

## Gr. 9 HEALTH AND WELL-BEING Assignment

Name \_\_\_\_\_

Class \_\_\_\_\_

Give a definition for the term Health:

List 4 examples for each of the categories in the health triangle (6 marks)

PHYSICAL

EMOTIONAL

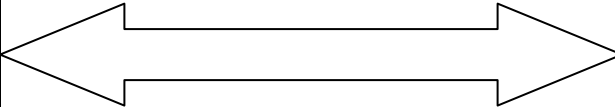
SOCIAL

Give an example below how one area of health might affect another (6 marks)

1. Physical health affect Emotional health
2. Physical health affect Social health
3. Emotional health affect Physical health
4. Emotional health affect Social health
5. Social health affect Physical health
6. Social health affect Emotional health

1. Explain what is meant by **“Health is a temporary point along a continuum that is always changing”**.

2. On the continuum below give an example for each area of the ARROW at each end of it for the extreme ends of the continuum. Put the example on the line given.(6 marks)

<u>Unhealthy</u>		<u>Healthy</u>
Physical _____		Physical _____
Social _____		Social _____
Emotional _____		Emotional _____
_____		_____

**Gr. 9 Physical Fitness Assignment**

Give a definition for the term FITNESS:

Explain the term or concept of the FITT principle.

NAME

MEANING

**F** –

**I** –

**T** -

**T** –

What is the difference between Muscular Strength and Muscular Endurance?

Draw a table / chart and label all 4 components that are needed for the FITT Principle:

OUTPUT				
<b>F</b>				
<b>I</b>				
<b>T</b>				
<b>T</b>				

Physical fitness is something that is developed through conditioning the body at a higher level of effort than the body is used to.

List 6 benefits to regular physical activity

- 1
- 2
- 3
- 4
- 5
- 6

*Explain the following descriptors and explain what is needed to calculate or answer the question.*

*Resting heart rate- (when is the best time to take it)*

*Maximum heart rate-*

*Moderate health zone-*

*Aerobic health zone-*