

PHYSICAL EDUCATION II REVIEW

PHYSICAL FITNESS – The body's ability to carry out daily tasks and still have enough reserve energy to respond to unexpected demands.

Physical fitness is the capacity of the whole body to function at optimal efficiency. It is determined by the condition of the:

- Cardiovascular system
- Respiratory system
- Muscular system
- Joint system
- Percentage of body fat

Personal fitness is total, overall fitness achieved by maintaining acceptable levels of physical activity, a healthy eating plan, and avoiding harmful substances.

An individual can significantly change the current and future state of his/her health by controlling primary health risk factors associated with disease, disability, or premature death.

Some risk factors are largely beyond your control. However, it is important to be aware of how they affect you and how you can counteract their influence on your health and fitness. The three risk factors that an individual CANNOT control are:

- Gender
- Heredity
- Age

Although you cannot control risk factors such as heredity, age, or gender, you can lessen their impact on your health and fitness. You can reduce or eliminate some of your risks because they stem from the something you CAN control – your behavior.

The six most commonly identified risk factors that an individual CAN control are:

- Inactivity
- Obesity
- High blood pressure
- High levels of cholesterol
- Stress and tension
- Smoking, drugs, and alcohol

Physical fitness is made up of both health-related and skill-related components of fitness.

The health-related fitness components relate to how well the systems of the body operate and the ability of the individual to become and stay physically healthy.

The skill-related fitness components contribute to the ability to perform successfully in games and sports.

Both kinds of fitness are important to successful participation in sports activities. However, only the health-related components can contribute to the prevention of disease and the promotion of health. You do not have to be a good athlete to be physically fit. If you exercise regularly and follow the basic training principles, you will improve your health-related fitness. Maintaining an acceptable level of the health-related components of fitness is recognized as a key element of a healthy lifestyle.

There are FIVE HEALTH-RELATED components of fitness.

Cardiovascular Endurance – The ability of the body to work continuously for extended periods of time. It is the ability of the heart, blood, blood vessels, and respiratory system to supply oxygen and necessary fuel to the muscles during sustained exercise. Fitness tests that can be performed to measure cardiovascular fitness may include:

- Pacer
- Mile
- 12 minute run/walk
- Step test

Muscular Strength – The maximum amount of force a muscle or muscle group can exert against an opposing force. Fitness tests that can be performed to measure muscular strength may include:

- Pull-ups
- Push-ups

Muscular Endurance – The ability of the same muscle or muscle group to contract for an extended period of time without undue fatigue. Fitness tests that can be performed to measure muscular endurance may include:

- One minute timed curl-ups
- Flexed arm hang

Flexibility – A joint’s ability to move through its full range of motion. Fitness tests that can be performed to measure flexibility may include:

- Sit and reach
- Shoulder stretch
- Trunk lift

Body Composition – The ratio of body fat to lean body tissue, including muscle, bone, water, and connective tissue. Fitness tests that can be performed to measure body composition may include:

- Skinfold measurements
- Electrical impedance
- Underwater weighing
- Body mass index

There are SIX SKILL-RELATED components of fitness.

Agility – The ability to change and control the direction and position of the body while maintaining a constant, rapid motion.

Balance – The ability to control or stabilize the body while standing or moving.

Coordination – The ability to use the senses to determine and direct the movement of your limbs and head.

Power – The ability to move the body parts swiftly while simultaneously applying the maximum force of the muscle.

Reaction Time – The ability to react or respond quickly to what you hear, see, or feel.

Speed – The ability to move the body or body parts swiftly.

GOALS/GOAL SETTING PROCESS

Prior to setting up your personal fitness plan, you should **pre-test**. A **PRE-TEST** helps you determine your present fitness level and provides you with a basis for setting realistic goals.

A **POST-TEST** should be done at the conclusion of your fitness program to help you determine the progress you made toward your goals and to assist you in setting new goals.

Goals serve as a guide for what you do and give you something to work towards.

Goal setting is a process that can help you improve yourself. It is a means of getting you motivated to make lifestyle changes that will result in self-improvement. The goals that you will be encouraged to set this term will be in the area of health-related fitness (cardiovascular fitness and flexibility OR muscular endurance).

Long-term goals are goals that take a long time, perhaps years to reach. Our long-term goal will be accomplished within this term.

Short-term goals are goals that can be established either to help you achieve a long-term goal or help you accomplish something in a short period of time.

The following twelve steps are helpful for successful goal setting.

1. Have the desire to improve.
2. Believe that you will be successful.
3. Analyze where you are right now.
4. Set realistic goals.
5. Write down your long-term and short-term goals in detail.
6. List the benefits you will receive by reaching your goals.
7. Identify the obstacles that may be in your way.
8. Identify the knowledge you may need to reach your goals.
9. Make a plan of action to reach your goals.
10. Develop time lines for both short-term and long-term goals.
11. Monitor your progress closely with a personal log.
12. Never give up.