# Lesson 6.1: Being Physically Active and Physically Fit

## Vocabulary Review Worksheet

1. physical activity
2. exercise
3. physical fitness
4. oxygen
5. activity

## Note-Taking Guide

**Understanding Physical Activity, Exercise, and Physical Fitness**

1. Physical activity is described as movement using the large muscles of your body and includes walking, running, dancing, swimming, biking, climbing stairs, and sports and games.

Exercise is defined as planned, structured, and repetitive physical activity for the purpose of improving or maintaining one or more components of fitness.

Physical fitness, or sometimes just fitness, refers to your body systems’ ability to work together efficiently to allow you to be healthy and perform all the daily activities you need to.

**Benefits of Physical Activity**

2. Potential student answers:

Physical benefits could include having stronger bones and muscles to help decrease injuries and help prevent osteoporosis; having more restful sleep will help people stay asleep longer which improves the ability to concentrate; and combining physical activity and healthy eating can help people maintain and regulate their weight.

Mental benefits could include helping to reduce anxiety and depression which will help to increase concentration and make you feel better about yourself.

Social benefits could include being part of a team or group which can help with meeting people, developing friendships, and learning to work with others.

**Physical Activity and Disease Prevention**

3. diabetes; cancer; pressure; dementia

**Physical Activity Guidelines for Teens**

4. 60; moderate-to-vigorous

5. Could be any physical activity for an activity break. Examples follow:

1. Take the stairs instead of riding the elevator.

2. Have your guardian park farther away from the entrance to the store so you have a longer walk.

3. Set an alarm when you are doing your homework, and every hour take a 10-minute break and do some type of physical activity.

# Lesson 6.2: Health-Related and Skill-Related Fitness Components

## Vocabulary Review Worksheet

1. health-related
2. cardiorespiratory endurance
3. rating of perceived exertion (RPE) scale
4. muscular
5. flexibility
6. skill-related

## Note-Taking Guide

**Health-Related Fitness Components**

1. cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition

**Cardiorespiratory Endurance**

2. exercise

**Circulatory System and Respiratory System**

3. Circulatory system: This system controls the flow of blood in your body and consists of your heart, blood vessels, and blood.

Respiratory system: This system controls the flow of oxygen in your body and is made up of your mouth, nose, trachea, diaphragm, and lungs.

**Determining Your Cardiorespiratory Endurance Intensity**

4. perceived; target

5. exercising; benefit

**Muscular System**

6. all; 650

**Muscular Strength and Muscular Endurance**

7. strength

8. endurance

9. Any four of the following: keeping bones strong; increasing energy levels; helping maintain correct posture; increasing lean body mass; reducing the risk of injury; helping perform everyday tasks, such as climbing stairs, much more easily

**Nervous System**

10. The central nervous system comprises your brain and spinal cord.

The peripheral nervous system is a network of nerves that connect your brain and spinal cord to the rest of your body.

**Skeletal System**

11. tendons; cartilage; bones

**Flexibility**

12. joints; motion

13. muscles; joint

14.

1. Dynamic stretching: butt kicks, high knees, lunges

2. Static stretching: hamstring stretch, quad stretch, triceps stretch, yoga, Pilates

**Body Composition**

15. Body composition refers to the ratio of lean (muscle) tissue to fat tissue in your body.

**Skill-Related Fitness Components**

16.

**Power:** The ability to combine strength with speed while moving.

**Reaction time:** The ability to move quickly once a signal to start moving is received.

**Speed:** The ability to get from one place to another in the shortest possible time.

**Balance:** The ability to keep the body in a steady position while standing or moving.

**Agility:** The ability to change body positions quickly and keep the body under control when moving.

**Coordination:** The ability of body parts to work together when you perform an activity.

# Lesson 6.3: Preparing for Physical Activity

## Vocabulary Review Worksheet

1. warm-up
2. dynamic
3. Dual
4. cool-down
5. Static
6. individual
7. team
8. Dehydration

## Note-Taking Guide

**Preparing for Activity**

1. slowly

**Warm-Up, Workout Focus, and Cool-Down**

2.

**Getting Active and Staying Active Throughout Your Life**

3. Student answer but could include: maintaining blood pressure, having a healthy heart, preventing diseases, maintaining appropriate weight and percentage of body fat, and reducing stress.

**Individual, Dual, and Team Sports**

4.

Individual sport: Teaches you about resilience, self-motivation, and accomplishment

Dual sport: Teaches you about resilience, self-motivation, and accomplishment

Team sport: Teaches you about working with others, being a good sport, time management, and persistence

**Dressing for Physical Activity**

5.

Dress in layers.

Wear proper socks.

Wear proper shoes.

Wear comfortable clothes.

**Physical Activity and Using Protective Equipment**

6. Student answer but could include:

* Helmet when riding a bike because if a person was to wreck and hit their head it could protect the person from a serious head injury that could result in lifelong complications.
* Wearing a mouth guard when playing football could prevent a person from getting teeth knocked out which could result in dental problems.
* Wearing reflective clothing when jogging on or near the road can help people be seen and prevent being hit by a car which could result in life-altering injuries.

**Preventing Injuries While Being Active**

7. Any six of the following:

* Rest and take at least one day off from exercise each week.
* Take a day off between doing muscular strength or muscular endurance activities.
* Make sure you are using proper technique when exercising.
* Vary your activity so you aren’t using the same muscle groups each day.
* Don’t play through pain because that often makes a minor injury a major injury.
* Warm up and cool down properly.
* Wear the right protective gear to keep from being injured.
* Stay hydrated by drinking water regularly before, during, and after your physical activity.

# Lesson 6.4: Fitness Planning

## Vocabulary Review Worksheet

1. fitness plan
2. frequency
3. frequency
4. Type
5. specificity
6. specificity; progression; overload

## Note-Taking Guide

**Your Personal Fitness Plan**

1. A fitness plan is a detailed plan designed using the FITT principle, which serves as a guide for meeting your fitness and activity goals.

2. Cardiorespiratory, muscular strength, muscular endurance, and flexibility activities

**FITT Formula**

3. activity; health-related

4. Frequency: How often you exercise

Intensity: How hard you exercise

Time: How long you exercise

Type: The actual exercise you choose to do based on the fitness component you are working on

**Cardiorespiratory Endurance and FITT Formula**

5. five

6. 5, 6, or 7; 60% to 75% or 75% to 90%

7. 60

8. aerobic

**Muscular Strength and Endurance and FITT Formula**

9.

|  |  |
| --- | --- |
| **Muscular strength FITT formula** | |
| Frequency | **3** days a week |
| Intensity | Moderate to **heavy** weights |
| Time | 1 to **3** sets of **8** to 12 reps |
| Type | Muscular training activities |
| **Muscular endurance FITT formula** | |
| Frequency | **3** days a week |
| Intensity | **Light** to moderate weights |
| Time | **1** to 3 sets of **15** to 20 reps |
| Type | Muscular training activities |

**Flexibility FITT Formula**

10. daily

11. discomfort

12. 30

13. static; dynamic

**Training Principles**

14. specificity; progression; overload

**Setting SMART Goals**

15 and 16. Following is an example of what students might choose to do (from the textbook). Answers will vary based on the plan they create. Ensure the information is accurate for each box.

|  |  |  |  |
| --- | --- | --- | --- |
| **Day and date** | **Activity** | **Type** | **Time** |
| Tuesday | Elliptical machine  Lifting:  Bench press, arm curls, triceps press  Stretching:  front arm cross body, arm stretch on wall, triceps stretch | Cardiorespiratory  Muscular strength  Muscular endurance  Flexibility | 20 minutes  3 sets of 8  30-second hold for each stretch |

**Monitoring Your Fitness Plan**

17. Any five of the following:

You will be more likely to reach your goals.

You will be able to see what you have already done and know what you still need to do for the week.

It will keep you accountable to the goals you set.

It gives you an opportunity to modify your goals if needed.

It can be motivating for you to see the progress you have made, or it can motivate you to keep working and to work harder if necessary.

It helps keep you committed to your plan.

**Planning Your Fitness With Technology**

18. MyFitness Pal; Nike Training Club; 30 Day Fitness

# Test Your Knowledge

1. b. Physical activity

2. b. four to five

3. a. frequency, intensity, time, type

4. d. circulatory

5. c. health-related

6. d. overload, progression, specificity

7. a. warm-up

8. c. helmet

9. a. exercise

10. d. fitness