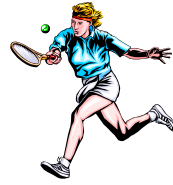


Term 1 - Physical Fitness



There are 5 main components to physical fitness:

- (1) **Cardiovascular endurance** - the ability of your heart, lungs and blood system to work and use oxygen in order to make energy (the harder you work the more energy your body needs)
- (2) **Muscular strength** - the amount of force a muscle can exert in one contraction (increased strength leads to better posture and less pressure on your joints)
- (3) **Muscular endurance** - the ability of the muscle to exert force over a long period of time (this will enhance your ability to do activities for a greater period of time)
- (4) **Flexibility** - the ability of your joints to move through a wide range of motion (this is developed by various forms of stretching and reduces the risk of injury)
- (5) **Body Composition** - the proportion of fat mass and muscle mass in the body (this is often referred to as body type which is often determined by genetics)

Calculating your heart rate

Why is monitoring your heart rate important?

- Indicates level of effort
- Indicates speed of recovery
- Indicates state of emotions
- Gives you more responsibility for your own health

Resting heart rate- heart rate after complete uninterrupted sleep

Maximum heart rate- $220 - \text{age} = \text{beats per minute}$ (19 year old - $220 - 19 = 201$ bpm)

Moderate health zone- 50-70% of your maximum heart rate

$(220 - \text{age}) \times .5 = \text{lower range of moderate health zone}$

$(220 - \text{age}) \times .7 = \text{higher range of moderate health zone}$

Term 1 - Physical Fitness

Aerobic health zone- 70-85% of your maximum heart rate

$(220 - \text{age}) \times .7 =$ lower range of aerobic health zone

$(220 - \text{age}) \times .85 =$ higher range of aerobic health zone

Warm-up Review: It is important to warm-up in order to prevent injuries to joints and muscles during any type of physical activity.

Why Stretch? Stretching relieves tight muscles and increases range of motion, thus decreasing injuries. Stretches should be held at a point where only mild tension is felt. One stretch per muscle group is held for at least 15 seconds (for a maximum of 1 minute).

Benefits of a warm-up:

- increased circulation
- increased body temperature
- mental preparation
- increased focus on task
- improved performance
- prevention of injuries

Cool Down:

- gradual lowering of heart rate
- prevention of blood pooling (dizziness)
- minimize muscle soreness

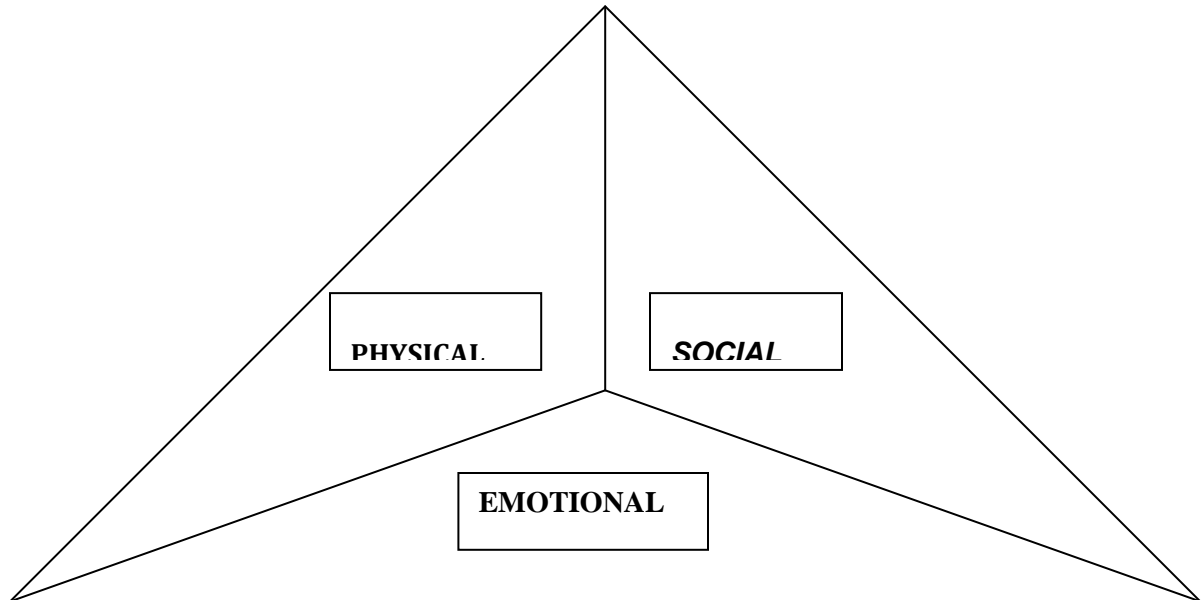
There are three stages of a warm-up:

- 1) **Indirect-** any type of warm-up that is not related to the activity that the individual is warming up for (e.g. doing jumping jacks before a basketball game)
- 2) **Direct-** the warm-up is related the type of activity to be practiced or played (e.g. doing lay-ups before a basketball game)
- 3) **Identical Stage-** the warm-up is almost identical to the type of activity to be practiced or played (e.g. playing 3 on 3 before a basketball game)

Term 1 - Physical Fitness

HEALTH AND WELL-BEING / TRIANGLE & CONTINUUM

HEALTH: The combination of physical, social and emotional well-being. Each of these areas form a triangle that is inter-dependant on each other to maintain wellness in a persons lifetime. Health is a temporary point along a continuum that continues to change for various reasons.



PHYSICAL

energy levels
relationships
immune system
activity levels
body systems
body type

EMOTIONAL

copng with daily demands
reaction to stress
personal feelings
personal awareness
self-esteem

SOCIAL

support groups
communication
social structures

How healthy you are will depend on where you are on the health continuum ranging from a state of well-being with high energy levels to the opposite end low energy and illness.

To maintain a state of good health requires a lifetime commitment to healthy choices. Teenagers must also be aware of risky behavior which will cause a decline in health and well-being.

Term 1 - Physical Fitness



PHYSICAL - Unhealthy body & body systems
Low Energy / Over Weight

SOCIAL - Isolated / Alone

EMOTIONAL - Unstable / Stressed
Low Self Esteem

PHYSICAL - Physically Fit

SOCIAL - Healthy Relationships

EMOTIONAL - Control Anger
- Stress Management
- High Self Esteem

WHAT DOES IT MEAN TO BE HEALTHY?



HEALTH

- A combination of physical, mental and social well-being. These areas will form a triangle, each effecting the other two with any change to your health.
- A) **Physical Health**
- Refers to your energy levels, immune system, activity levels, body type etc.
- B) **Mental or Emotional Health**
- Refers to coping with daily demands, stress, personal feelings, personal awareness etc.
- C) **Social Health**
- Refers to relationships, support groups, communication, social structures, etc.

Throughout your lifetime your health will change for various reasons (aging, illness, physical or emotional stress etc.) How healthy you are is a temporary location on a sliding scale which ranges from a state of well being with high energy levels, a positive outlook, absence of illness to the opposite end of the scale with illness, aches and pains, chronic disorders and premature death. Your location on this continuum can change gradually or overnight.

Term 1 - Physical Fitness

Developing and maintaining a state of good health and well-being requires a lifetime of commitment. Choices are needed to promote good health. Teenagers must also be aware of risky behaviours which will cause a decline in health and well-being.

The below examples can effect ones personal situations, such as the following:

Emotional / Social / Physical. How each other can affect one another.

Good Health

- Plenty of sleep
- Proper diet
- Daily activity
- Abstinence from sex
- Managing stress and good communication
- Choosing good friends and relationships
- Safe practices during Activity

Risky Behaviour

- Smoking
- Dangerous driving
- Drugs and alcohol
- Risky sexual behaviour
- Fad dieting
- Public mischief
- Ignoring safegaurds

Ways to say no: - Just say "no" / Leave / Ignore / Make an excuse / Change the subject /

Make a joke of / it Act shocked / Suggest a better idea