

Chapter 1: Fitness and Wellness for All

Lesson 1.2: Fitness Through Physical Activity

Taking Charge: Learning to Self-Assess



Lesson 1.2: Fitness Through Physical Activity

Lesson Objectives:

- Name and describe the five parts of health-related physical fitness.
- Name and describe the six parts of skill-related physical fitness.
- Explain how to use the Stairway to Lifetime Fitness.

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Question

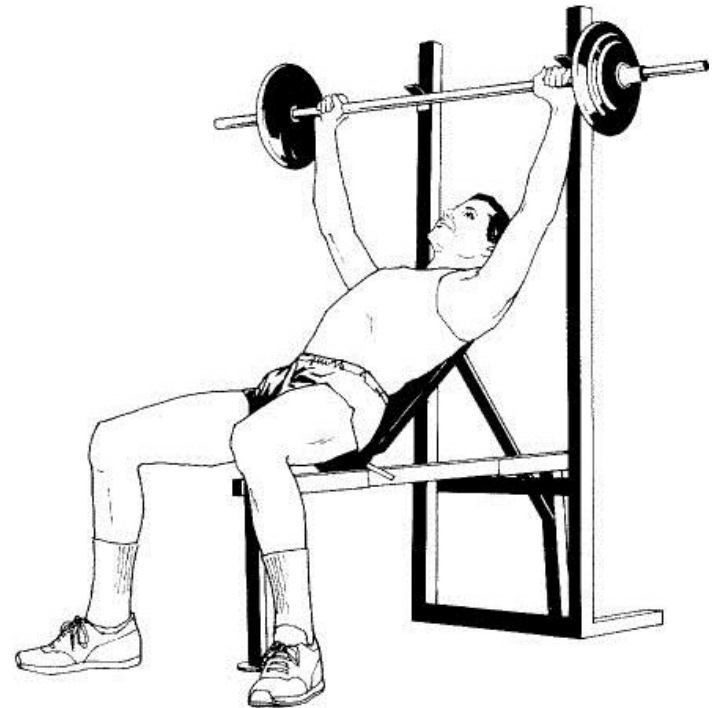
What are the five components of health-related physical fitness?

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Answer

The five components of health-related physical fitness are

1. body fatness,
2. cardiovascular fitness,
3. flexibility,
4. muscular endurance, and
5. strength.



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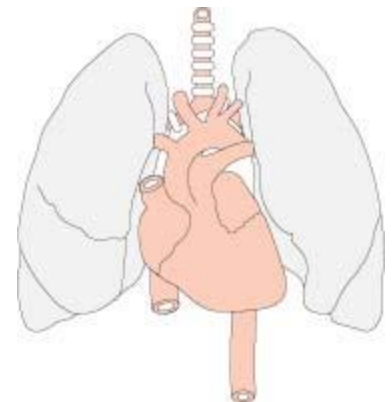
Question

What is cardiovascular fitness?

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Answer

- Cardiovascular fitness is the ability to exercise your entire body for long periods of time.
- Cardiovascular fitness requires
 - a strong heart,
 - healthy lungs,
 - healthy blood vessels, and
 - fit muscles.



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Question

How is cardiovascular fitness important to good health?

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Answer

Cardiovascular fitness

- helps keep blood pressure in a healthy range,
- helps lower blood fat,
- reduces risk of heart disease and stroke,
- reduces risk of diabetes, and
- helps you to enjoy activity without fatigue.

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Question

What is muscular strength?

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Answer

Muscular strength

- is the amount of force your muscles can produce,
- is often measured by how much weight you can lift or how much resistance you can overcome, and
- allows you to perform daily tasks efficiently—with the least amount of effort.



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Question

How important is muscular strength for good health?

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Answer

Muscular strength

- can help people do everyday tasks with ease,
- can help prevent osteoporosis,
- can improve body composition,
- can help reduce risk of injury,
- can improve posture,
- can reduce risk of back problems, and
- can improve work efficiency.

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Question

What is the difference between muscular strength and muscular endurance?

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Answer

The difference is that

- muscular endurance involves working muscles for long periods of time using relatively low weight or resistance. Example: taking a long bike ride or doing many push-ups.
- muscular strength involves lifting a heavy weight (or overcoming resistance) only a few times. Example: bench pressing a heavy weight a few times.



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Question

What does the term *flexibility* mean?

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Answer

Flexibility

- is the ability to use your joints fully through a wide range of motion.
- is having long muscles that allow your joints to be free enough to allow adequate movement.



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Question

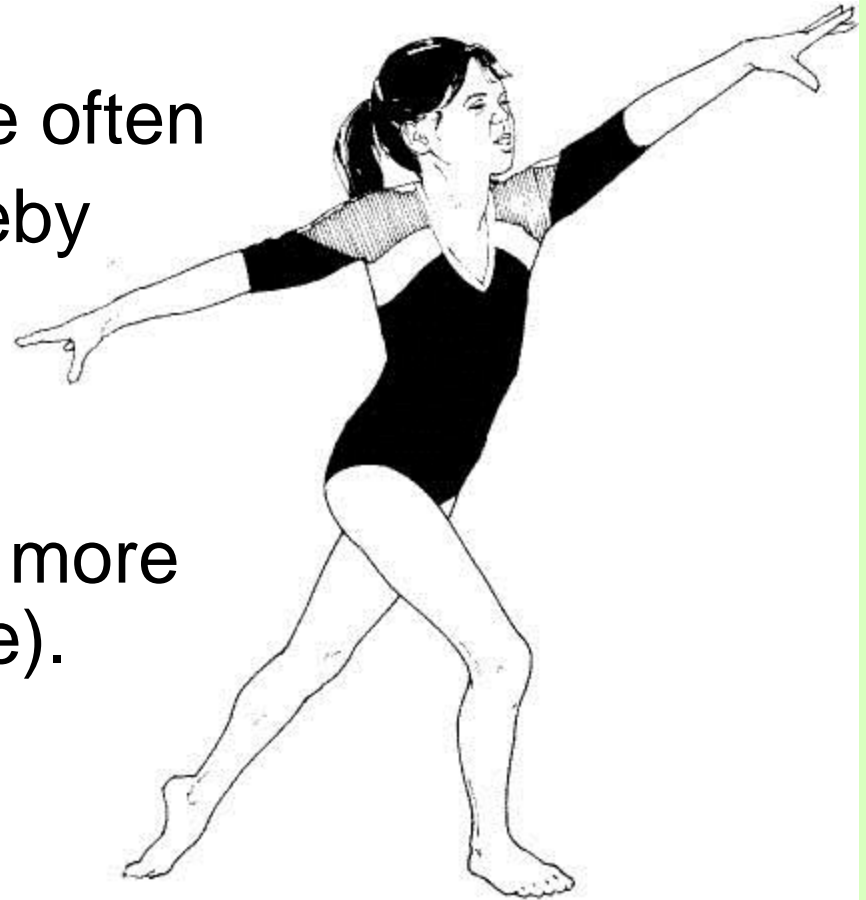
Which groups of people are especially flexible?

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Answer

People who are flexible are often

- involved in sports, whereby regular flexibility training allows for greater sports performance.
- young people (generally more flexible than older people).
- female (typically more flexible than males).



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Question

How does flexibility contribute to good health?

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Answer

People who are flexible

- have less risk of injury,
- have fewer back problems,
- have fewer posture problems, and
- function more efficiently.

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Question

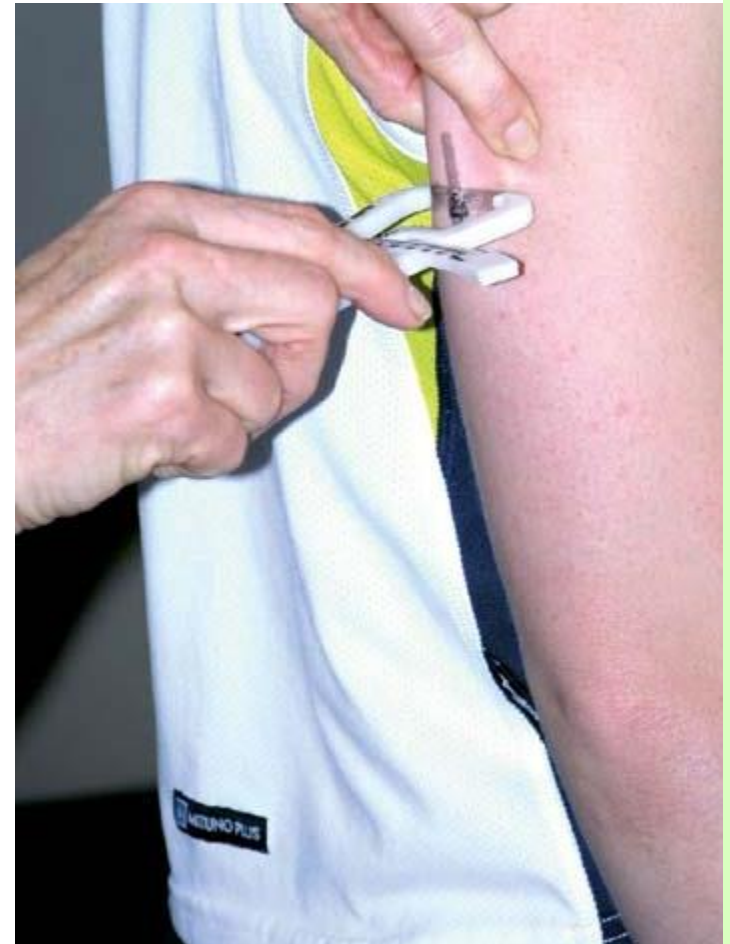
What does *body composition* mean?

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Answer

Body composition refers to the percent of the body made up of

- fat,
- muscle,
- bones,
- body organs, and
- other body tissues.



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Question

What does *body fatness* mean?

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Answer

Body fatness refers to the the percent of the body made up of fat.

You should know that

- you can be high in weight without being too fat.
- people with a lot of muscle may have a high body weight but not be too fat.

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Question

How does having a good body composition help your health?

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Answer

People with a healthy body composition

- have a lower risk of heart disease,
- have a lower risk of Type II diabetes,
- have better self-esteem, and
- experience less fatigue at the end of the day.

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Question

What is meant by the term *hypokinetic condition*?

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Answer

In *hypokinetic*

- *hypo* means too little,
- *kinetic* means movement, and
- *hypokinetic* means too little movement (or physical activity).



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Question

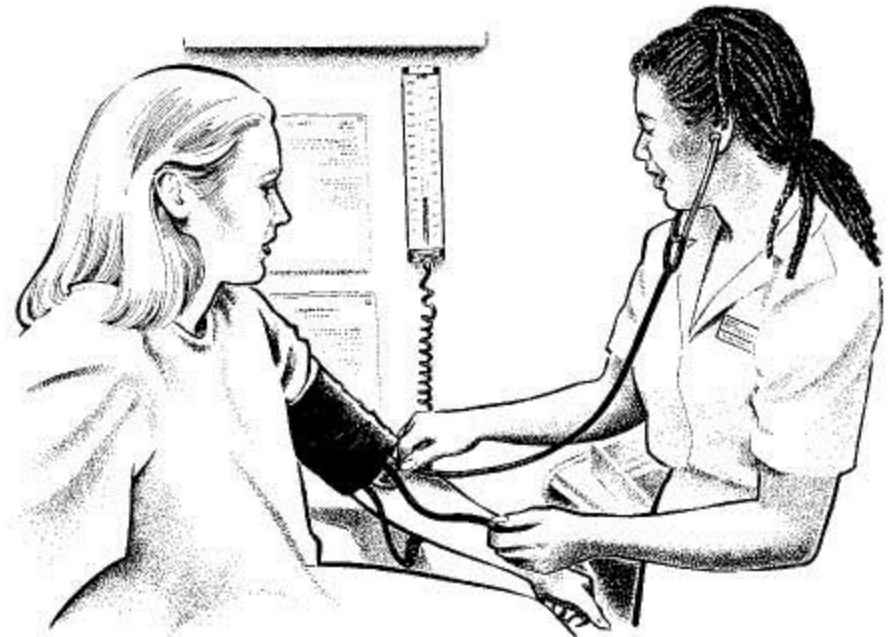
What are some examples of hypokinetic conditions?

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Answer

Examples of hypokinetic conditions include

- heart disease,
- high blood pressure,
- Type II diabetes,
- some types of cancer,
- back problems,
- obesity, and
- osteoporosis.



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Question

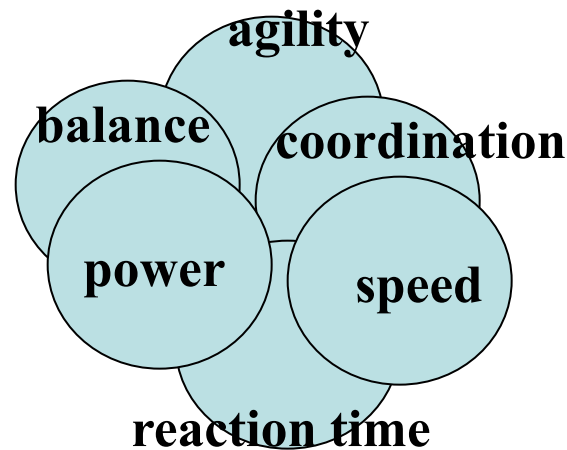
What are the skill-related physical fitness components?

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Answer

The six skill-related fitness components are

- agility,
- balance,
- coordination,
- power,
- speed, and
- reaction time.



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Question

What is agility and what activities require it?

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Answer

Agility is the ability to change directions quickly. Sports that require it include

- wrestling,
- running back in football,
- ice skating,
- soccer, and
- others?



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Question

What is balance and what activities require it?

Lesson 1.2: Fitness Through Physical Activity

Answer

Balance is the ability to maintain an upright posture when standing still or moving. Sports that require it are

- gymnastics,
- ice skating,
- skiing, and
- others?



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Question

What is coordination and what activities require it?

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Answer

Coordination is the ability to use your senses (such as eyesight) together with body parts (such as hands or feet). Sports that require it are

- catching and hitting in baseball,
- kicking in football or soccer,
- tennis,
- golf, and
- others?



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Question

What is power? What sports require power?

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Answer

Power is the ability to exert force very quickly (using strength and speed together). Sports that require power are

- putting the shot or throwing discus in track,
- jumping in volleyball,
- hitting the long ball in softball or baseball,
- high jumping in track, and
- others?

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Question

What is speed and what activities require it?

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Answer

Speed is the ability to cover a distance in a short period of time. Sports that require it are

- sprinting in track,
- swimming fast,
- running the bases in softball and baseball,
- sprinting in soccer, and
- others?



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Question

What is reaction time and what activities require it?

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Answer

Reaction time is the amount of time it takes you to get moving once you know you realize the need to act. Sports that require it are

- the start in track sprints,
- the start in swimming,
- reacting in karate or fencing, and
- others?

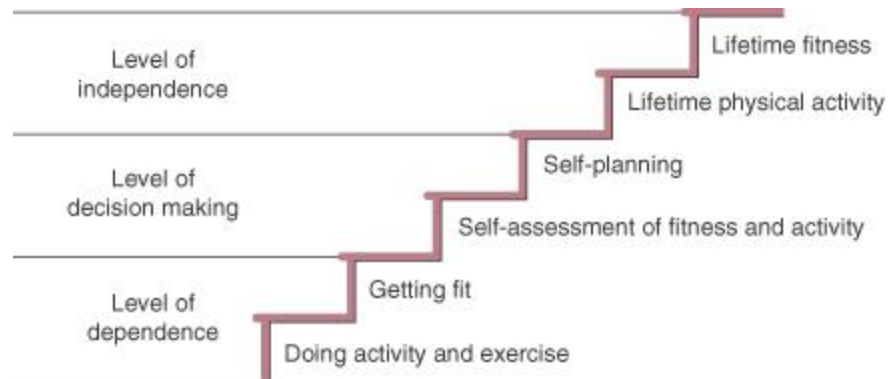


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Question

What is the Stairway to Lifetime Fitness? Describe the steps in the stairway.

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Lesson 1.2: Fitness Through Physical Activity

Question

How is moving up the stairway helpful to becoming active and fit?

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Answer

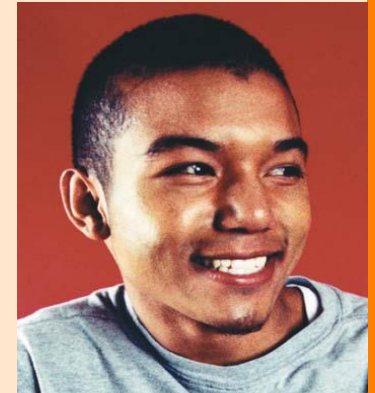
As you climb the stairway you

- become more independent (less dependent),
- learn to self-assess your own fitness,
- learn self-management skills,
- learn to plan your own program,
- learn to solve problems and make good decisions, and
- become fit and active for life.

Taking Charge: Learning to Self-Assess

Read about Julia and Troy in the Taking Charge section of chapter 1 (page 15).

- What plan of self-assessment can Julia and Troy follow to determine their current levels of health-related physical fitness?
- Did the tests Julia performed in elementary school assess health-related physical fitness?
- Did the tests Troy performed for his baseball team measure health-related physical fitness?



Taking Charge: Learning to Self-Assess

- What do you think the tests they performed really measured?
- Fill out the self-assessment questionnaire for this chapter to learn more about self-assessments for health-related physical fitness.
- You will get a chance to practice many fitness self-assessments as you do the activities in this book.