

Session: SPL FFIT SESSION 1 Getting Started	Notes
Date, time, venue and club	<i>(e.g. 21/02/11; 18.00-19.30; Learning Centre in South Stand at Easter Road, Hibernian FC, then a tour of dressing rooms). Please describe the venue and layout</i>
Coaches	<i>Please give names and roles of coaches, with notes of delivery style and relationship with each other and the men.</i>
Participants	<i>Please give the number of participants attending (and the number of absentees). Note when the men started to arrive and what happens before the programme starts (if they arrive early).</i>

Session content - coaches notes

Classroom	Physical activity	Delivered Classroom?	Delivered PA?
<ul style="list-style-type: none"> • Introduce men to aim of programme <i>'how to eat better, be more active and stay that way in the long term'</i> • Getting to know one another and sharing ideas and experiences • Influences on choosing what to eat and control over that • Energy balance (intake vs output) • Food diary homework 	<ul style="list-style-type: none"> • Introduction to pedometers and how to use them • Short stadium tour wearing pedometer • Ensure everyone understands how to do baseline step count homework 		

RESOURCES	SPECIFIC PREPARATION	Done?
Participant programme notes Club FFIT top for each participants Flip chart and pen (Exercise 6)	Prepare flip chart sheet with 'I HAVE COMPLETE CONTROL OVER WHAT I EAT' at top, 'I HAVE NO CONTROL AT ALL OVER WHAT I EAT' at bottom, and a line linking them Plan stadium tour and 'insider' stories	
1. Introduction 5min		
Background Group members need to know something about you, your link to the club, why you are running the group and that they can feel comfortable with you. You also need to allay any anxieties they have about the programme and help them get to know each other.		
Content, Style & Method of Delivery <ul style="list-style-type: none">• Warmly welcome all the men and congratulate them for making the effort to attend• Introduce yourself and tell them a bit about you		
Comments		
Key Lessons		
2. Overview of the 12 weeks 5min		
Resources <ol style="list-style-type: none">1. Programme notes for each participant2. Club FFIT top for each participant		
Content, Style & Method of Delivery <ul style="list-style-type: none">• Give out the participant programme notes and ask men to bring them (and a pen) every week• Give a brief tour of the 12 sessions of the; programme referring to the		

<p>“SPL Football Fans in Training Core Components” (page 8)</p> <ul style="list-style-type: none"> Describe how the “fitness sessions” will be introduced gradually during the 12 weeks, with the first 2 weeks concentrating on the importance of eating and drinking more healthily and on using pedometers to increase daily walking Ask the men how the programme compares to their expectations. Emphasise that the key message of FFIT is to encourage them to eat more healthily, be more active, and to keep those changes going in the long term. Stress that FFIT is not a diet Give out the club FFIT tops and ask the men to wear these every week 	
<p>Comments</p>	
<p>Key Lessons</p>	
<p>3. Ground rules and commitment 10min</p>	
<p>Background Setting ground rules early can help to avoid difficult situations arising.</p>	
<p>Resources Flip chart and pen</p>	
<p>Content, Style & Method of Delivery</p> <ul style="list-style-type: none"> Ask the men to suggest ground rules for the group and write ideas up on the flip chart Make sure the following rules are covered: TIME-KEEPING CONFIDENTIALITY INVOLVING EVERYONE INTERRUPTING RESPECTING OTHERS Stress that you need commitment to the programme from everyone. Nobody should have more than 2 absences. Ask if anyone can foresee any difficulties with that? Check the men understand that their regular attendance is important 	

for the group.	
Comments	
Key Lessons	
4. An ice-breaker for personal introductions 10min	
Background The men may feel anxious about speaking in a group of strangers and an ice-breaker helps to introduce and involve them from the outset	
Content, Style & Method of Delivery <ul style="list-style-type: none"> • Get the men to introduce themselves and to state their most memorable football game and favourite food • Start off by describing your own most memorable game and favourite food • Ask the men about their choices to encourage them to interact 	
Comments	
Key Lessons	
5. Influences on food choice 5min	
Background The next two exercises start to bring out some of the barriers people face in trying to eat more healthily and being more active. They can also give them inspiration and ideas for how to stop things getting in the way of eating healthily and being more active.	
Resources <ol style="list-style-type: none"> 1. Flip chart and pen 	
Content, Style & Method of Delivery <ul style="list-style-type: none"> • Ask men to call out things that influence what they eat and write them on the flip chart • Ask men to call out things that influence how active they are and write them on the chart • Discuss how long the lists are and how difficult it can be to eat 	

healthily and have an active life amidst all these other factors	
Comments	
Key Lessons	
6. Locus of control 10min	
Background The men must accept the choices they make about their eating and physical activity are their own responsibility if they are to make effective long term changes.	
Resources 1. Prepared “Locus of Control” flip chart sheet (see Specific Preparation)	
Content, Style & Method of Delivery <ul style="list-style-type: none"> • Tell the men it is their decision to attend the programme and whether or not it works for them is in their own hands. They can’t ‘blame’ anyone else for any failure. Equally, they should congratulate themselves when things go well • On the “Locus of Control” flip chart sheet put your initials on the line between the two statements and give reasons for doing so (e.g. I just eat what’s put down for me) • Then ask each man to come and add their initials on the line and ask some men for their reasons once they have all added their names 	
Comments	
Key Lessons	
7. Food diary homework 5min	
Background Before trying to make changes it is important to establish current eating and activity patterns to provide a baseline from which to start to make changes.	

<p>Content, Style & Method of Delivery</p> <ul style="list-style-type: none"> • Ask each man to complete “Food Diary 1” (page Error! Bookmark not defined.) for two days (one work day and one non-work day) before the next session • Urge them to choose days that are typical of what they normally eat and not to make any changes yet • Stress the importance of being truthful to make this exercise meaningful 	
<p>Comments</p>	
<p>Key Lessons</p>	
<p>8. Pedometers 20min</p>	
<p>Background For many people, walking more can be an effective and achievable way of increasing activity. Measuring their baseline levels will allow the men to plan future activity.</p>	
<p>Resources</p> <ol style="list-style-type: none"> 1. Pedometers: one for each man and one for you to demonstrate 	
<p>Content, Style & Method of Delivery</p> <ul style="list-style-type: none"> • Link the importance of eating more healthily <i>and</i> being more active by telling the men that getting the balance between energy intake (through food and drink) and energy output (through being active) is crucial to staying in shape • Anything that we eat that is not used for energy is stored as fat by our bodies. To lose weight they need to “tip the balance” towards eating less and being more active • Give out the pedometers, explain how they work and demonstrate the correct positioning of them on the body • Ask the men to start wearing the pedometers immediately and to record their daily steps in the “Measuring your Current Step Count” table (page Error! Bookmark not defined.Error! Bookmark not defined.) 	

<ul style="list-style-type: none"> • Urge them to not to increase their normal activity yet so they can get a realistic baseline • Key points: <ul style="list-style-type: none"> ○ Make sure the pedometer is upright, men with a large belly may have to wear it round the back of their trousers for it to work properly ○ Make sure the men know how to zero the pedometer ○ Encourage the men to be honest ○ It is important to register a full day, encourage the men to get into the habit of putting their pedometer on as soon as they get up (even if they don't get dressed immediately) and taking it off last thing at night ○ Make sure the men understand the importance of recording their step count accurately at the end of each day • Suggest that walking is a social activity and they might like to meet up as the weeks go on to walk together – say some other groups have really enjoyed doing this 	
Comments	
Key Lessons	
9. Tour of the stadium and ending 20min	
Background Feeling part of the club is a vital component of the programme. Finishing on time is also important as the men may have other commitments.	
Resources <ol style="list-style-type: none"> 1. Pre-plan the tour of the club's facilities, checking which areas are accessible to the group. 2. Have some "behind the scenes" stories so the men feel they are getting a special insight 	
Content, Style & Method of Delivery	

- Halfway round the tour get the men to check their pedometers (all should have roughly the same amount of steps). Get the men to reposition any that are not working well to ensure they are upright (e.g. ask the men to try the pedometer round the back)
- At the end of the tour do another pedometer check and replace any that are not working
- Remind the men to weigh themselves and note their weight on their **“Personal Weekly Progress Record”** at the start of their notes (page **Error! Bookmark not defined.** in yours), but not to worry about the percentages at the top for now
- Genuinely thank everyone for coming along, summarize the session and look forward to next week and the rest of the programme.

Comments

Key Lessons