

FITNESS BASICS

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Essential Questions

- What does it mean to be physically fit?
- What are the benefits of exercise?
- What health related problems result from not exercising?
- What are the 5 health related components of fitness?
- What are the FITNESSGRAM TESTS?

Physically Fit

- A person is considered physically fit when he/she is able to carry out daily tasks without undue fatigue, is able to handle emergency situations, and possesses sufficient energy to enjoy leisure-time pursuits.
- Physical fitness= determined by the condition of the heart and circulatory system, respiratory system, muscular system, degree of flexibility, and percentage of body fat.

How to be Physically Fit

- Stay physically active! It is the best thing you can do for your mind and body.
- Being active for 30 minutes on most days is important for good health.
- Exercise of higher intensity and longer duration can improve your fitness benefits.
- A variety of physical activities will prevent injury and boredom. Rotate between intense and light exercise days.
- Remember that physical activity includes structured fitness and recreational activities as well as "lifestyle" activities such as using a push mower, carrying groceries and raking leaves.
- Do strength training two times a week to keep muscles toned and to improve endurance.
- Regular stretching increases flexibility.
- Keep a record of your daily activity to stay on track.

Benefits of Exercise

- **Benefits of Exercise:**
- -tones muscles and shapes body to improve physical appearance
- -increases self-concept
- -decreases stress and depression
- -improves body functions such as digestion and elimination of waste
- -increases muscular strength and endurance
- -increases energy level
- -helps you sleep better
- -reduces how quickly you fatigue
- -improves the quality of life
- -decreases resting heart rate and blood pressure
- -improves body composition

FITNESSGRAM TESTING:

- **FITNESSGRAM TESTS:** A battery of tests used to measure one's fitness level
- Tests include the mile run, push-ups, curl-ups, sit and reach, and Body mass index (BMI)
 - The tests measure health related fitness components.....

Health Related Fitness Components

- **Cardiovascular fitness**-the ability of the heart, blood vessels and lungs to provide oxygen to the body during exercise
- -distance runs and step tests measure cardiovascular fitness
- -Failure to work the CV system could result in heart disease and obesity
- FITNESSGRAM TEST: One Mile Run and Pacer Test
- **Muscular Strength**-the ability of the muscles to exert a maximal force against resistance one time
- -failure to improve and maintain MS could result in osteoporosis, muscle atrophy
- FITNESSGRAM TEST: Push-up Test
- **Muscular Endurance**-the ability of the muscles to contract repeatedly at sub-maximal levels over a period of time
- FITNESSGRAM TEST: Curl-Up Test
- **Flexibility**-range of motion about a joint or joints
- -failure to improve flexibility could result in numerous injuries
- FITNESSGRAM TEST: Sit and Reach
- **Body Composition**-the ratio of lean muscle mass and fat mass
- FITNESSGRAM TEST: BMI: Measurement of one's height and weight.....calculated to determine a healthy weight range

Health Related Issues Resulting from a Sedentary Lifestyle

- Heart Disease...#1 Killer of Americans
- Obesity
- High Blood Pressure
- Diabetes
- Depression/Anxiety
- Costs taxpayers billions in health care expenses

Assignment #1

- What does it mean to be physically fit?
- List 3 ways to be physically fit.
- What are the benefits of exercise?
- What are the 5 health related components of fitness? What test measures each component? What problems could one encounter from not working all fitness components? example: Cardiovascular fitness...mile run is the test that measures CV fitness...failure to work the CV system could result in heart disease and obesity