

**RYAN MICKEY**

**Memorandum of Class Designed and Originated by Ryan Mickey signed by:**

- Program Sponsor, Mental Health Dept. Fac "E". Richard J. Donovan Dr. J. Hauser Psy.D.
- Dr. M. Lukasik, Ph D. Senior Psychologist
- G. Ortiz Captain (A) Facility "E"

**Class Curriculum Designed by Ryan Mickey**

**Sample Test Questions**

Mind  
Body



Fitness  
Nutrition

Tai Chi, Yoga, Jiu Jitsu, Exercise & Nutrition Science

## Ryan Mickey

Nutrition Science Trainer/Coach  
Exercise & Jiu Jitsu Instructor

Office Hours: 6:30am to 4:00 pm Room "B" 113



# Memorandum

Date : June 16, 2022

To : Facility "E" Staff

Subject : MIND-BODY FITNESS GROUP PROGRAM AND ROOM USAGE PROPOSAL: BUILDING 25 B-113

This memorandum authorizes R. Mickey, CDCR# AD-2970, to establishment the peer-led Mind-Body Fitness Group (MBF). The MBF group's mission focuses, through fitness and health education, on the following criminegenic factors within the inmate population:

- Antisocial Personality
- Antisocial Behavior
- Leisure/Recreational Activity

Mind-Body Fitness Group will appropriate usage of building 25 B-113 for sponsored self-help classes/programs:

- **Exercise and Nutrition Science:** This course is in an academic setting. Participants will learn basic physiology, anatomy, kinesiology, biomechanics, exercise physiology, and sports nutrition. They will develop the knowledge necessary to understand what is occurring in their bodies. They will learn to develop proper exercise programs and nutrition programs to facilitate their fitness goals. This will ultimately lead to healthier living habits and create healthier environments.

Each of these programs utilize an eight-to sixteen week curriculum. The curriculum are peer facilitated with personal and/or professional experience in their respected areas, and will consist of the following evidence building criteria:

- **Pre and Post testing**
- **Classroom Instruction**
- **In-group Exercise**
- **Self-reflective Writing Assignments**

This program is sponsored by Dr. Hauser of the Mental Health Department who will provide limited support and general oversight as needed for accountability proposes (i.e. attendance verification, chrono/certificate generation, etc.). The sponsor shall not be required to be present for this peer-led program as all classes will be facilitated by the designated inmate facilitator:

- **Facilitator / Trainer, and Creator Mickey, R. (CDCR# AD-2970)**

## Curriculum

- EXERCISE PHYSIOLOGY

Exercise Physiology is the study of the functions at the molecular level within our bodies that keep us performing at peak levels or telling us we've had enough. The communication between our nervous system and muscular system, communication from cell to cell regarding energy availability, muscle contractions, processes that convert substrates into energy, etc... Basically everything our body's physiological processes do to keep us functioning properly. Whether during intense training, sports or moderate to intense exercise.

- KINESIOLOGY

In addition to studying the nuts and bolts of movement itself, Kinesiology also examines how body systems interact during various forms of training and how to use that knowledge to enhance performance, avoid or overcome injury, and promote physical fitness in individuals and whole populations.

- BIOMECHANICS

All movement and injury share the same basic principles. The overriding principle of Biomechanics is that force causes all movements and underlies all injury or training that occurs. Knowing the effect of force – in fact, just knowing more about force as the source of all movement- provides a solid foundation for knowing more about movement and injury. That is what Biomechanics is all about.

- SPORTS NUTRITION

This subject includes the physiology and molecular basis of exercise; the nutritional assessments of athletes; physique measurement protocols; weight loss, weight management, and physique goals. Nutritional strategies before and during training or competition and as well as recovery and periodization. Micronutrient and macronutrient needs and iron depletion; the concept of energy availability, relative energy deficiency in sports (RED-S), as well as requirements for specific athlete populations (e.g. children, vegetarians, and master athletes). Nutritional and physiological considerations for different environmental conditions (e.g. travel, cold, heat, altitude).



## Proposal for Ryan Mickey's class

Many inmates have trouble coping with the day to day stress of prison life. Many turn to drugs, fighting, gangs, lashing out, etc... The purpose of this class is to give Participants a chance to do something positive with their time and actually learn something about themselves and how to properly take care of themselves. By taking this class the students will develop the knowledge necessary to understand what is actually going on in their body and be able to develop personalized plans for exercise and nutrition. They will learn how to periodize their workouts and nutrition plans to achieve specific goals related to their health and fitness.

- EXERCISE & NUTRITION SCIENCES (pre-test)
- Weeks 1-2: Introduction, Basic principles, and Anatomical terminology
- Weeks 3-4: Movement, the Muscular System, and Neuromuscular Communication
- Weeks 5-6: The Nervous System, the Digestive System, and the Endocrine System
- Week 7: What is a Calorie and Basic Nutrition Principles
- Week 8: Understanding Micro & Macro Nutrients, and Developing Your Diet
- EXERCISE & NUTRITION SCIENCES (post-test)

(Pre-Test)

Q#1: A person can work-out every day without taking any rest days and not worry about overtraining.

- A) Strongly agree
- B) Agree
- C) Not sure
- D) Disagree
- E) Strongly disagree

Q#2: It is not necessary to warm up before a work out.

- A) Strongly agree
- B) Agree
- C) Not sure
- D) Disagree
- E) Strongly disagree

Q#3: As long as someone is working out, they can eat whatever they want and still achieve their goals.

- A) Strongly agree
- B) Agree
- C) Not sure
- D) Disagree
- E) Strongly disagree

Q#4: If a person is in their 40's 50's 60's and want to start working out and eating right, they will not be able to gain any muscle.

- A) Strongly agree
- B) Agree
- C) Not sure
- D) Disagree
- E) Strongly disagree

Q#5: Static stretching is great as a pre-workout warm-up.

- A) Strongly agree
- B) Agree
- C) Not sure
- D) Disagree
- E) Strongly disagree

Q#6: Actin and Myosin work together within a Sarcomere?

- A) T
- B) F

Q#7: There are 220 bones in the human body?

- A) T
- B) F

Q#8: The medullary cavity is where your lungs are?

- A) T
- B) F

Q#9: The Autonomic nervous system is the voluntary nervous system that controls the muscular system?

- A) T
- B) F

Q#10: The sympathetic neurons reside in the midbrain pons and medulla?

- A) T
- B) F

Q#11: A concentric contraction is the \_\_\_\_\_ of a muscle?

- A) Shortening
- B) Lengthening
- C) Static

Q#12: A Golgi Tendon Organ prevents a \_\_\_\_\_ from being damaged due too much force?

- A) Cell
- B) Bone
- C) Muscle

Q#13: \_\_\_\_\_ is necessary at the cellular level for a muscle to contract?

- A) Blood
- B) Plasma
- C) Calcium

Q#14: The medial malleolus is a muscle in your \_\_\_\_\_?

- A) Back
- B) Arm
- C) Leg

Q#15: The \_\_\_\_\_ plane runs lengthwise through the center of the body?

- A) Frontal
- B) Transverse
- C) Sagittal

**Mind-Body Fitness Group**

# General Class Curriculum

- *Exercise and Nutrition  
Science*

Composed By: R. Mickey CDCR# AD-2970  
JUNE 2022

## MIND-BODY FITNESS GROUP

The Mind Body Fitness (MBF) group's mission is to focus on rehabilitation through fitness and health education, on the following criminegenic factors within the inmate population:

- Antisocial Personality
- Antisocial Behavior
- Leisure/Recreational Activity

The MBF facilitates these areas in this class:

- **Exercise and Nutrition Science:** In an academic setting, participants will learn basic physiology, anatomy, kinesiology, biomechanics, exercise physiology, and sports nutrition. This course allows participants to develop proper eating habits, plan their diet, and introduces them to basic physical fitness as an alternative to unhealthy coping mechanisms.

The sixteen week curriculum will consist of the following evidence building criteria:

- **Pre and Post testing:** Participants receive pre/post testing on their understanding of class concepts every four weeks, and again after the course to determine how their understanding of the course content. They will also receive a pre/prost class perceptive aptitude survey to track changes in attitudes towards criminegenic issues such as antisocial personality, antisocial behavior, and non-criminal leisure or recreational activities.
- **Classroom Instruction**
- **In-group Exercise**
- **Self-reflective Writing Assignments**



## Curriculum Outline: By Facilitator / Trainer, R. Mickey

### Exercise & Nutrition Science

This course is in an academic setting. Participants will learn basic physiology, anatomy, kinesiology, biomechanics, exercise physiology, and sports nutrition. They will develop the knowledge necessary to understand what is occurring in their bodies. They will learn to develop proper exercise programs and nutrition programs to facilitate their fitness goals. This will ultimately lead to healthier living habits and create healthier environments.

Many inmates have trouble coping with the day-to-day stresses of prison life. Many turn to drugs, fighting, gangs, lashing out and more. The purpose of this course is to give participants a chance to do something positive with their time and learn something about themselves and how to properly take care of their mind and body. By taking this class, students will develop the knowledge necessary to understand what is going on in their body and be able to develop personalized plans for exercise and nutrition. They will learn how to periodize their workouts and nutrition plans to achieve specific goals related to their health and fitness. This program covers the following topics over a sixteen-week period:

- **Biomechanics:** The overriding principle of biomechanics is that force causes all movements and underlies all training or injury that occurs. Knowing the effect of force provides a solid foundation for knowing more about how to train properly while understanding movement and injury.
- **Kinesiology:** A science that deals with the effects of forces upon the motions of the body, as well as examination of how body systems interact during various forms of training and how to use that knowledge to enhance performance, avoid/overcome injury, and promote fitness.
- **Exercise Physiology:** Study of the functions at the molecular level in our bodies that keep us performing at peak levels- or tells us we've had enough.

- **Sports Nutrition:** The physiology and molecular basis of exercise, nutritional assessments, physique measurement protocols, weight loss and management, nutritional strategies, an more.

**Weekly Itinerary:**

**Week 1:** Introduction

**Week 2:** Basic principles, anatomical terminology.

**Weeks 3:** Movement, the muscular system.

**Week 4:** Neuromuscular communication.

**Test**

**Weeks 5:** Nervous system.

**Week6:** , Digestive system, and endocrine system.

**Week 7:** What is a calorie? Basic nutrition principles.

**Week 8:** Understanding micro/macronutrients.

**Test**

**Week 9:** Developing your diet.

**Week 10:** The digestive system.

**Week 11:** The endocrine system.

**Week12:** What is a calorie?

**Test**

**Week 13:** Basic nutrition principals.

**Week 14:** Understanding micro/macro nutrients>

**Week 15:** Developing Your diet.

**Week 16:** Review.

**Test**