

Chapter 12 Lesson 1

# **BENEFITS OF PHYSICAL ACTIVITY**

# PHYSICAL ACTIVITY

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- ✘ Any form of movement that causes your body to use energy
- ✘ Benefits:
  - + Improves physical fitness
  - + Teens should try for 60 minutes each day
  - + Strengthen muscles and bones
  - + Boosts energy level
  - + Improve posture
  - + Stress relief
  - + Improves mood
  - + Better sleep
  - + Improved self-esteem

# RISKS OF BEING INACTIVE

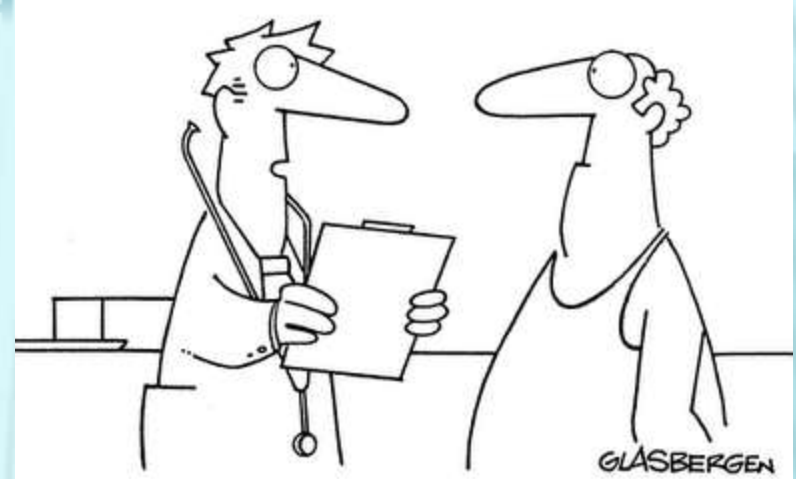
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- × Sedentary – involving little physical activity
- × Weight gain and obesity
- × Cardiovascular disease
- × Type 2 diabetes
- × Asthma and other breathing problems
- × Osteoporosis
- × Some cancers
- × Osteoarthritis
- × Major problems with stress, anxiety, and depression
- × Premature death

# TRUTHS OF PEOPLE THESE DAYS:



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**



**"The handle on your recliner does not qualify as an exercise machine."**



**"Don't step on it... it makes you cry."**

Chapter 12 Lesson 2

# IMPROVING YOUR FITNESS

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# ELEMENTS OF FITNESS

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- ✘ Cardiorespiratory endurance – heart, lungs, and blood vessels to send fuel and oxygen to your tissues during long periods of moderate to vigorous activity (ex. Hiking or running a mile)
- ✘ Muscular strength – amount of force your muscles can exert (lifting, pushing, and jumping)
- ✘ Muscular endurance – ability to perform physical tasks over a period of time without tiring (daily tasks)

# ELEMENTS OF FITNESS, CONT.

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- × Flexibility – ability to move your body parts through their full range of motion (improves performance and risk of muscle strain)
- × Body composition – ratio of fat to lean tissue, having low body fat reduces health risks

# ENDURANCE, FITNESS, AND FLEXIBILITY TESTS

## × Cardio Respiratory Endurance

- + Step up with your right, bring up your left, step back down with your right, then down with your left. Continue for 3 minutes. Should maintain at least 24 steps per minute.
- + After the third minute take your pulse for 15 seconds. Then multiply that number by 4 to find pulse rate.



## ENDURANCE, FITNESS, AND FLEXIBILITY TESTS, CONT.

### × Muscular Strength and Endurance

- + Lie on your back, knees bent. Complete a sit-up every three seconds, count how many you can complete until you cannot do anymore. Write down that number.
- + Lie on your belly, place hands under your shoulders, legs parallel to each other and resting on your toes. Straighten arms and push up. Keep back and knees straight. Complete one pushup every 3 seconds until you can no longer maintain pace.

# GETTING FIT

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- ✘ Aerobic Exercise – rhythmic activities that use large muscle groups for an extended period of time
  - + Raises your heart rate, increases use of oxygen
  - + Jogging, swimming, and riding bike
- ✘ Anaerobic Exercise – intense, short bursts of activity in which the muscles work so hard they produce energy without using oxygen
  - + Sprinting or lifting weights

## CARDIORESPIRATORY ENDURANCE

- ✘ Aerobic exercise – running, walking, swimming

## MUSCULAR STRENGTH AND ENDURANCE

- ✘ Anaerobic exercise
- ✘ Isometric exercises – muscle tension (similar to stretching)
- ✘ Isotonic exercise – movement of joints and contraction of muscles (pushups)
- ✘ Isokinetic exercise – resistance against the muscle as it moves through range of motion (weight machines)

**HOW TO IMPROVE:**

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Chapter 12 Lesson 3

# PERSONAL ACTIVITY PROGRAMS

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# PERSONAL NEEDS

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- × Cost
- × Where you live
- × Your schedule
- × Your fitness level
- × Your overall health
- × Personal safety



# STAGES OF A WORKOUT

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- × Warm-up
- × Workout
  - + Frequency
  - + Intensity
  - + Type of activity
  - + Time
- × Cool-down

Chapter 12 Lesson 4

# **FITNESS SAFETY AND AVOIDING INJURIES**

# SAFETY FIRST

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- × Use correct equipment
- × Pay attention to other people, objects, and weather
- × Pay attention to your skill level and limits
- × Warm up and cool down
- × Practice good sportsmanship
- × If you're feeling hurt or ill, GET HELP

# BODY CUES:

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- × Hypothermia/heat exhaustion and heat stroke
- × Windburn/sunburns
- × Skin cancer
- × Eye damage
- × Blisters, muscle cramps, strains, sprains
- × Fractures, dislocations, concussions