

### 1.1 Fitness for Life

**Physical Fitness** ability of your body systems to work together efficiently.

**Health** a word often associated with good fitness.

*According to WHO, health was considered as nothing more than absence from disease.*

**Wellness** includes intellectual, social, emotional, physical, and spiritual aspects. It has to do with feeling good about yourself and with having goals and purposes in life.

**Physical Activity** The movement using the large muscles of the body. Physical activity is a general term that includes sports, dance, and activities done at home or work, such as walking, climbing stairs, or mowing the lawn.

**Exercise** When people do physical activity especially for the purpose of getting fit.

**Benefits**

- Looking good
- Feeling good
- Enjoying life
- Meeting emergencies

### 1.2 Fitness Through Physical Activity

#### The Parts of Physical Fitness

##### Health Related Fitness

**Cardio-vascular fitness** Is the ability to exercise your entire body for long periods of time without stopping.

**Strength** Is the amount of force your muscles can produce. Measured by how much weight you can lift or how much resistance you can overcome.

### 1.2 Fitness Through Physical Activity (cont)

**Muscular endurance** Is the ability to use your muscles many times without tiring. Better posture and fewer back problems.

**Flexibility** Is the ability to use your joints fully through a wide range of motion. Fewer injured muscles.

**Body Fatness** Is the percentage of body weight that is made up of fat when compared to the other body tissues. Too little or too much fat can cause health problems.

*Hypokinetic conditions - health problems caused partly by lack of physical activity . Examples include heart disease, high blood pressure, diabetes, osteoporosis, colon cancer, and being over fat.*

### Skill-Related Fitness

**Agility** Is the ability to change the position of your body quickly and no control your body's movements. Good agility are likely to be good at activities such as wrestling, diving, soccer, and ice skating.

**Balance** Is the ability to keep an upright posture while standing still or moving. Good activities such as gymnastics and ice skating.

**Coordination** Is the ability to use senses together with your body parts or to use two or more body parts together. Good at hitting and kicking games such as baseball, softball, tennis, and golf.

### Skill-Related Fitness (cont)

**Power** Is the ability to use strength quickly. Both strength and speed involved. Good power might have the ability to put the shot, throw that discus, high jump, play football, and speed swim.

**Reaction time** Is the amount of time it takes in to move once you realize the need to act. Good reaction time are able to make fast starts in track or swimming or to dodge a fast attack in fencing or karate.

**Speed** Is the ability to perform a movement or covert a distance in a short period of time. Good leg speed can run fast, while people with good arm speed can throw fast or hit a ball that is thrown fast.

