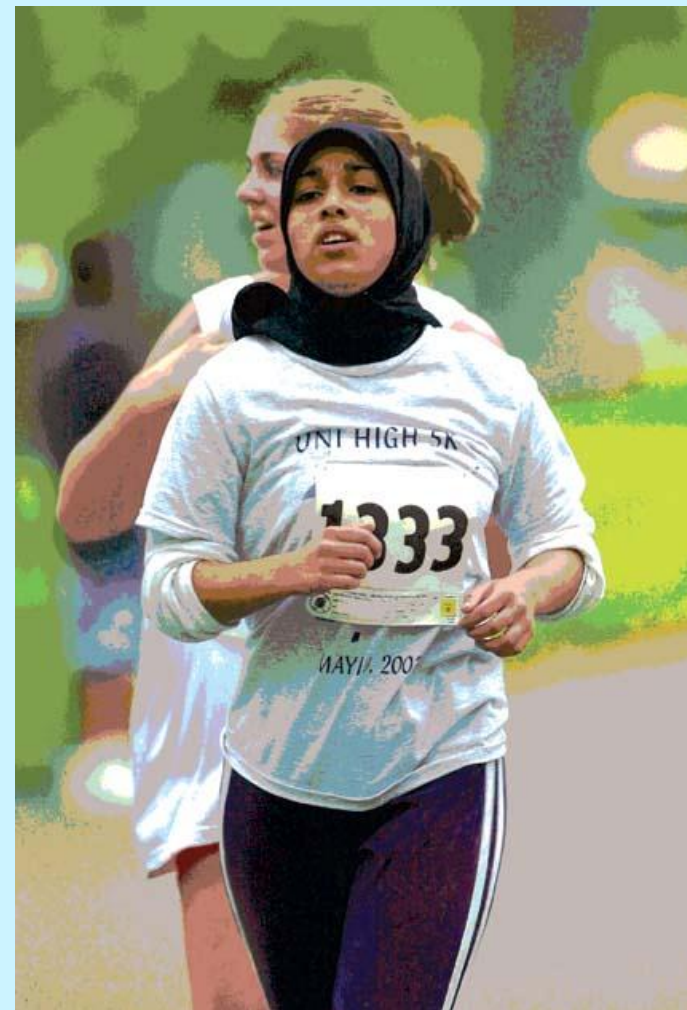


Worksheet 2: Fitness and Wellness for All

worksheet 2:

Fitness Through Physical
Activity



worksheet 2: Fitness Through Physical Activity

Lesson Objectives:

- What are hypokinetic diseases?
- Name and describe the five parts of health-related physical fitness.
- Name and describe the six parts of skill-related physical fitness.

worksheet 2: Fitness Through Physical Activity

Question

What is meant by the term *hypokinetic condition*?

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Answer

In *hypo-kinetic*

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



worksheet 2: Fitness Through Physical Activity

Question

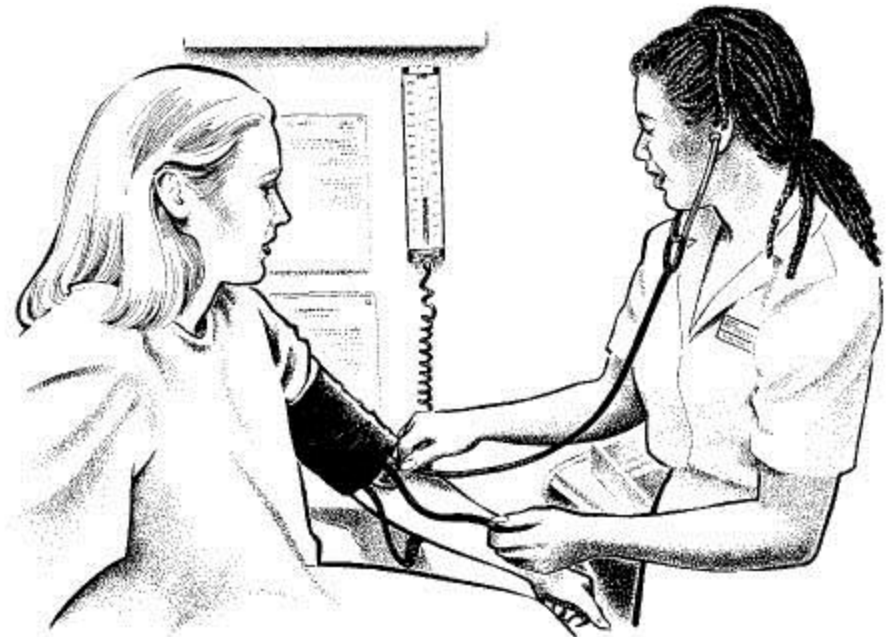
What are some examples of hypokinetic conditions or diseases?

worksheet 2: Fitness Through Physical Activity

Answer

Examples include

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



worksheet 2: Fitness Through Physical Activity

Question

What is Health Related fitness?

worksheet 2: Fitness Through Physical Activity

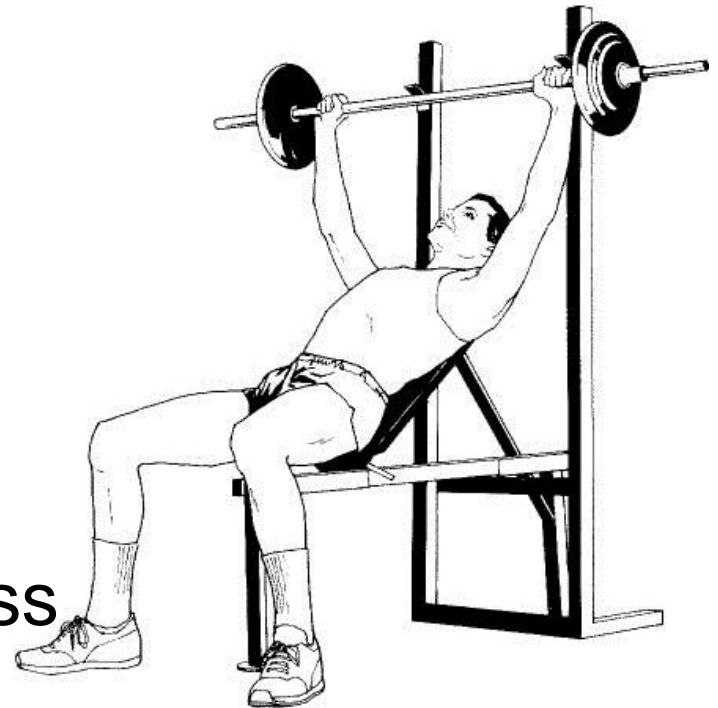
- Health related fitness includes Five general components of fitness that can sustain overall healthy physical activity.
- Question: What are the five components of health-related physical fitness?

worksheet 2: Fitness Through Physical Activity

Answer

The five components of health-related physical fitness are

1. Cardiovascular fitness
2. Muscular strength
3. Muscular endurance
4. Flexibility
5. Body Composition or fatness



worksheet 2: Fitness Through Physical Activity

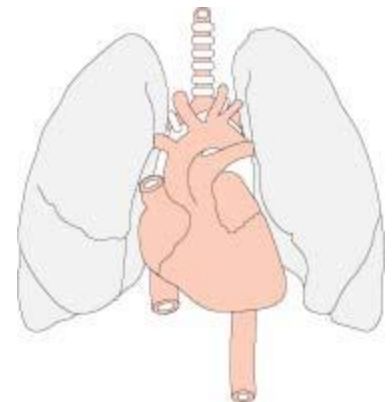
Question

What is cardiovascular fitness?

worksheet 2: Fitness Through Physical Activity

Answer

- Cardiovascular fitness is the ability to exercise your entire body for long periods of time.
- It is the process of the heart and lungs supplying oxygen to the cells and muscles during physical activity.



worksheet 2: Fitness Through Physical Activity

Question

How is cardiovascular fitness important to good health?

worksheet 2: Fitness Through Physical Activity

Answer

Benefits:

- 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.

worksheet 2: Fitness Through Physical Activity

Question

What is muscular strength?

worksheet 2: Fitness Through Physical Activity

Answer

Muscular strength

- is the amount of force your muscles can produce.
- It is often measured by how much weight you can lift or how much resistance you can overcome.



worksheet 2: Fitness Through Physical Activity

Question

How important is muscular strength for good health?

worksheet 2: Fitness Through Physical Activity

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.

worksheet 2: Fitness Through Physical Activity

Question

What is the difference between muscular strength and muscular endurance?

worksheet 2: Fitness Through Physical Activity

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.



worksheet 2: Fitness Through Physical Activity

Question

What does the term *flexibility* mean?

worksheet 2: Fitness Through Physical Activity

Answer

Flexibility

- is the ability to use your joints fully through a wide range of motion.
- We need to strength muscles regularly, this will allow your joints to make full movement.



worksheet 2: Fitness Through Physical Activity

Question

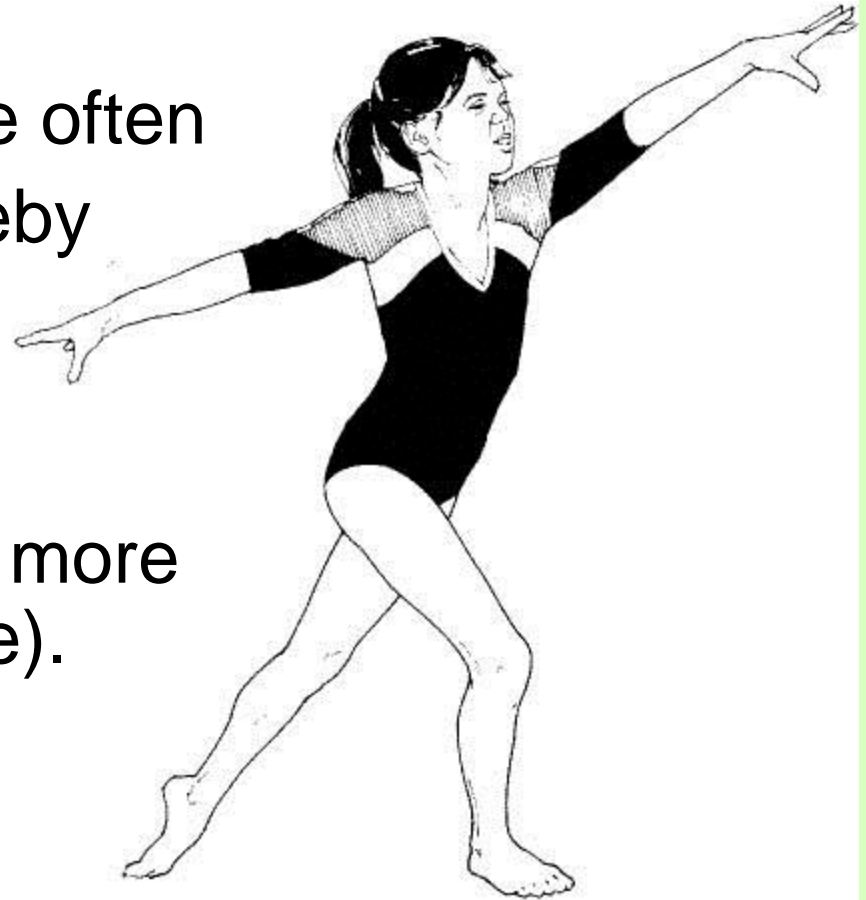
Which groups of people are especially flexible?

worksheet 2: Fitness Through Physical Activity

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).



worksheet 2: Fitness Through Physical Activity

Question

How does flexibility contribute to good health?

worksheet 2: Fitness Through Physical Activity

Answer

People who are flexible

- have less risk of injury
- have fewer back & posture problems

worksheet 2: Fitness Through Physical Activity

Question

What does *body composition* mean?

worksheet 2: Fitness Through Physical Activity

Answer

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

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



worksheet 2: Fitness Through Physical Activity

Question

What does *body fatness* mean?

worksheet 2: Fitness Through Physical Activity

Answer

Body fatness refers to 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.

worksheet 2: Fitness Through Physical Activity

Question

How does having a good body composition help your health?

worksheet 2: Fitness Through Physical Activity

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.

worksheet 2: Fitness Through Physical Activity

Question

What is Skills-related Fitness?

worksheet 2: Fitness Through Physical Activity

Answer: Skills that are used in sports and athletic performance.

The six skill-related fitness components are:

agility,

balance,

coordination,

power,

speed, and

reaction time.

worksheet 2: Fitness Through Physical Activity

Question

What is agility and what activities require it?

worksheet 2: Fitness Through Physical Activity

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

Soccer,
wrestling,
running back in football,
ice skating, and others?



worksheet 2: Fitness Through Physical Activity

Question

What is balance and what activities require it?

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



worksheet 2: Fitness Through Physical Activity

Question

What is coordination and what activities require it?

worksheet 2: Fitness Through Physical Activity

Answer

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

Sports activities that require it are:

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

worksheet 2: Fitness Through Physical Activity

Question

What is power? What sports require power?

worksheet 2: Fitness Through Physical Activity

Answer

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

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

worksheet 2: Fitness Through Physical Activity

Question

What is speed and what activities require it?

worksheet 2: Fitness Through Physical Activity

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?



worksheet 2: Fitness Through Physical Activity

Question

What is reaction time and what activities require it?

worksheet 2: Fitness Through Physical Activity

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?



- END