



SPECIAL OLYMPICS WISCONSIN

FITNESS COMPETITION

PLAYBOOK

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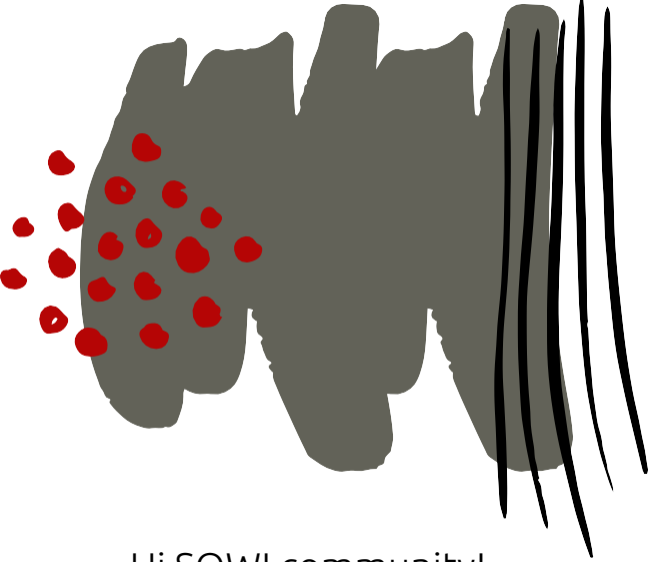
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THE GAME PLAN

Hi SOWI community!

The Special Olympics Wisconsin (SOWI) Fitness Competition has been designed by Special Olympics staff representing multiple SO Programs, the SONA Region and Special Olympics Inc. (SOI) to offer participants (athletes and Unified partners) the opportunity to challenge themselves and others 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.

SOWI 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 competition format for the Fitness Competition incorporates fitness exercises that target the following:

- 1) Balance
- 2) Upper body strength
- 3) Cardio

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.**



A new Special Olympics Fitness Competition has been developed. It provides Special Olympics participants (athletes and Unified partners) with an opportunity to compete in a sequence of three different fitness exercises and measure overall performance levels. Competition can be offered amongst individual athletes, traditional doubles, or Unified doubles.

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 or team's performance improvement over the course of a season.



FITNESS COMPETITION FAST FACTS



Length of Season: 8 weeks



Participants select one of the three 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 three exercises throughout the course of the 8-week season. For doubles competition, however, participants do not have to train and compete in the same level of exercises.



Participants will be divisioned based on age, gender and a 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.

FITNESS TEAM FORMATS

Unified Doubles or Traditional Doubles

- ***Unified Doubles:*** An athlete and Unified partner train and compete together, either in-person or virtually, against other Unified doubles teams.
- ***Traditional Doubles:*** Two Special Olympics athletes train and compete together, either in-person or virtually, against other doubles teams comprised solely of Special Olympics athletes.

▶ Ideally, the doubles team members would select the same level of fitness exercises, but this is not required.

▶ The Fitness Competition composite scores for the two participants are averaged for the team's score. This is used for divisioning and in competitions against other Unified or traditional Special Olympics doubles teams.

SCORING FOR FITNESS COMPETITION

For the Fitness Competition, an athlete, Unified partner or team's final score will be based upon the sum of three scores from each fitness exercise:

- Score 1 = a pre-season score
- Score 2 = % improvement from pre-season to mid-season
- 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 three fitness exercises are added together to give the participant a total individual pre-season composite score. If the athletes and Unified partners are on a team, the composite scores for each team member are averaged together to get the total pre-season composite 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

Definitions:

- Raw Score: The number of repetitions or time held for each exercise.
- Point Score: The corresponding points awarded for each exercise based on the score table.
- Composite Score: The sum of the point score for each of the three exercises in a given level.
- Improvement Score: The percentage improvement from one composite score to another recorded at a different point in time.

FITNESS COMPETITION SCHEDULE

PRE-SEASON

SOWI staff will conduct a webinar to provide an overview of the season for athletes, Unified partners, coaches, family members and local coordinators.

WEEK 1

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

A pre-season raw score is recorded and submitted for each of the three 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.

Agencies will submit raw scores (number of repetitions or time held) for each exercise. SOWI will convert the raw score into points. SOWI will calculate the final pre-season composite score based on the sum of the points awarded for each exercise.

MID-SEASON (WEEK 5)

A raw score (i.e. number of repetitions or elapsed time) for each of the three fitness exercises is recorded and submitted at mid-season. The pre-season composite score from Week 1 (i.e. total number of points earned from the three exercises) is compared with the mid-season composite score from Week 5. The mid-season improvement score is calculated as the percentage improvement from the pre-season composite score to the mid-season composite score.

FITNESS COMPETITION SCHEDULE

Continued...

DIVISIONING: PRE-SEASON TO MID-SEASON

Athletes will be divisioned by age, gender and similar improvement scores recorded from pre-season composite score to mid-season composite score.

For example, Joe is a male athlete and is participating in Level 2 fitness exercises:

Joe's pre-season results:

Push-ups (knees): 10 total = 2 points
Jumping Jacks (trad.): 25 total = 5 points
One-leg Stance (open): 10 sec = 1 point

Joe's mid-season results:

Push-ups: 11 total = 3 points
Jumping Jacks: 35 total = 7 points
One-leg Stance: 15 sec = 2 points

To place Joe into a division for the end of season competition, SOWI would use:

Pre-Season score: 8 points Mid-season score: 12 points Improvement Score: 50%

Joe would be divisioned with other male athletes of a comparable age that attained a comparable % improvement of 50% (+ or -).

End of Season Competition (Week 8)

Participants compete in each of their three fitness exercises and the raw score (i.e. number of repetitions or elapsed time) for each of the three fitness exercises is recorded and submitted one last time. The improvement score from the pre-season composite score to the end of season composite score is used to determine places 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.

In the example above with Joe, he again improves upon each fitness exercise at the end of season competition. The results would provide a return for the following score:

Joe's end of season results:

Push-ups: 12 total = 3 points
Jumping Jacks: 40 total = 8 points
One-Leg Stance: 20 sec = 3 points

Pre-season composite score = 8 points
End of season composite score = 14 points
FINAL IMPROVEMENT SCORE: 75%



THE EXERCISES

This section contains everything you need to know to guide participants through each of the three 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

Seated Lateral Side Bends
Roman Holds
Jumping Jacks - Modified

LEVEL 2

1-Leg Stance - Eyes Open
Pushups – on Knees
Jumping Jacks – Traditional

LEVEL 3

Ball Taps
Pushups – on Toes
Mountain Climbers

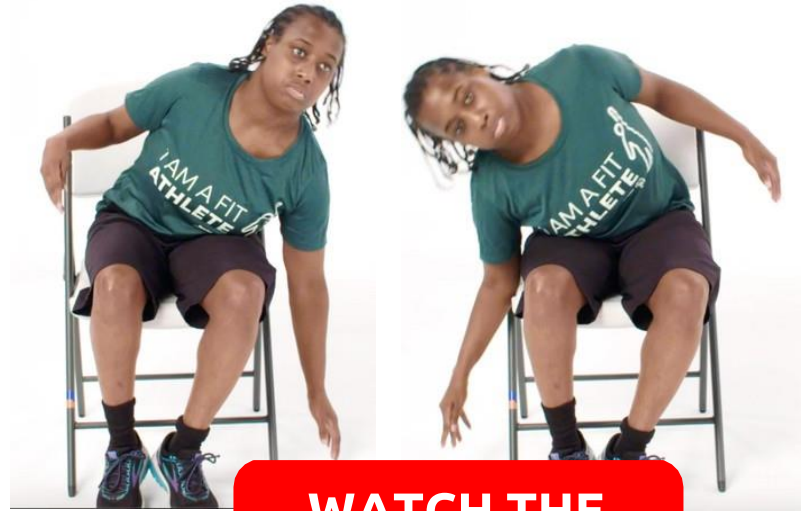
How do I decide what level is appropriate for my athlete or unified partner?

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

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



**WATCH THE
VIDEO HERE**



PROCEDURE AND SCORING

EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

SCORING: This process will repeat for 30 seconds, and the amount of successful total bend and ups to normal seated position will count toward the final score.

MODIFICATIONS

This exercise can be performed seated in a chair or in a wheelchair.

MATERIALS

Before you start, make sure you have:

- Stopwatch

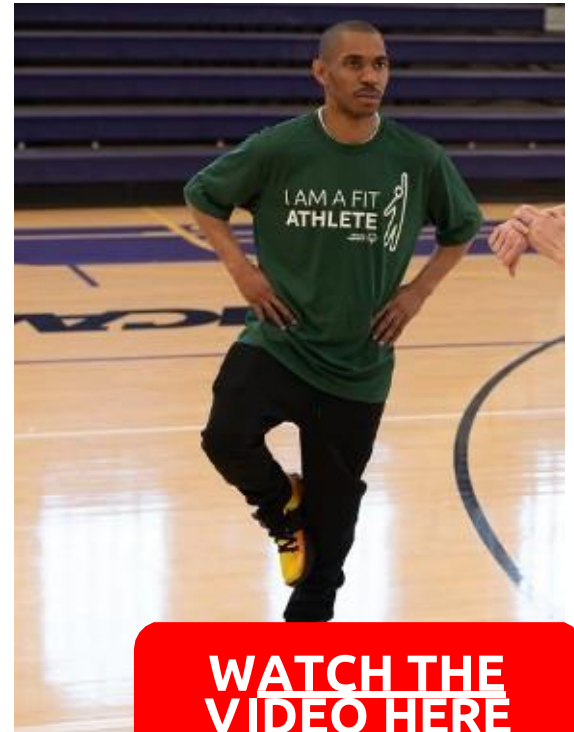
PROCEDURE AND SCORING

EXERCISE:

1. Participant stands within arm's reach of a stationary object.
2. Feet are shoulder width apart.
3. Participant places their hands on their hips.
4. Participant bends the knee of the non-supporting leg lifting the foot off the ground.

SCORING: Time starts when participant is in the correct standing position and ends when balance is lost which is when the non-supporting leg touches the ground, or when the hands come off the hips.

Once participant has exceeded 55 seconds without a loss of balance, they have achieved the maximum amount of points for this exercise.



MATERIALS

Before you start, make sure you have:

- Stopwatch
- Ball



WATCH THE
VIDEO HERE



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

Note: If participant would like a more advanced exercise, keep the same foot off the ground and repeat without losing balance as many times as possible in the prescribed time.

SCORING: Participant goes from the upright position to the floor touch position as many times as they can without losing their balance for 60 seconds. Count how many times they tap the ball in that 60-second timeframe for their total score.

MATERIALS

Before you start, make sure you have:

- Stopwatch



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PROCEDURE AND SCORING

EXERCISE:

1. Participant stands flat-footed with their legs shoulder-width apart.
2. Participant raises their arms laterally to a 90-degree angle (shoulder height) and holds that position. Their body should form a T-position.
3. Participant holds their arms at 90 degrees for as long as possible without dropping them below shoulder height.

NOTES:

1. Participant will receive one warning if they bring their arms above or below 90 degrees. If a participant is warned for a second time, the time will be stopped, and the score will be recorded.
2. Participant should not walk or move around when completing this exercise.
3. Focus on keeping participant's neck long and natural. Elevating the shoulders can cause neck tension if done improperly.
4. Dumbbells can be used to increase the difficulty of the exercise, but the test is designed to complete on body weight alone.

SCORING: The total amount of time to failure is counted as the final score. If the participant holds the exercise for more than 55 seconds, they have achieved the maximum score.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests



WATCH THE VIDEO HERE



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a plank position with arms shoulder width apart and palms flat on the floor.
2. The head, back, hips, knees and/or toes should be in a straight line.
3. Participant bends their elbows and lower their chest toward the ground. Participants must bend their elbows at least 90 degrees before returning to the starting position. A towel or a block under the chest can help participants to know they've gone far enough down. They should use their arms and core to push back up to the starting position.

SCORING: The total amount of push-ups in 60 seconds is counted as the score. Participants must maintain form in order for the push-up to count.

MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for push-ups found [here](#).

CHAIR PUSH-UP EXERCISE:

1. Participant will begin in their wheelchair or chair with armrest and palms on the arm rest.
2. Participant will fully extend the arms; while pressing against the arm rest lifting their body.
3. Once arms are fully extended, the participant returns to seated position.
4. A complete push-up is done once the participant returns to the seated position.

CHAIR PUSH-UP SCORING: Count the number of push-ups completed by the participant in 60 seconds.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests and no wheels



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PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a standing position with arms at their sides.
2. Participant jumps up and spreads legs apart as they swing their arms over their head. They should clap their hands together at the top.
3. Participant jumps again and bring their arms back to their sides and their legs together.
4. Repeat for allotted times.

NOTES: Participant must complete a full repetition (ex. go from start position, clap at the top, return to start position = 1 repetition) in order for it to be counted.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

Participants with lower body mobility issues can do Seated Jumping Jacks.

EXERCISE:

Participant will extend their arms out to the sides and then up above their head, clapping their hands. The arms will come back down to the side position. The process will continue for 60 seconds. Each time the participant claps hands above the head, a repetition is counted.

SCORING: The total number of repetitions done in 60 seconds is counted for the final score.

MATERIALS

Before you start, make sure you have:

- Stopwatch



**WATCH THE
VIDEO HERE**



PROCEDURE AND SCORING

EXERCISE:

1. Participant gets into a push-up or plank position, making sure to distribute their weight evenly between hands and toes.
2. Hands should be about shoulder-width apart; back should be flat and head in alignment.
3. Participant pulls their right knee into their abdomen as far as possible.
4. Participant switches legs, pulling one knee out and bringing the other knee in. This movement continues for the allotted time. Each time their knee comes towards their abdomen that counts as 1 point.

NOTES:

1. Participant should keep hips down in a push-up position the entire time.
2. If the knee does not come close to the participant's abdomen, that repetition does not count towards their score.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.