



# PHYSICAL FITNESS

# FITNESS OBJECTIVES

- Define Physical Fitness
- Identify health habits that impact our fitness
- List and explain the components of fitness and exercise
- Measure your own level of fitness.

# Physical Fitness

- The ability to carry out daily tasks with plenty of energy left over to meet unexpected demands.
- The more physically fit a person is – the greater is their energy reserve.
- The ability of the heart, blood vessels, lungs, and muscles to work together to meet the body's needs.
- Stimulating your muscles, bones, heart, lungs, and blood vessels with regular exercise helps you gain and maintain fitness.

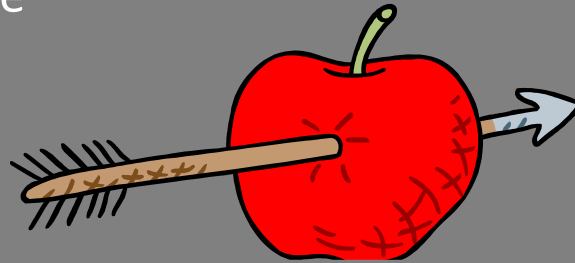


Your body is made for activity!

Fitness requires a commitment to live a life-style that includes good health habits.



Good medical and dental care



Good Nutrition

Stress Management

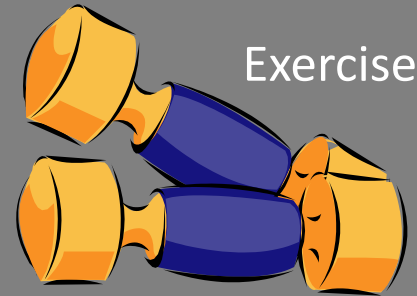


Sufficient Rest



Don't abuse drugs

Exercise



# INTERESTING FACTS

- 63% of Americans are overweight with a Body Mass Index (BMI) in excess of 25.0.
- 31% are obese with a BMI in excess of 30.0.
- According to the U.S. Surgeon General report obesity is responsible for 300,000 deaths every year.

**This situation can be traced to Overeating and a Sedentary Lifestyle.**

**Sedentary living- is a way of life that requires little movement or exercise.**

# Lets Determine Your BMI!

(Body Mass Index)

Convert your height into inches. Divide your weight in pounds by your height in inches. Divide that result by your height again, and multiply the result by 703.

Here's an example of 16 year old male who is 6 feet tall and weighs 182 pounds.

$$182 \text{ lbs} / 72 \text{ in.} = 2.528$$

$$2.528 / 72 = .035$$

$$0.035 \times 703 = 24.6$$

$$\text{BMI} = 24.6$$

# RESULTS

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## BMI

Below 18.5

18.5 – 24.9

25.0 – 29.9

30.0 and Above

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## Weight Status

Underweight

Normal

Overweight

Obese

Does this tell the whole story?.....

- Exercise provides health benefits that last a lifetime.
- Regular physical activity will impact every aspect of your health.





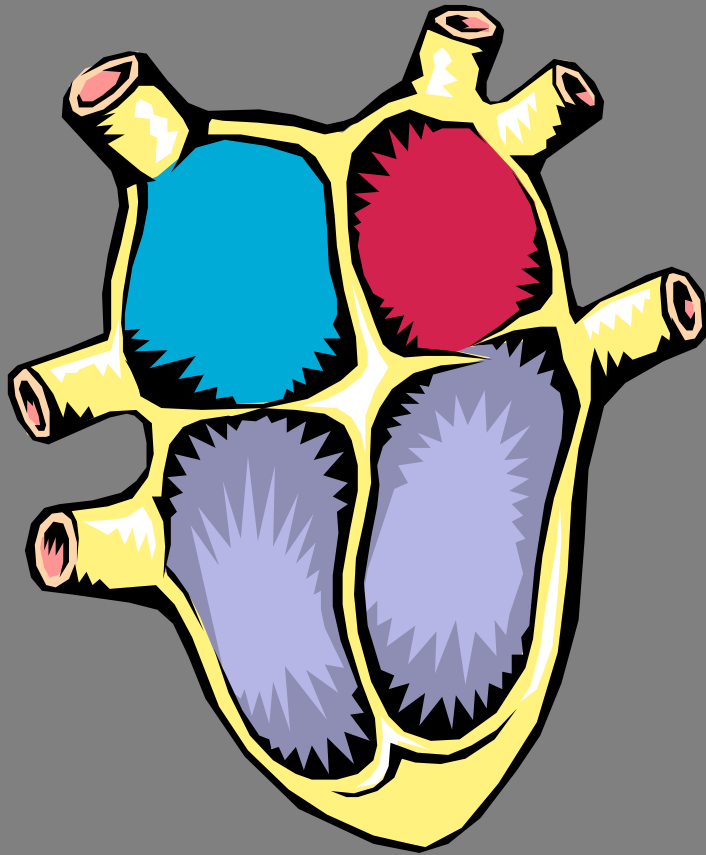
# BENEFITS

## Metabolism & Digestive System

- Improved regulation of blood sugars
- Aids in digestion and helps prevent constipation
- Helps control appetite
- Helps maintain desired body weight.



# BENEFITS



## Circulatory System

- Reduces blood pressure
- Decreased heart rate after exercise or hard work
- Reduced risk of cardiovascular disease
- Decreased resting heart rate \*\*\*Calculate\*\*\*

## How to Calculate your Heart Rate:



1. Using the tips of your index finger and middle fingers, locate your carotid artery. Your carotid artery is located just below your jaw in the groove where your head and neck meet.
  2. *Count your pulse for 10 seconds. Multiply the number of beats in 10 seconds by six to get your heart rate.*
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After jogging in place for 2 minutes record your resting heart rate immediately afterward.

Why did your heart rate change after exercising?

**Resting Heart Rate = Number of times  
your heart beats when you are at rest.**

**A typical pulse rate for teens and adults is between 60  
and 100 beats per minute.**

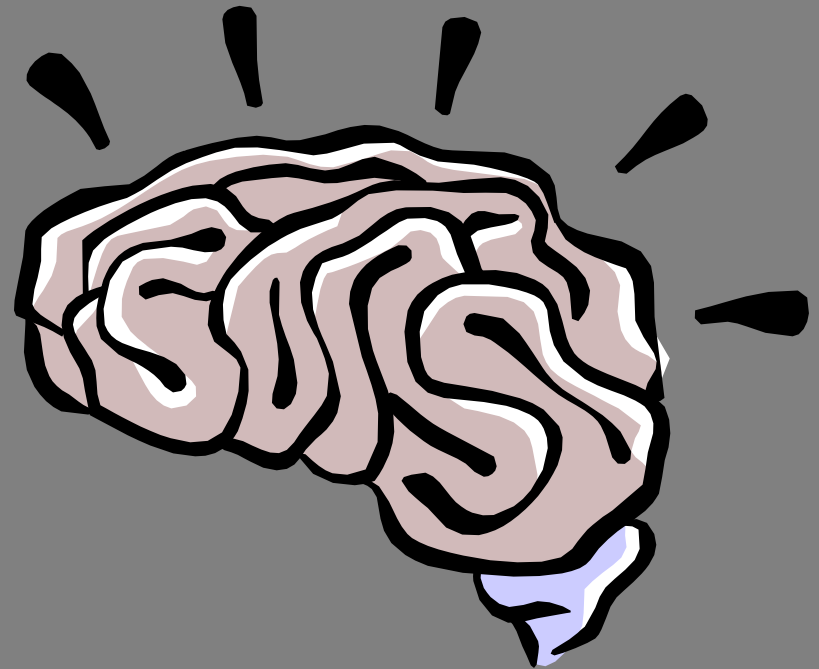
As you become more physically fit your resting heart rate will decrease. This means your heart is pumping more efficiently – doing its job with less effort. You will live longer.



# BENEFITS

## NERVOUS SYSTEM

- Decreased stress
- Improved coordination and reaction times
- Improves mental alertness
- Increases ability to concentrate
- Increases resistance to mental fatigue
- Improves relaxation
- Improves quality of sleep



# BENEFITS



## MUSCULAR SYSTEM

- Increased muscle and bone strength
- Increased flexibility
- Improved posture
- Reduced excess body fat
- Helps maintain desired body weight

# BENEFITS

## Respiratory System

- Increased lung capacity\*\*Balloon Demonstration\*\*
- Increased blood circulation to the lungs
- Increased efficiency of muscles used in breathing



# BENEFITS



## SKELETAL SYSTEM

- INCREASED STRENGTH OF MUSCLES & BONES
- INCREASED STRENGTH OF JOINT TISSUES





# Basic Components of Physical Fitness

- Not every person's level of fitness is the same. A teen who lifts weights probably has good muscular strength but may be lacking in cardio respiratory endurance.
- Having total fitness means achieving a healthy level in all of the areas of fitness.
- Utilizing a variety of physical activities can help you to develop all of the basic components of fitness.

# SKILL FITNESS COMPONENTS

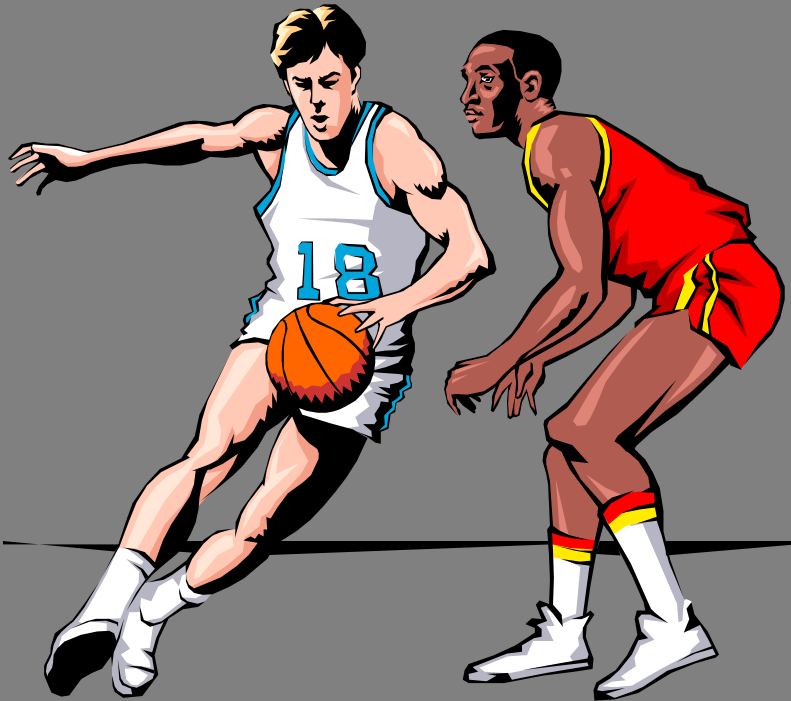
## SPEED

- Your ability to cover a distance or perform a movement in a short amount of time.
- Ex. Sprinter, receiver



# SKILL FITNESS COMPONENTS

## COORDINATION



- Your ability to use two or more body parts together.
- Ex. Setting a volleyball, hitting a golf ball

# SKILL FITNESS COMPONENTS

## BALANCE

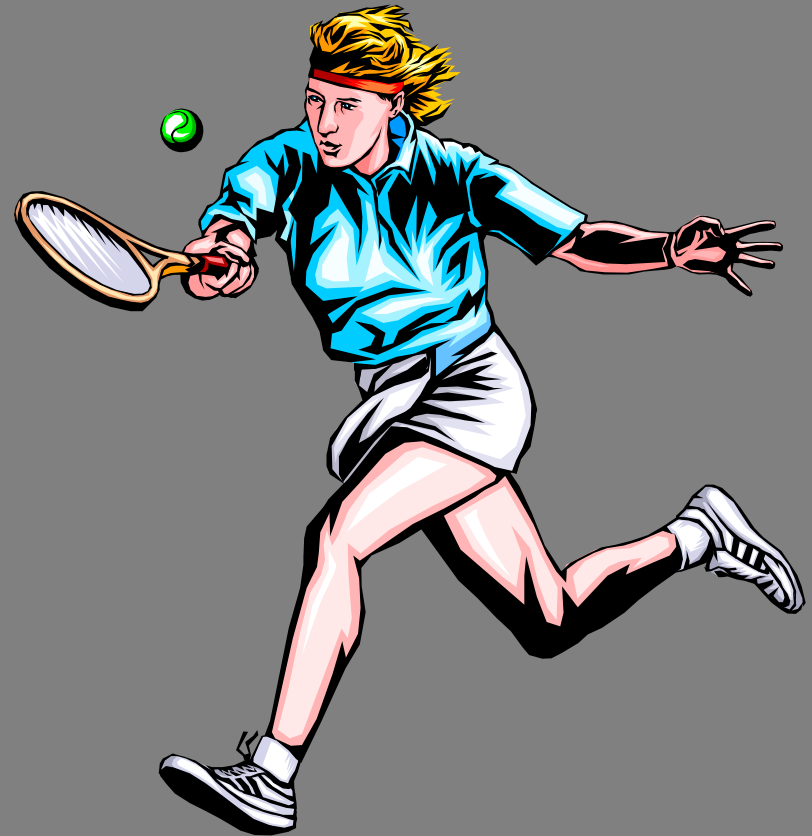


- Your ability to maintain an upright posture.
- Ex. Gymnast, dancer, throwing a pass on a the run

# SKILL FITNESS COMPONENTS

## AGILITY

- Your ability to change body position quickly, while staying in control of your body.
- Ex. Soccer, basketball, tag, dance



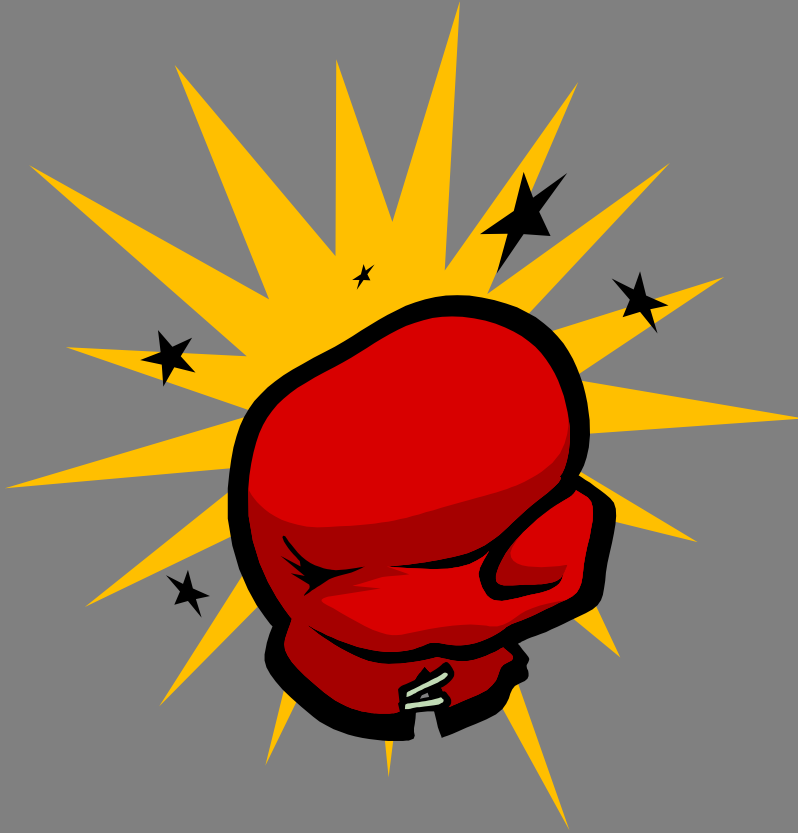
# SKILL FITNESS COMPONENTS

## REACTION TIME

- Your ability to react quickly to a stimulus.
- Ex. Hitting a ball, starting a race



# SKILL FITNESS COMPONENTS



## POWER

- Your ability to use strength quickly.
- Ex. High jumping, sprinting, figure skating, tumbling

# HEALTH FITNESS COMPONENTS

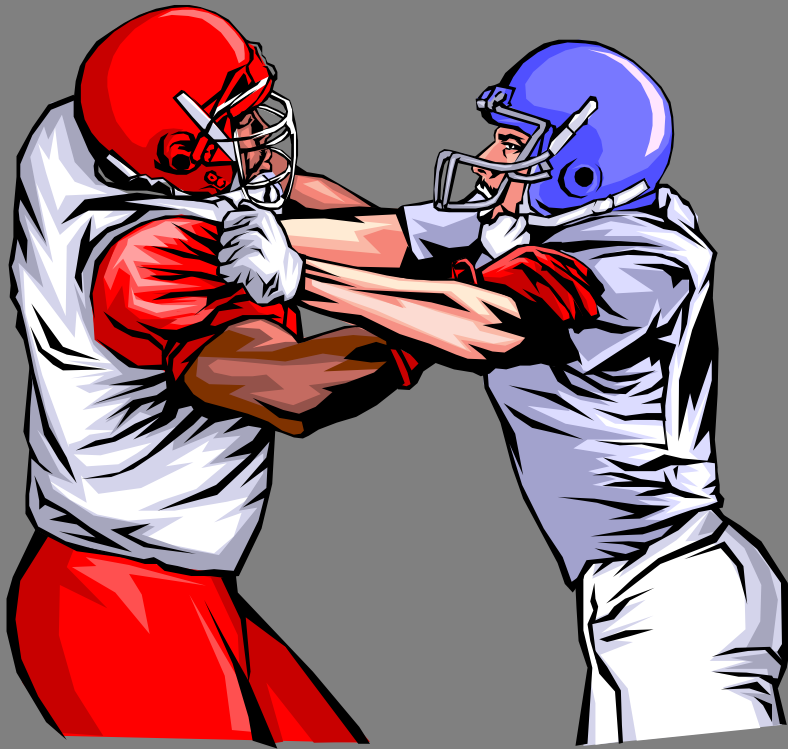
## FLEXIBILITY

- The range of movements of your joints.
- Ex. stretching, yoga, gymnastics





# HEALTH FITNESS COMPONENTS



## MUSCLE STRENGTH AND ENDURANCE

Amount of power a muscle can produce.

- Ex. weightlifting, gymnastics, push-ups

Muscles ability to produce power for a long duration.

- Ex. running, swimming, weightlifting

# HEALTH FITNESS COMPONENTS

## CARDIORESPIRATORY ENDURANCE

- The ability of your heart, lungs, and blood vessels to send fuel and oxygen to your body's tissues during vigorous exercise.



# HEALTH FITNESS COMPONENTS



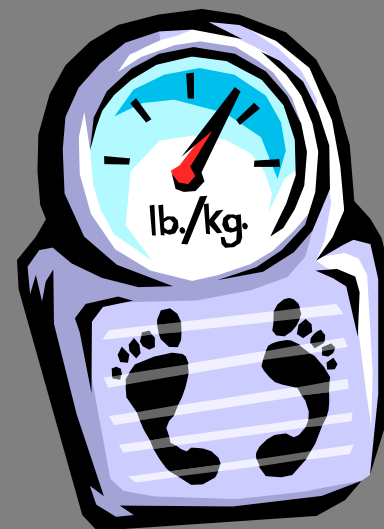
## BODY COMPOSITION

- The amount of fat tissue your body has compared to the amount of other tissues.

To Lower Fat=Cardiovascular activities

# HEIGHT WEIGHT CHART FOR FEMALES

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4'9"	88-90	92-103	100-115
4'10"	90-97	94-106	102-118
4'11"	92-100	97-109	105-121
5'0"	95-103	100-112	108-124
5'1"	98-106	103-115	111-127
5'2"	101-109	106-118	114-130
5'3"	104-112	109-122	117-134
5'4"	107-115	112-126	121-138
5'5"	110-119	116-131	125-142
5'6"	114-123	120-135	129-146
5'7"	118-127	124-139	133-150
5'8"	122-131	128-143	137-154
5'9"	126-136	132-147	141-159
5'10"	130-140	136-151	145-16
5'11"	134-144	140-155	149-169
6'0"	138-148	144-159	153-173



# HEIGHT WEIGHT CHART FOR MALES

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5'1"	107-115	113-124	121-136
5'2"	110-118	116-128	124-139
5'3"	113-121	119-131	127-143
5'4"	116-124	122-134	130-147
5'5"	119-128	125-138	133-151
5'6"	123-132	129-142	137-156
5'7"	127-136	133-147	142-161
5'8"	131-140	133-151	146-165
5'9"	135-145	141-155	150-169
5'10"	139-149	145-160	154-174
5'11"	143-153	149-165	159-179
6'0"	147-157	153-170	163-184
6'1"	151-162	157-175	168-189
6'2"	155-166	162-180	173-194
6'3"	159-170	167-185	177-199
6'4"	163-174	172-190	184-203

