

Chapter 6

Lesson 1 Components of Physical Fitness

Objectives

- Describe the five components of physical fitness.



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Lesson 1 Components of Physical Fitness

Start Off Write

What is physical fitness?



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Lesson 1 Components of Physical Fitness

Muscular Strength

- **What Is Muscular Strength?** The amount of force muscles apply when they are used is called muscular strength.
- **Measuring Muscular Strength** Muscular strength can be measured as the amount of weight you can lift. Strong muscles support bones and joints.



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Lesson 1 Components of Physical Fitness

Muscular Endurance

- **What Is Muscular Endurance?** Muscular endurance is the ability to use a group of muscles over and over without getting tired easily.
- **Difference Between Strength and Endurance** Muscular strength lets you lift something heavy. Muscular endurance lets you lift it over and over again.



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Cardiorespiratory Endurance

- **What Is Cardiorespiratory Endurance?**
Cardiorespiratory endurance is the ability of your heart and lungs to work efficiently during physical activity.
- **Measuring Cardiorespiratory Endurance**
Recovery time is how long it takes your heart rate to return to resting heart rate (RHR) after activity. You can use RHR and recovery time to measure your cardiorespiratory endurance.



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Lesson 1 Components of Physical Fitness



Myth: Jogging is a better physical activity than walking is.

Fact: Any physical activity that gets your heart going is good for you. Jogging isn't better for you than walking is. You just have to spend more time walking to get the same benefit as jogging.

Aerobic activity improves cardiorespiratory endurance.



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Flexibility

- **What Is Flexibility?** Flexibility is the ability to use joints easily.
- **Staying Flexible** To stay flexible, you need to lengthen the tissues around a joint, especially the muscles. Regular physical activity is usually enough to stay flexible.



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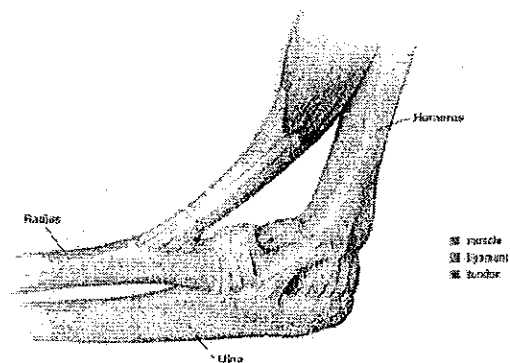
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Each joint in the body is a complex combination of bones, muscles, ligaments, and tendons.



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Body Composition

- **What Is Body Composition?** Body composition compares the weight of fat in your body to the weight of your bones, muscles, and organs.
- **Achieving Good Body Composition** Activity and good nutrition are the keys to good body composition. If you get regular physical activity, you can have good body composition.



Chapter 6

Lesson 2 How Exercise and Diet Affect Fitness

Objectives

- **Describe** the relationship between exercise and physical fitness.
- **Explain** how diet affects fitness.



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Lesson 2 How Exercise and Diet Affect Fitness

Start Off Write

What are your three favorite ways to exercise?



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Lesson 2 How Exercise and Diet Affect Fitness

Exercise to Be Fit

- **Improving Fitness** To improve your fitness, you need to exercise your body more than you normally do.
- **Choosing Activities** Different activities improve different components of fitness. For example, stretching does not improve your muscular strength as much as lifting weights does.



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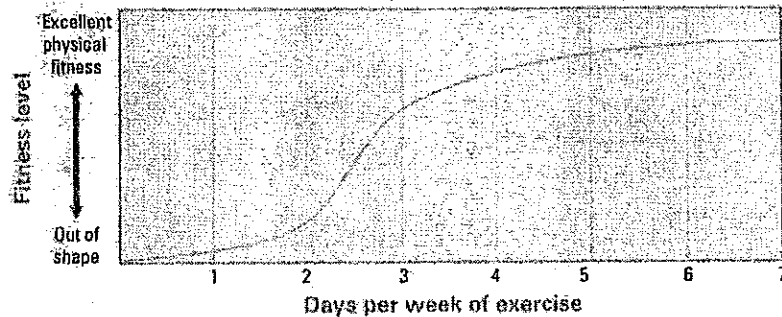
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Lesson 2 How Exercise and Diet Affect Fitness

Exercise and Fitness Level



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Lesson 2 How Exercise and Diet Affect Fitness

Eating Well to Exercise Well

- **Food Is Fuel** You need to eat well to get the most from exercise. Food is fuel for physical activity.
- **What Not to Eat** Junk food and foods high in fat don't provide good fuel. Not eating enough food also hurts how well you exercise. If you don't eat enough food, you won't have enough energy to keep going.



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Lesson 3 The Benefits of Exercise

Objectives

- **Describe** the physical benefits of exercise.
- **Explain** how exercise benefits mental and emotional health.
- **Describe** the social benefits of exercise.



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Lesson 3 The Benefits of Exercise

Start Off Write

What are the social benefits of exercise?



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Lesson 3 The Benefits of Exercise

Physical Benefits

- **Regular Exercise** Regular exercise offers the following benefits to your physical fitness:
 1. increase in strength
 2. increase in cardiorespiratory endurance
 3. improvement of flexibility
 4. improvement of body composition
 5. improves coordination



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Lesson 3 The Benefits of Exercise

Mental and Emotions Benefits

- **Feeling Good** Regular exercise offers the following benefits to your mental and emotional health:
 1. feeling of calmness
 2. improves alertness
 3. helps you deal with stress
 4. improves self-esteem



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Lesson 3 The Benefits of Exercise

Social Benefits

- **Making Friends** Regular exercise offers the following benefits to your social health:
 1. chance to meet new people
 2. opportunities to develop friendships
 3. opportunity to work as a team



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