

Lesson 1 The Benefits of Physical Activity

The Benefits of Physical Activity

A. Define, Describe, or Identify:

1. Physical activity— Any kind of movement that uses up energy. P 184.
2. Exercise— A specifically planned and organized session of physical activity that you do to improve or maintain your physical fitness. P 184.
3. Physical fitness—The ability to handle the physical demands of everyday life without becoming overly tired. P 184.
4. Metabolism— The process by which your body gets energy from food. P 185.
5. Aerobic exercise— Rhythmic, nonstop, moderate to vigorous activity that requires large amounts of oxygen and works the heart. P 185.
6. Anaerobic exercise— Intense physical activity that requires little oxygen but uses short bursts of energy. P 185.
7. Heart and lung endurance— How effectively your heart and lungs work when you exercise and how quickly they return to normal when you stop. P 187.
8. Cross-training— Switching between different exercises. P 188.
9. Muscle strength— The most weight you can lift or the most force you can exert at one time. P 188.
10. Muscle endurance— The ability of a muscle to repeatedly exert a force over a prolonged period of time. P 188.
11. Body composition— The ratio of body fat to lean body tissue, such as bone, muscle, and fluid. P 190.
12. Flexibility— The ability of your body's joints to move easily through a full range of motion. P 190.
13. Warm-up— A period of low to moderate exercise to prepare your body for more vigorous activity. P 194.
14. Cool-down— A period of low to moderate exercise to prepare your body to end a workout session. P 195.

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15. Individual sports— Physical activities that you can do on your own or with a friend. P 196.
16. Team sports— Organized physical activities with specific rules, in which groups of people play together against other groups. P 197.
17. Sports conditioning— Regular physical activity or exercise to strengthen and condition muscles for a particular sport. P 197.
18. Dehydration— Excessive water loss from the body. P 198.
19. Anabolic steroids— Drugs that cause muscle tissue to develop at an abnormally fast rate. P 199.

B. True/False:

Place a **T** in the blank if the statement is true and an **F** in the blank if the statement is false.

- ___ 1. Physical fitness improves your ability to meet the physical demands of daily life. P 184.
- ___ 2. Regular exercise alone will allow you to be fit. P 184.
- ___ 3. To be more active, you need a prescribed exercise program.— P 185.
- ___ 4. Physical activity increases a person's self-confidence and self-esteem. P 186.
- ___ 5. Being physically active can strengthen your heart and lungs. P 186.
- ___ 6. Aerobic exercise alone will help you achieve optimum fitness.— P 185.
- ___ 7. Three 10-minute exercise sessions provide the same benefit as one 30-minute activity. P 185.
- ___ 8. Physical activity helps to increase the body's defense to diseases. P 186.
- ___ 9. Technology has not had any affect on the level of physical activity in daily life. P 185–186.
- ___ 10. Exercise can enable a person to use his or her abilities to work with others as a team. P 186.

C. Matching:

Match the term in Column A with the description in Column B. Write the letter of your answer on the line before the term. You may use each item from Column B only once, but you won't use all of them.

Column A

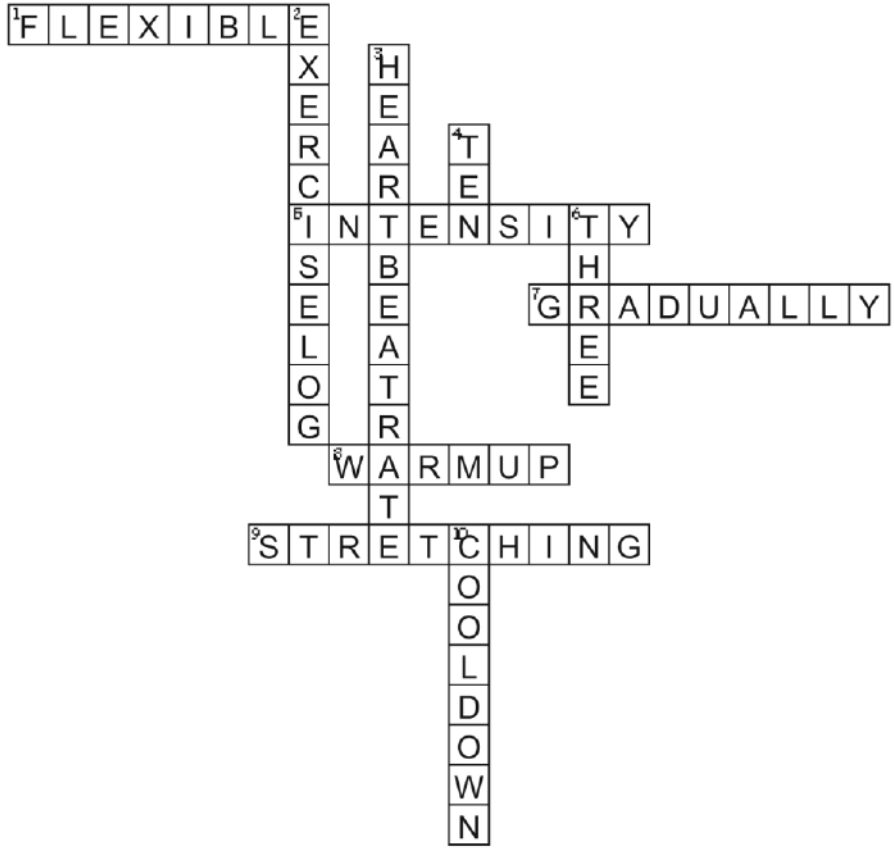
1. ____ Team sports P 197.
2. ____ Swimming P. 192, 196.
3. ____ Bicycling P 192, 196.
4. ____ Individual sports P 196.
5. ____ Tennis P 192, 197.

Column B

- a. Individual sport providing high benefits for flexibility
- b. Dual sport providing medium benefits for heart and lung endurance
- c. Organized physical activities with specific rules
- d. Team sport providing low benefits for flexibility
- e. Individual sport providing high benefits for muscle strength and endurance
- f. Physical activities that you can do on your own or with a friend
- g. Team sport providing high benefits for muscle strength and endurance

D. Crossword Puzzle

Complete the puzzle.



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Across

1. What muscles become during a warm-up as the flow of blood increases.— P 194.
5. The difficulty of a physical activity or exercise session.— P 195.
7. How you should build on your workout, changing one element at a time.— . P 195.
8. A period of low to moderate exercise to prepare your body for more vigorous activity.— . P 194.
9. The kind of activities to do in a warm-up, along with gentle aerobic activities.— . P 194.

Down

2. A record of exercise sessions and performance notes.— . P 195.
3. The number of times per minute your heart beats.— . P 196
4. The number of minutes that a good warm-up should last.— . P 194.
6. The number of stages a workout should have.— . P 194.
10. A period of low to moderate exercise to prepare your body to end a workout session.— . P 195.

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4. Describe the physical and mental side effects of anabolic steroids. P199

F. Short Answer (Things to Think About):

Write a short answer to each question.

1. Why are walking, jogging, running, swimming, and jumping rope good exercises for building heart and lung endurance? . P 187.
2. What is the difference between muscle strength and muscle endurance? P 188.
3. Why is body composition important, and how is it measured? P 190.
4. How can you improve your flexibility, and what results could you expect? P 190.

G. Fill in the Blanks:

Fill in the blank with the word or words needed to complete the statement.

1. To develop different parts of your body, you should _____ your routine.
P 192.
2. To be more active, you can take the _____ instead of the elevator. P 193.
3. Swimming, taking a brisk walk, riding a stationary bike, and jumping rope are all types of _____ exercise. P 193.
4. Exercise at medium to high intensity for at least _____ minutes most days of the week. P 193.
5. Spend time doing recreational activities that are fun and get your _____ moving for at least 30 minutes several times per week. P 193.