

Chapter 7

Lesson 1 Sports and Competition

Objectives

- **Describe** individual and team sports.
- **List** three benefits of competition.
- **List** five characteristics of a good sport.
- **Explain** how friends can influence your view of sports.



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Lesson 1 Sports and Competition

Start Off Write

Contrast sportsmanship with cheating.



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Lesson 1 Sports and Competition

Playing Sports

- **Taking Care of Your Physical Health** There are two types of sports:
 1. Team sports
 2. Individual sports



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Lesson 1 Sports and Competition

Competition

- **What Is Competition?** Competition is a contest between two or more people or teams.
- **Benefits of Competition** Competition can help you improve your leadership and teamwork skills. It also gives you a chance to meet new people.



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Lesson 1 Sports and Competition

Sportsmanship

- **Being a Good Sport** Both fans and players should try to be good sports. A good sport does the following:
 1. plays his or her best at all times
 2. follows the rules
 3. considers the health and safety of other players
 4. congratulates athletes on both sides
 5. is gracious in defeat and modest in success



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Lesson 1 Sports and Competition

Brain Food



Professional basketball players, teams, coaches, and officials are fined millions of dollars each year for poor sportsmanship. In fact, one coach was fined \$500,000 for criticizing game officials!

Many sports now have rules against players, coaches, and fans who are poor sports.



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Lesson 1 Sports and Competition

Sports and Your Friends

- **Making Friends** Sports can give you a chance to make friends who like physical activity. So, you are more likely to stay fit.
- **Meeting Your Goals** Friends can help you meet fitness goals. But be aware of challenges from your friends that may be dangerous. Good friends keep each other safe.



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Lesson 2 Conditioning Skills

Objectives

- Describe how conditioning works.
- Describe three principles of conditioning.
- Compare aerobic and anaerobic exercise.
- List six sports skills.
- Describe a way to avoid injury.



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Lesson 2 Conditioning Skills

Start Off Write

What are some ways a runner could cross train?



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Lesson 2 Conditioning Skills

How Conditioning Works

- **What Is Conditioning?** Exercise that improves fitness for sports is called conditioning.
- **Conditioning and Fitness** Conditioning works because your body is able to adjust to exercise by becoming more fit.



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Lesson 2 Conditioning Skills

Conditioning for Competition

- **What Is Conditioning?** There are three principles to keep in mind when conditioning:
 1. **Overload** is exercising your body more than usual to improve fitness.
 2. **Progression** is the slow increase of overload over time.
 3. **Specificity** is the idea that what you do affects how your fitness improves.



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Lesson 2 Conditioning Skills



Myth: If you stop exercising, your muscles will turn into fat.

Fact: Muscle and fat are two different kinds of tissue. If you stop exercising, your muscles may become smaller. You may also gain some fat, but muscles don't turn into fat.

Lifting weights can build your muscles.



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Lesson 2 Conditioning Skills

Aerobic and Anaerobic Exercise

- **What Is Aerobic Exercise?** Aerobic exercise is exercise that lasts a long time and uses oxygen to get energy.
- **What Is Anaerobic Exercise?** Anaerobic exercise is exercise that doesn't use oxygen to get energy. It lasts a very short time.



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Lesson 2 Conditioning Skills

Sports Skills

- **Essential Sports Skills** The six basic sports skills are described below:
 1. Agility
 2. Balance
 3. Coordination
 4. Speed
 5. Power
 6. Reaction time



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Lesson 2 Conditioning Skills

Listening to Your Body

- **Get Rest** You can avoid injury by getting plenty of rest between workouts.
- **Pay Attention to Soreness** Soreness that doesn't go away or becomes worse may mean you are hurt. Many injuries get worse if they are not treated.



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Chapter 7 Lesson 3 The Balancing Act

Objectives

- List five signs of overcommitment.
- Explain how a calendar can help you manage your commitments.
- List five warning signs of overtraining.
- List three causes of overuse injuries.
- List three reasons you might consider walking away from a sport.



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Chapter 7 Lesson 3 The Balancing Act

Start Off Write

How can you avoid overcommitment?



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Chapter 7 Lesson 3 The Balancing Act

Overcommitment

- **Signs of Overcommitment** The following are signs of overcommitment:
 1. You begin to borrow time from one activity to do another.
 2. You feel like you have no free time left.
 3. You cannot commit to new goals.
 4. Emergencies or unexpected changes cause you to panic.
 5. You miss due dates.



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Chapter 7 Lesson 3 The Balancing Act

Overcommitment



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Lesson 3 The Balancing Act

Having It All

- **Using a Calendar** You can prevent overcommitment by getting organized. Try using a calendar to manage your commitments.
- **What to Include on Your Calendar** Your calendar should include activities such as team practices and club meetings. It should also include school commitments, due dates, special events, and family activities.



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Lesson 3 The Balancing Act

Overtraining

- **Signs of Overtraining** Some signs of overtraining are the following:
 1. You aren't doing as well during games.
 2. You're tired all the time.
 3. You're less interested in the activity.
 4. Your resting heart rate increases.
 5. You get hurt more often.



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Lesson 3 The Balancing Act

Overuse Injuries

- **What Is an Overuse Injury?** An overuse injury is an injury that happens because of too much exercise, poor form, or the wrong equipment.
- **Recovering from an Overuse Injury** Rest is the best way to heal from an overuse injury. Some people need to wear a cast, use a brace, or do special exercises while they recover.



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Lesson 3 The Balancing Act

Walking Away

- **Take a Break** A break from a sport can improve your performance. A break lets you recover from injury and gives you time to evaluate your goals.
- **Do You Enjoy the Sport?** You should not continue to do an activity you don't like. Change can be hard. But leaving one sport can lead to joining another.



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