THE IMPORTANCE OF PHYSICAL ACTIVITY

Chapter 13

MYTH OR FACT

Being thin is a sign of fitness.

FACT

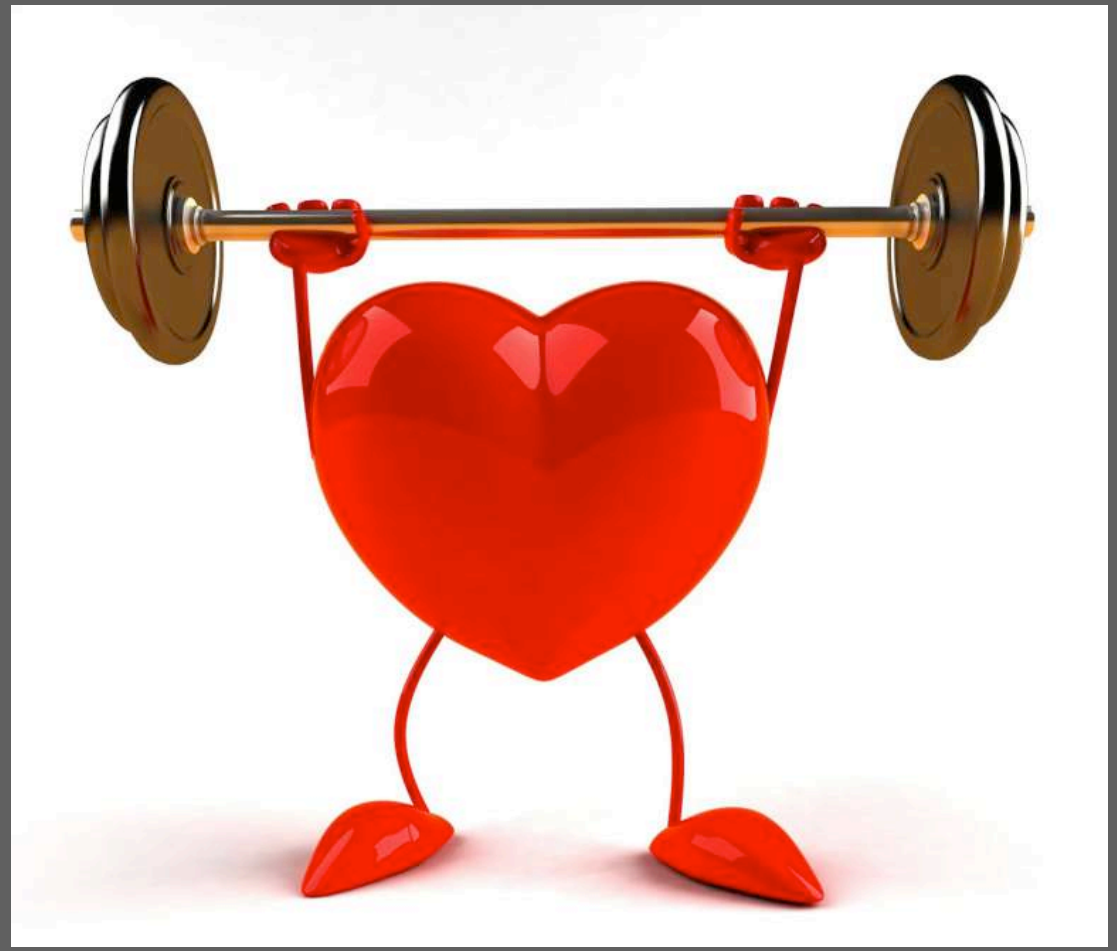
- Appearance is not a good indicator of overall fitness. Thin people who do not exercise are likely to have poor heart, lung, and muscular fitness.

PHYSICAL ACTIVITY

- Any movement that requires your large muscle groups to work
- 60 minutes or more a day
- Physical activity includes
  - Walking
  - Running
  - Team sports
  - Weight lifting
  - Aerobic class

PHYSICAL BENEFITS

- **Cardiovascular**
  - Decrease BP
  - Decrease cholesterol
  - Decrease resting HR
- **Weight maintenance**
  - Active metabolism
- **Bone strength**
  - Decrease osteoporosis
- **Balance and coordination**
  - Reduce risk of injury



PSYCHOLOGICAL BENEFITS

- Brain releases **endorphins**
  - Block pain messages from reaching your brain
  - Feel good, satisfaction
- Self- confidence
- Reduced stress levels
- Focused/Alert

SOCIAL BENEFITS

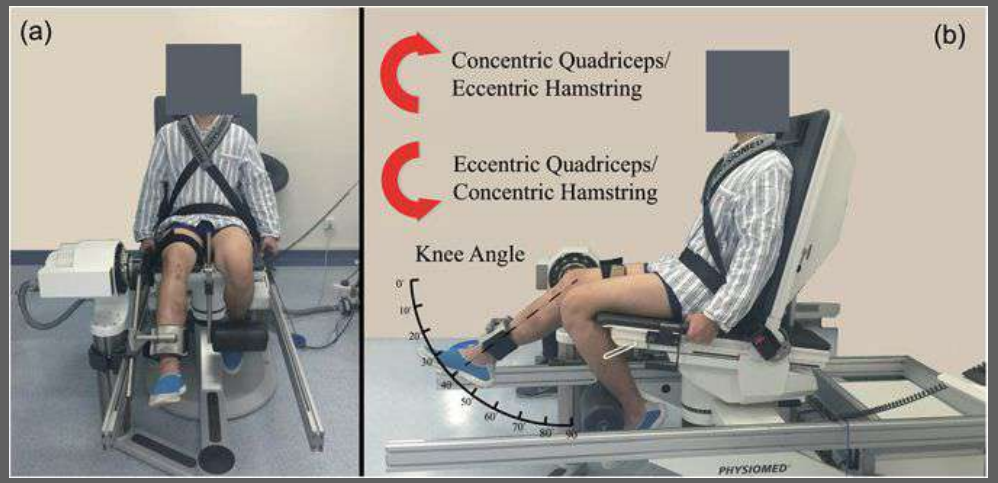
- Fun
- Bond with friends/family
- Build new relationships

TYPES OF PHYSICAL ACTIVITY

- **Aerobic**
  - Ongoing physical activity that raises your breathing and heart rate
  - Increase oxygen that your body takes in and uses
  - Swimming, running, soccer, rugby
- **Anaerobic**
  - Intense physical activity that lasts for a few seconds to a few minutes
  - Intense/quick
  - Does not supply muscles with enough oxygen to produce energy
  - Lifting weight, sprinting, baseball, football

TYPES OF PHYSICAL ACTIVITY CONT'D

- **Isometric exercise**
  - An exercise in which muscles contract but very little body movement takes place
    - Place your palms together and push them against each other, wall sit
- **Isotonic exercise**
  - Contracting and relaxing your muscles through a full range of motion
    - Bicep curl
- **Isokinetic**
  - Muscle contract at a constant rate
    - Done with a fitness machine



COMPONENTS OF FITNESS MUSCULAR STRENGTH

- The ability of a muscle to produce force
- The amount of weight you can lift
- Tests
  - Standing long jump
  - Vertical jump
  - Medicine ball throw
  - 1 rep max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COMPONENTS OF FITNESS MUSCULAR ENDURANCE

- Ability of your muscles to work for an extended period of time
- Tests
  - YMCA bench press test
  - Pull ups
  - Push ups
  - Sit ups

COMPONENTS OF FITNESS- CARDIORESPIRATORY ENDURANCE

- Your heart, blood vessels, and lungs are able to distribute nutrients and oxygen and remove wastes efficiently during prolonged exercise
- Regular exercise improves cardiorespiratory endurance
- Tests
  - 1 mile walk
  - 1 mile run
  - Step test
  - PACER test

HEART RATE

Maximum Heart Rate (MHR)

220- Age = MHR

Target Heart Rate (THR)

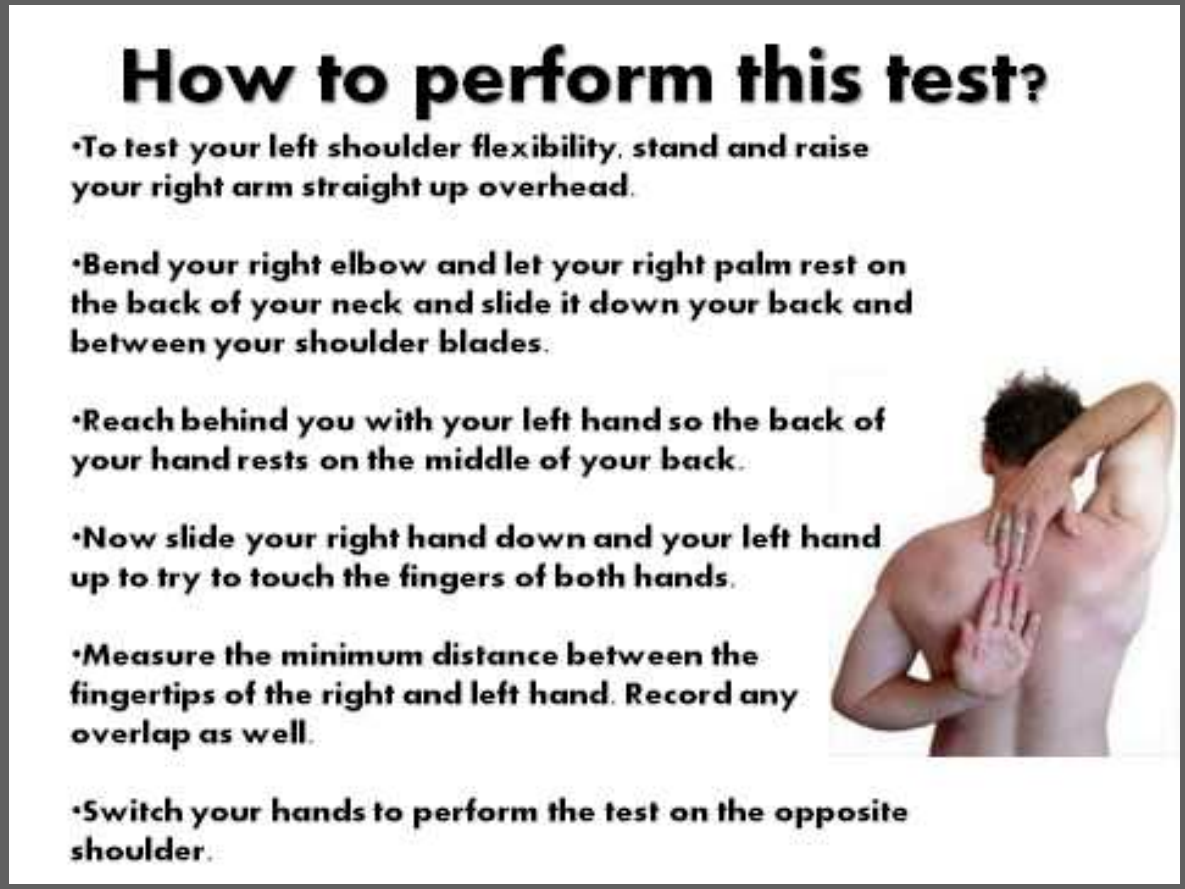
MHR x Intensity = THR

PRACTICE

1. If your coach tells you to go on a long slow run at an intensity of 65%, what would your target heart rate be during your work out?
2. If you are doing a speed work out today and your coach says you should be at an intensity of 85%, what would your target heart rate be?

COMPONENTS OF FITNESS FLEXIBILITY

- The ability to move within the range of motion of joint
- Joint- two or more bones meet
- Tests
  - Sit and reach
  - Shoulder test



COMPONENTS OF FITNESS
BODY COMPOSITION

- The amount of fat tissue in your body compared to the amount of lean tissue, such as muscles and bones
- Tests
  - BMI
  - Skin fold
  - Underwater weighing
  - Bioelectrical impedance


PRESS
MM
IN


OMRON FAT LOSS MONITOR
FAT
READY
19.5
BMI
23.6
Up
Set

BMI EQUATION

BMI= {weight/(height x height)} x 703

Example

If Ana weighs 130lbs and is 63" tall

{130/(63x63) }x 703

(130/3969) x 703

0.0327 x 703

= 23.0259