconds. 1 shin touch is equal to starting and returning to the back on your floor position and your arms over your head.



MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Lie on your side with your elbow underneath your shoulder. Put one foot on top of the other.
2. Lift your hips off the ground. Keep your body in a straight line. Look forward.
3. Hold this position for as long as you can.
4. Switch sides

SCORING: Record how long you can hold a side plank on your right side. Then switch sides and record how long you can hold the plank. Add these two times together.



MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Stand with one foot in front of the other and your arms down by your sides.
2. Jump up and switch your feet. Swing your arms sideways over your head.
3. Jump up and bring your arms back to your sides and switch your legs back to the starting position.

SCORING: Record how many forward jumping jack you complete in 60 seconds. Count 1 forward jumping jack each time your feet hit the floor



MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Squat down. Touch the floor with your hands just outside of your feet.
2. Jump or step your legs back behind you and get into a push-up position.
3. Jump or step your feet forward to get back to the squatting position.
4. Jump high into the air with your arms above your head. Bend your knees slightly when you land.

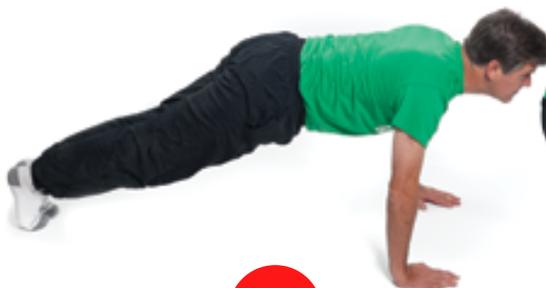
SCORING: Record how many Burpees you complete in 60 seconds. 1 burpee is finished when you land after the jump.



1



2



3



4



5

MATERIALS

- Stopwatch
- Weights

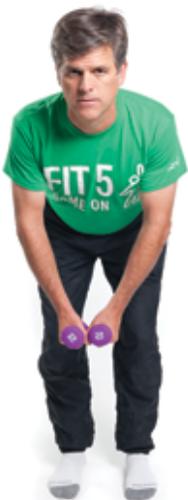
PROCEDURE AND SCORING

EXERCISE:

1. Bend over with your back straight and flat. Bend your knees slightly. Hold weights* in your hands close to your knees.
2. Raise your arms out to your sides until they are level with your shoulders.
3. Pause. Slowly lower your arms back to the starting point. Keep your back straight and eyes forward the whole time.

* Begin with 1-2 lb weights and slowly increase weight by 1-2 lbs if you do not feel too tired. If you do not have weights, you can use full water bottles instead.

SCORING: Record how many reverse flys you complete in 60 seconds. 1 reverse fly is equal to returning to your starting position with hands close to your knees.



1



2



3

MATERIALS

- Stopwatch

PROCEDURE AND SCORING

EXERCISE:

1. Start in a plank hold position. Put your hands a little wider than your shoulders.
2. Bend your elbows and lower your body toward the ground. Try to lower your chest all the way to the ground.
3. Push your body back up to the starting position. Keep a straight line from your feet to your shoulders for the whole exercise.

SCORING: Record how many push ups you complete in 60 seconds. 1 push up is equal to returning to your starting arms extended plank position.

