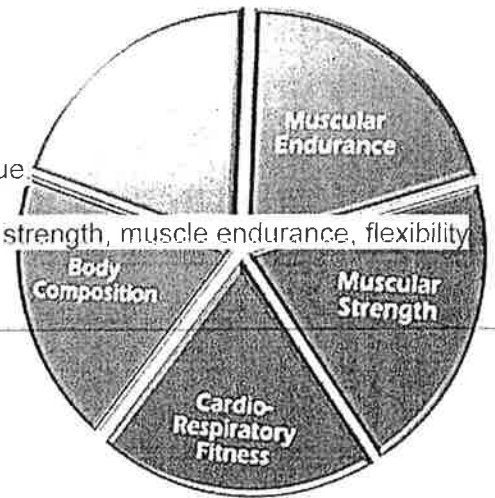


# What is Physical Fitness- Mr. Fama MLK

Name: \_\_\_\_\_

Physical fitness is your ability to carry out tasks without excessive fatigue

Components of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance, flexibility and body composition



## Effects of Technology:

We certainly live in the technology age and the advances we see in technology have simplified many physically demanding tasks. In fact, it can make you wonder if all of this technology has eased our physical burdens so much that one day we might be so physically unfit that we can no longer perform tasks without the help of technology. Our ability to carry out daily tasks and routine physical activities without undue fatigue is called physical fitness. While too much reliance on technology could make us less fit, we see that we can improve physical fitness through the performance of different exercises.

## Exit Ticket

What are 2 examples of technology helping you get more physically fit?

1)

2)

What are 2 examples of technology decreasing your physical fitness?

1)

2)

Define Physical fitness in your own words

What are the 5 components of physical fitness?

Which component do you think you excel in? why?

Which component do you think you should work more on? Why?



# Mr. Fama MLK- Physical Fitness Word Search

Directions: Complete the word search and your workout of the day

S W J T D X U V D S Q Z Z O D M S T X I  
I U D G D X T O I D R A C T H I L Q D X  
Q K P Y B R B M X X N Q J A L W A P E M  
A D C E I I Q A O X Z Y E A F D N M L U  
P Q Z C R T V P J C N L R H I F I O T O  
T E E J W S Q Y C I Q O E W W T M T O K  
P P C U D Y E D Z L T Q G B G K O T I P  
Q O R I Q H L T Q C L I M K O S D E D Z  
H O W N B C F B E W N U V D G C B M Q M  
L Q Z K A F N P C J E X P F X B A F K M  
G D F P P G V F N E D F V Q V G T A L C  
H H C A B W E M V F I D C C R Y D V N U  
S X X Z E Q U K G Q C N U R O A D P E I  
D X I T J E E N G X Z K A P Z F K E J Y  
U L L A T I S S I M U S O W T W T Z L W  
R U T Z M F G L F T T D E Z R M U I I Y  
O V R N H O Y O T W G W F I L C U L D D  
H Z J E E L Z R Z R R O L X C C X Y E K  
N P W T K I Y W G I G J A R X S A Q F H  
A R I S B C L G W N G A E B O S R F D A

## Word Bank

ABDOMINALS

BICEP

CARDIO

DELTOID

LATISSIMUS

PECTORALIS

SUPERSET

TRICEP

**Chapter 12**

**Personal Inventory**

**Habits for a Healthy Heart and Lungs**

Your cardiovascular and respiratory systems work closely together. Often, the health of one of these systems influences the health of the other system. What do you do to keep both systems healthy?

*Complete the statements below. Your answers will identify ways you can improve your habits to keep your heart and lungs healthy. You may want to review your answers after you have read Chapter 12.*

**Eating Healthy Foods**

1. My favorite healthy foods are \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. I \_\_\_\_\_ eat fried and processed foods.

3. To maintain a healthy weight, I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Exercising Regularly**

4. The types of exercises I like to do include \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. To relieve stress through exercise, I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. Every day, I try to do \_\_\_\_\_ minutes of physical activity.

**Breathing Clean Air**

7. When someone near me lights a cigarette, I \_\_\_\_\_

\_\_\_\_\_

8. When I do work that generates fumes or dust, I \_\_\_\_\_

\_\_\_\_\_

9. On days when the outside air quality is poor, I \_\_\_\_\_

\_\_\_\_\_



## Body Composition

Name: \_\_\_\_\_

Date: \_\_\_\_\_

In physical fitness, body composition is used to describe the percentages of fat, bone, water and muscle in human bodies.

Because muscular tissue takes up less space in our body than fat tissue, our body composition, as well as our weight, determines leanness.

Two people of same sex and body weight may look completely different from each other because they have a different body composition.

### Questions:

1) Body composition is used to describe what?

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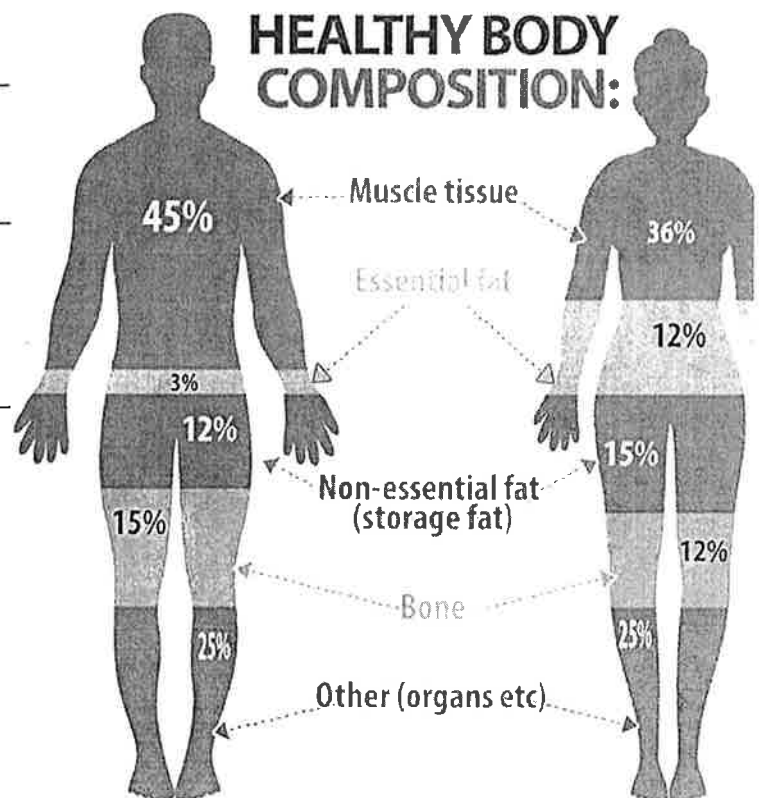
2) Using the chart to the right what percentage of muscle tissue should a male and female have? Male: \_\_\_\_\_ Female: \_\_\_\_\_

3) Who should have more essential fat Males or females? And what percentage?

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4) How much non-essential fat do males and Females have? Male: \_\_\_\_\_ Female: \_\_\_\_\_

5) What is the only percentage that is equal Between males and females in healthy body Composition? \_\_\_\_\_ What percent: \_\_\_\_\_





Mr. Fama-MLK PE

Body Composition

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions:**

Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.

**Word bank:**

- fat
- composition
- water
- percentages
- leanness
- bone
- muscle
- bodies
- weight
- body



TOISIMNOOCP 

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9   8   2   13   14

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3   4

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5   15

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12

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LUCMES 

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7

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6

TEWGIH 

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11

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10

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1   2   3   4   5   6   7   8   9   10   11   12   13   14   15





## **Flexibility Vocabulary:**

**Ballistic stretching:** Exercises that cause muscles and tendons to get longer than normal; caused by movements such as bouncing or bobbing.

**Gravity:** The force that causes objects to fall toward earth.

**Ligaments:** Body tissues that connect bones to bones.

**Muscles:** Body tissue that lengthens and shortens to cause movement of the bones that results in body movement; tissue that contracts without movement to support the body and hold objects.

**PNF (proprioceptive neuromuscular facilitation):** A type of static stretch that requires the muscle to be contracted immediately before it is stretched.

**Range of motion:** The amount of movement in a joint.

**Static stretching:** Exercises that cause muscles and tendons to get longer than normal; these stretches require the person to hold the muscle in the lengthened position for a period of time.

**Strain:** An injury to a muscle; a tear in muscle tissue.



**Flexibility Packet**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Many physical activities require flexibility.

Swimming requires flexibility in the shoulders.

Skateboarding requires flexibility in the back of the legs and low back.

Dancing requires whole-body flexibility.



**Questions:**

- 1) What is the name of the shoulder muscle that requires flexibility in swimming? \_\_\_\_\_
- 2) What is the name of the leg muscle that requires flexibility in skateboarding? \_\_\_\_\_



**Flexibility Vocabulary:**

**Ballistic stretching:**

\_\_\_\_\_

\_\_\_\_\_

**Gravity:**

\_\_\_\_\_

\_\_\_\_\_

**Ligaments:**

\_\_\_\_\_

\_\_\_\_\_

**Muscles:**

\_\_\_\_\_

\_\_\_\_\_

**PNF (proprioceptive neuromuscular facilitation):**

\_\_\_\_\_

\_\_\_\_\_

**Range of motion:**

\_\_\_\_\_

\_\_\_\_\_



## Static stretching:

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## Strain:

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In this chapter you learned about flexibility and range of motion. You know that range of motion is the amount of movement that is possible for a joint, and each joint has its own range of motion.

Long muscles and tendons allow you to have a healthy range of motion, and short muscles and tendons limit range of motion. However, as you learned in this chapter, having too much range of motion can sometimes be a problem.

Stretching is used to lengthen muscles and tendons to increase flexibility and range of motion, and a warm-up is used before exercise to prepare you for participation. It's important to know that a warm-up and a stretching program to improve flexibility are NOT the same. A warm-up includes both a general body warm-up, such as walking or jogging, and static stretching after the general warm-up (see pages 66 and 67 of your textbook).

There's some debate about the value of the warm-up in preventing injury and improving performance. Some evidence shows that if high-level performers stretch before an event requiring power, their power can be limited. But for the average person there are no disadvantages to a proper warm-up, and many experts feel that there are advantages.

## Questions:

1) True or False can having too much range of motion be a problem? \_\_\_\_\_

2) Stretching is used

to: \_\_\_\_\_

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3) when should you use a warm up?

a) before exercise b) during exercise c) after 10 minutes d) after 5 minutes

4) What is one type of exercise you can use for a warm up?



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5) Why might an athlete feel that stretching before an event be a disadvantage?

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Did you know that the majority of adults have some form of back pain? Being flexible in the lower back and hamstring muscles is one way to prevent low back pain.

Another way to prevent back problems is to use the right techniques when lifting objects.

So follow the basic guidelines for lifting and moving objects, and share your knowledge of those guidelines with others. You might just save yourself and your friends a pain in the back.

Questions:

1) Being flexible in the lower back and \_\_\_\_\_ muscles is one way to prevent low back pain.

a) Quads b) abs c) biceps d) hamstrings

2) What is another way to prevent back problems?

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## What's the Scoop on Fad Diets?

### No Shortcuts to Losing Weight

*By: Ellen Shanley and Colleen Thompson*

Hey teens, read the next paragraph and you'll lose weight—guaranteed. Got your attention, didn't we? Most teens know that reading a paragraph is not going to guarantee weight loss. Nonetheless, people try all sorts of crazy things to lose weight.

It's almost impossible to open a magazine or enter a drugstore without being exposed to the latest and greatest way to lose weight fast. But let's be realistic.

#### No shortcuts to losing weight:

- If there really was a surefire, easy way to lose weight fast without diet or exercise, don't you think everyone would have done it by now?
- Why are there so many overweight people?
- Losing weight is hard work.
- Harder still is keeping weight off.

**How can you tell if a diet is a fad?** : Ask yourself the following questions when evaluating the latest craze in weight control.

1. Does it sound too good to be true? It probably is.
2. Does it promote weight loss of more than 1–2 pounds per week? Losing more than 2 pounds per week is usually associated with water and muscle loss, not fat loss.
3. Does the diet promote a "no exercise" mentality? Forget it. Any good weight-control program must include exercise to maintain muscle mass and improve fitness.
4. Do you have to buy special food, pills, powders, or other products? In the long run, it is the people selling the stuff who really benefit.

#### Smarter options

Losing weight requires a change in attitude as well as a change in eating and exercise habits. Changing attitudes and habits is definitely hard to do. Fad diets are just what they sound like: They're temporary, in and out of fashion, and don't offer a permanent solution. In some cases, fad diets can be truly dangerous to your health.

*Excerpted with permission from "Fueling the Teen Machine," by Ellen Shanley and Colleen Thompson (Bull Publishing), the ultimate guide to navigating the world of nutrition and health and figuring out how to keep teen bodies healthy, strong, and happy.*

**5. TAKE IT EASY:** *Relaxation Techniques*

If you're feeling stressed, breathing exercises, yoga, meditation, stretching and Tai Chi are some great relaxation techniques that can help you lower your blood pressure, heart rate, and calm your mind. Pop in a yoga or meditation DVD and take your mind away from your worries. When you're done, you'll be much more relaxed and ready to tackle whatever comes your way with a clear mind.

**6. FIND AN OUTLET:** *Talk to a Mentor or Guidance Counselor*

If you are having a problem deciding which classes to take, where to apply for college, or just need someone to talk you, find a mentor, pastor, or guidance counselor who can help you. There's no sense worrying about things all by yourself when you can bounce ideas off someone with more experience in dealing with teachers, colleges, and life in general.

**7. WATER WORKS:** *Take a Hot Bath or Shower*

There's nothing like a relaxing hot bath or shower. Even if it's only for a few minutes, you can practice doing some relaxation techniques while soaking in a tub or standing in a steaming hot shower. It can be as simple as concentrating on your breathing and meditating. Or you can just focus on the water, relaxing your muscles and washing away your stress.

**8. TUNING IN:** *Listen to Music or Do a Hobby That You Love*

If you need to take a break, listen to some music, paint, dance, sing, or play an instrument. Everyone needs to take a break from studying sometime, so doing something that you really love to do is a great way to recharge your batteries and unwind.

**9. BURN BABY BURN:** *Blow off Steam Through Exercise*

Exercise is a great way to blow off steam. Do whatever exercise you like – walking, jogging, swimming or skateboarding. Try to make time to exercise often so it's part of your daily routine. Your body and your mind will thank you for it.

**10. WRITE ON:** *Journal*

Journaling is an excellent way to put your worries down on paper. Just writing down what you're feeling can be therapeutic. Check out the online Journal in your My Page. That way you don't have to lie in bed thinking about everything that's stressing you out because you've already written it down in your journal. Every day, try to write down one or two things that you like about your life or yourself to keep things in perspective. No matter how horrible or stressful your life may be, there will always be one nice thing that you can be thankful for each day (the sunshine, your dog, your parents, a best friend, etc.)

*This article has been reviewed by BodiMojo expert Tara Cousineau, Ph.D.*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Assignment Directions:**

1. Read the article.
2. Reread the article and highlight or underline 3 words from the text related to physical fitness, health, or nutrition that you may not be familiar with and may not know the definition of.
3. Using the 3 words from the articles, complete the definition chart on the back.
4. Write a 3 sentence summary of the article.

Word from text	Context sentence (copy the sentence from text)	Dictionary definition	In your own words explain what this word means	Create a new sentence using this word

Summary: write a 3 sentence summary of the article. Be sure you identify the author's claim, thesis, or main idea.

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