



**Video Education
Australasia**
Bringing Learning to Life

Program Support Notes

Middle Secondary - Tertiary

53mins

Fat Man Running

Teacher Notes by: **John Hillel**, Cert.Ed., MA,
Grad.Dip.Appld.Film&TV, Grad.Dip.Media, Dip.
Prof. Writing and Editing

Produced by **Electric Sky**

Distributed by **Video Education Australasia**

© Video Education Australasia Pty. Ltd.

Suitable for:

Health

Phys Ed

To order or inquire please contact VEA:

Australia

111A, Mitchell Street,
Bendigo, Victoria 3550
FREECALL: 1800 034 282
Phone: (03) 5442 2433
Facsimile: (03) 5441 1148

New Zealand

PO BOX 4390,
Shortland St., Auckland
FREECALL: 0800 486 688
Facsimile: 0800 488 668

E-mail

vea@vea.com.au

Website

www.vea.com.au

WARNING

The Copyright proprietor has licensed the motion picture contained on this video cassette for non-theatrical use only and prohibits any other use, copying, reproduction or performance in public, in whole or part. The penalties for unauthorised copying of this program include a \$50,000 fine for individuals and a \$250,000 fine for institutions.

These notes can be freely copied for classroom use only.

Fat Man Running

Program Summary

An overweight man decides to train for the London Marathon. His friends and his fiancée are filled with disbelief; but, despite all the objections, his own doubts and a nagging knee injury, he realises his goal. The program is a salute to the values of determination, willpower and goal setting.

Introduction

Just what does it take for an ordinary, unfit, overweight person to run in the London Marathon and complete the course? Can someone who has never done any running before and who lives an unhealthy lifestyle, change his pattern of living enough to realise a goal, even when that goal seems unattainable? This program shows how, with sufficient determination, willpower and the setting of realisable goals even the seemingly impossible can be achieved.

Program Timeline

0.00	Program start/ title graphic, <i>Fat Man Running</i>
00.30	Introduction – the plan.
02.50	Training starts.
04.24	Two weeks later – the last take away
05.25	The morning after
07.12	Blisters – getting the gear together
10.26	Racing the girls
11.00	His fiancé speaks
11.20	Visiting parents
12.35	A medical check-up
14.00	Some home truths
15.17	Four months to marathon day – friends for dinner
17.00	Another morning after
17.32	Preparing for the 6 mile race
20.00	After the race
20.46	Three and a half months to marathon day
21.26	Training at the track
23.20	Shopping
23.45	Christmas dinner #1
24.55	Christmas dinner #2
26.00	10 weeks to marathon day
26.30	Meeting a dietician – the moment of truth
29.00	6 weeks to marathon day; A weigh in
30.50	The Reading half marathon
33.00	The finish
33.43	2 weeks to marathon day – an injury
34.50	Meeting an experienced marathon runner
36.45	Registration
37.46	A downer - Feeling bad about everything
40.40	Marathon Day
42.43	3 miles
43.00	6 and a bit miles
44.16	12 and a half miles
45.10	15 miles
46.00	20 miles
47.00	24 miles
48.00	The finish
49.45	The aftermath
51.43	Credits.

Fat Man Running

Questions and Ideas for Discussion and Research:

- Find out what you can about the history of the London Marathon.
- Although James is unfit and seriously overweight, he immediately starts running quite long distances. Why might this not be a good idea and what should an unfit person do before they embark on any period of physical exercise?
- What is necessary for a healthy diet and how did James diet differ from this?
- After James had successfully run the Marathon he (apparently) returned to his earlier eating and drinking habits. What will be likely to happen to him as a result?
- What injury could have been responsible for James's knee pain? What was the appropriate treatment for such an injury and is it possible that he could have done any permanent damage to his knee?
- What would be a healthy weight for someone of your height and age? What would you need to do to attain that weight and how could you make that permanent?
- If James had come to you for advice about diet and an exercise program before he started on the project, what would you have told him? Prepare a document relating to diet and exercise that you could give to an unfit person who is preparing for a long distance run for the first time.
- The climate in London is very different from that in Australia or New Zealand. Find out what the climate is like. What do you think it would be like to train in such conditions? In what ways would your training regime need to be different to take account of different climatic conditions?
- Why did James sometimes feel good at his training sessions and sometimes very bad?
- What would be the best foods to eat just before running a marathon?
- I used to like butter and cream, but I stopped eating them some years ago when I decided to try to get healthier. Now I don't like butter or cream - I find them unpleasantly rich and sickly. I also don't like salty food any more. Do you think it would be possible for you to change your eating or drinking or exercise habits in such a way that your old habits would no longer be appealing?
- Have you ever set a goal for yourself and achieved it? How did it feel?
- Is goal setting a good thing to do? Are there any circumstances where goal setting might actually be a bad thing to do?
- Running shoes can be very expensive indeed. Is it worth spending money on an expensive shoe, or can a cheaper one be just as good?
- What protection does a good running shoe give you apart from protection from discomfort?
- As the body ages it metabolises differently. If James continues to live the lifestyle he is apparently returning to, what will happen to his body and how might it impact on his life as he gets older?
- What is your blood pressure and heart rate? What are the healthy measurements of these indicators for someone of your age and size?
- What happens to the heart and arteries of a person who has a diet that is high in animal fat and how quickly can this happen?

Fat Man Running

- What happens to the body if it becomes seriously *under* weight?
- James trained for six months for the Marathon. Was that long enough? How long would James have needed to train to achieve his full potential in the race?
- Running puts a strain on various parts of the body. What parts of the body does it particularly stress and what are the dangers of such stress?
- Is running the best form of exercise for someone who is trying to be fit and healthy? Apart from going to a gym, what kinds of exercise are recommended for minimum stress on the body for maximum exercise benefit?
- What is 'hitting the wall'; what is happening to the body when that happens and how can it be avoided?
- James' friends and his fiancée were ultimately encouraging of his goal. What difference does it make if people are encouraging when you are aiming for a goal? If people don't believe you can do it, does that spur you on to prove them wrong, or does it put a wet blanket over your efforts?
- At the end of the long distance race, James wore a cape made from reflective material. What does that do and why is it necessary?
- Is it worth achieving something for its own sake, just for the satisfaction it gives you (i.e. for rewards that are intrinsic)? If there are no rewards from outside (extrinsic rewards) do you feel less inclined to do something that might be difficult? Is that a good or a bad thing? Were James' rewards extrinsic or intrinsic?
- Why do you think James and his associates made this program – what were they trying to say? How successful do you think they were in what you thought they set out to achieve?
- Find out what marathons and other long distance races are run in your area. Go to one when it is being run and see what you can learn from watching the different competitors and their reactions at different stages in the race. Find out how the event is organised and who organises it.
- In consultation with your Physical Education teachers, organise a long distance race in your local area, or at your institution.
- James purchased some special gear when he was training. Some of it was specifically designed for males. What different gear would be required for a female long-distance runner?
- Set yourself a personal goal to do with some physical activity and make a video diary of your progress towards that goal.
- Talk to someone who has run a marathon about what it was like, how it felt to be part of that event and what s/he did to prepare for the event.

Fat Man Running

Quiz Sheet

1. Name three of the food or drink products that are shown in the opening sequence?

2. How long does James have to trim up before his wedding?

3. How much does James weigh at the start of the project?

4. What is the name of the park where James says he is going to do a lot of his running?

5. What does James say you have to do before starting each training session?

6. What distance does James run before stopping to rest and report on his progress at his first training session?

7. What does James drink after his first training run?

8. What fast food does James eat two weeks after the first training session?

9. What is the date of this London Marathon?

10. What does James weigh at the first weigh-in after training?

11. What makes James decide to get the proper gear for running?

12. What does the sport-gear salesman suggest is the most important thing to buy for the Marathon?

Fat Man Running

13. What was the sport-gear salesman's best time for the Marathon?

14. What time was James aiming for in the Marathon?

15. What is the difference between cotton and the special running shirt materials?

16. How much does James' new gear cost in total?

17. Why are the nipple guards necessary?

18. What piece of equipment is needed for a male long distance runner to stop their genitals from chafing?

19. In the race between James and the girls in the park, who wins?

20. What do James's parents think about his running the Marathon?

21. What distance and how frequently is James training when he sees the doctor?

22. Why is it that James fails to lose significant weight at first even though he is exercising?

23. What is James doing to make his fiancée's life 'a misery'?

24. What does James's fiancée agree James has done to improve his diet?

25. What distance is the first race (round Regent's Park) that James competes in?

Fat Man Running

26. What advice does the older man at Regent's Park give James for running a long distance race for the first time?

27. How far has James run in the first race when he says he is 'close to death... '?

28. What does James weigh at the second weigh in (just after the first race)

29. What activity does James describe as 'a disaster'?

30. What, according to the guest at James's parents Christmas dinner, happens at the sixteen mile point in the marathon?

31. What does James weigh at the third weigh in (just after Christmas)?

32. What does B.O.M.C. stand for?

33. What does the dietician say James has to train as well as his muscles?

34. What does James say he can't give up and how much of this does the dietician say James can have each week?

35. In what town does James compete in the half marathon?

36. How much does James weigh after he has been on his diet for four weeks (his fourth weigh in just before the half marathon)?

37. What muscle does the masseur say is tight just before the half marathon?

38. Why won't James go and see a doctor about his knee?

39. Who is sponsoring this London Marathon and what is the product?

Fat Man Running

40. How much weight does James lose between the start of the project and the start of the Marathon?

41. What does James have for breakfast on the morning of the Marathon?

42. What park does the Marathon start in?

43. Why is there a minutes observed before the start of the Marathon on this occasion?

44. What happens to James at the 12 ½ mile point?

45. What time does James run the marathon in?

46. What foods does James say he has missed whilst he has trained?

47. What does Jane say they have learned from this whole experience?

Fat Man Running

Student Activity Sheet

1. The London Marathon is 25 miles long. Work out how long it is in Kilometres and how many paces it would take if you were to run that Marathon?
-

2. James lost three stone in weight. How much is that in Kilograms?
-

3. Rate the following statements from 1 to 5 where 1 is not at all and 5 is a lot (circle one number for each statement):

- a) This program encouraged me to try and run a marathon:

1 2 3 4 5

- b) This program made me realise that with enough determination just about anything is possible:

1 2 3 4 5

- c) I found this program interesting to watch:

1 2 3 4 5

- d) I feel encouraged to lose weight through watching this program:

1 2 3 4 5

- e) I feel encouraged to exercise regularly through watching this program:

1 2 3 4 5

- f) I feel encouraged to gain weight through watching this program:

1 2 3 4 5

- g) Doing strenuous exercise when you are unfit without medical supervision can be dangerous:

1 2 3 4 5

- h) Eating food that is high in animal fat is bad for you:

1 2 3 4 5

- i) Being overweight is bad for your health:

1 2 3 4 5

- j) Being overweight makes you feel physically bad:

1 2 3 4 5

- k) Being underweight is bad for your health:

1 2 3 4 5

- l) Being underweight makes you feel physically bad:

1 2 3 4 5

- m) The best way to lose weight is to eat less:

1 2 3 4 5

- n) The best way to lose weight is to eat less fattening foods:

1 2 3 4 5

Fat Man Running

o) The best way to lose weight is to exercise without changing your diet:

1 2 3 4 5

p) The best way to lose weight is to exercise and change your diet:

1 2 3 4 5

q) The best way to gain weight is to eat more:

1 2 3 4 5

r) The best way to gain weight is to eat more fattening foods:

1 2 3 4 5

s) I enjoy running regularly:

1 2 3 4 5

t) I would like to join an athletics club:

1 2 3 4 5

Website References

<http://www.ausrun.com.au/index.html>

The 'Ausrun' home page – links and advice on training and health related to running.

<http://www.coolrunning.com.au/>

The 'Coolrunning' home pages an independent website 'run by runners'. It includes a link to a calendar of all marathons and other running events around Australia.

<http://www.healthinsite.gov.au/topics/Exercise>

The Australian Government site devoted to exercise. Includes links to: "*information about different types of exercise and the associated health benefits. Specific information on exercise for different people or as therapy...*"

Also see various state government information websites under 'health'.

http://www.sport.vic.gov.au/web9/srvsite.nsf/pages/research_injury

Valuable government sponsored site providing PDF downloadable copies and links to fact sheets about sports injury prevention for a range of specific sporting activities.

Other Relevant Programs available from VEA

Training for Fitness Series Training for Netball
Training for Basketball
Training for Football: Aussie Rules
Training for Tennis
Sports and Injuries – Advances in Sports Medicine
Sport and Coaching
Sport and Psychology
By any Means Necessary- Ergogenic Aids
Sport in Society

Please visit our website for many more relevant programs www.vea.com.au

VEA – *Bringing Learning to Life*