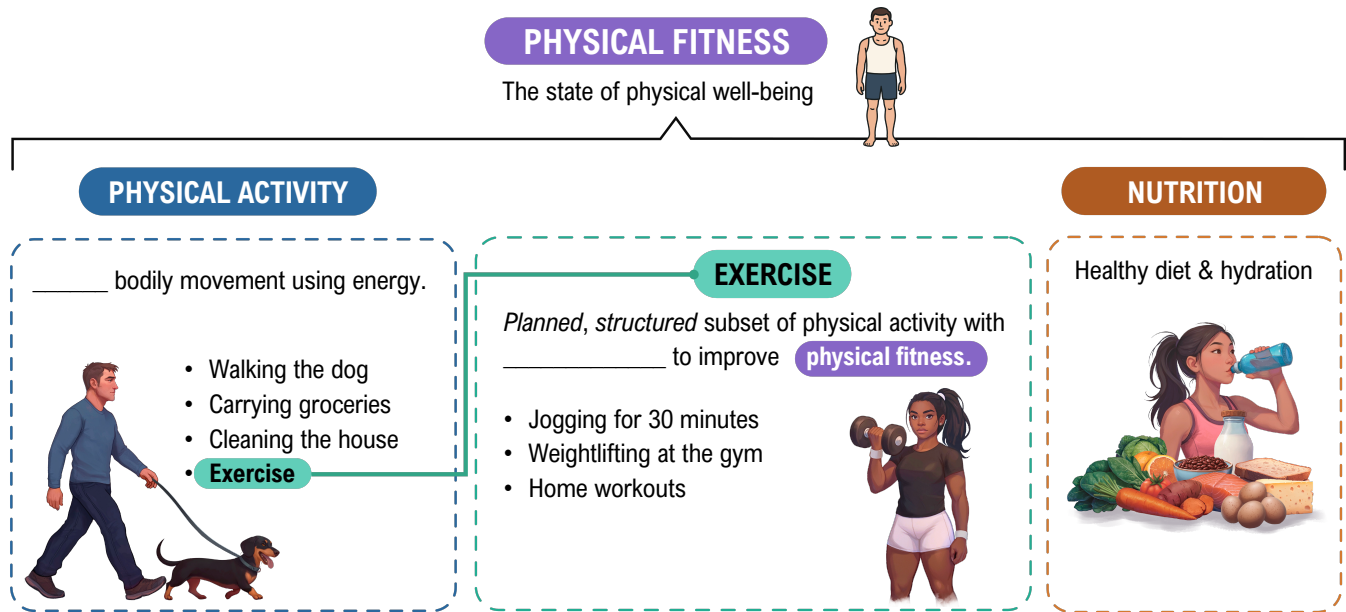


TOPIC: INTRODUCTION TO PHYSICAL FITNESS

Introduction to Physical Fitness

◆ **Physical Fitness:** the desired health/physical *outcome* of consistent body movements & proper _____.



EXAMPLE

Label each of the following activities as either exercise (E) or another form of physical activity (P).

Running to catch the bus	_____
Going for a long run	_____
Jiu jitsu class	_____
Walking in a city while on vacation	_____
Swimming lesson	_____

Running away from a bear	_____
Building a new fence for your yard	_____
Outdoor Pilates class in the park	_____
Going for a bike ride	_____
Swimming to rescue someone from drowning	_____

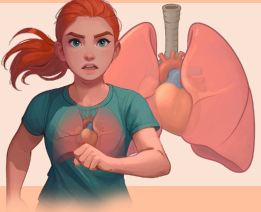


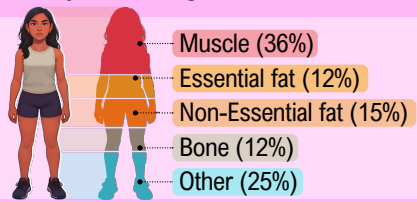
PRACTICE

Which of the following is likely to have the greatest impact on improving physical fitness?

- Taking your dog for a short walk to your mailbox once a week.
- Eating junk food but taking a multivitamin supplement every day to meet micronutrient needs.
- Reaching the random step goal on your smart watch each day, which isn't tailored to your personal needs.
- Consistently eating a balanced, nutrient-dense diet to support training, recovery, & overall health.

TOPIC: INTRODUCTION TO PHYSICAL FITNESS

Components of Physical Fitness

<p>Cardiorespiratory Fitness: ability for heart, lungs, & circulatory system to supply muscles with ____.</p> <p>Q: How long can you sustain cardiorespiratory activity (e.g. running)?</p> 	<p>Musculoskeletal Fitness: strength & ____ of muscles & bones.</p> <p>Q: How much force can you apply & for how long (e.g. weightlifting)?</p> 
<p>Measured by: VO_2 Max.</p>	<p>Measured by: Repetition maximum.</p>
<p>Flexibility: ability of joints to move through their full range of ____ with ease.</p> <p>Q: How far can your joints move without pain or restriction (e.g. stretching, bending, twisting)?</p> 	<p>Body Composition: the ____ of different tissues in the body, including muscle & fat.</p> <p>Q: How much of your body weight is made up of muscle compared to fat?</p> 
<p>Measured by: Range of motion.</p>	<p>Measured as % of total body mass.</p>

Note: Physical fitness can be achieved via aerobic exercise, resistance training, & stretching.

PRACTICE

Which of the following statements is true?

- a) VO_2 max can be used to measure muscular strength & endurance.
- b) Cardiorespiratory fitness is determined by body mass index (BMI).
- c) Muscular strength, not endurance, is determined by how many repetitions of an exercise you can complete.
- d) To achieve physical fitness, it's crucial to partake in physical activity & have a healthful diet.