

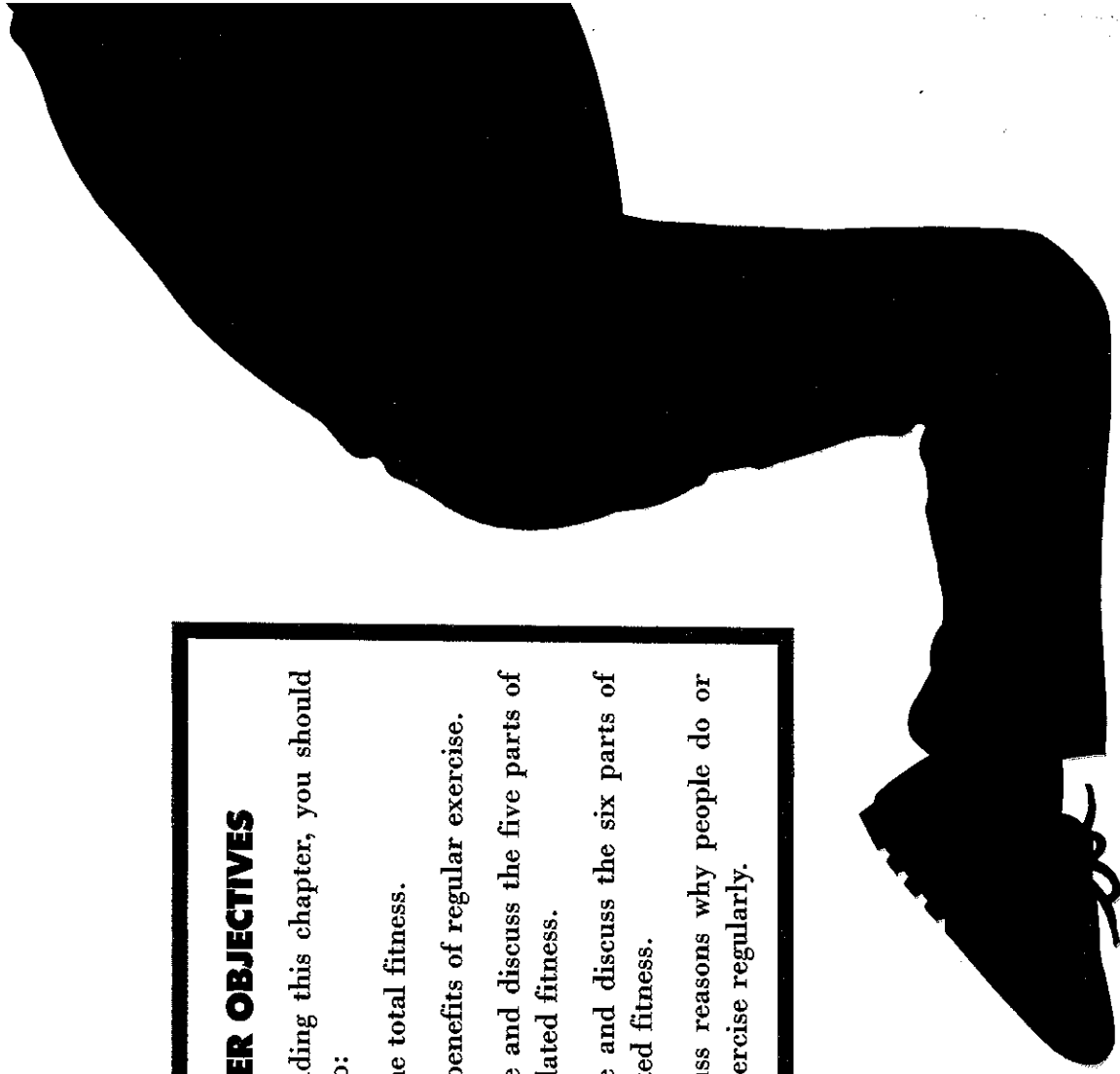
FITNESS FOR ALL

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CHAPTER OBJECTIVES

After reading this chapter, you should be able to:

- ✓ Define total fitness.
- ✓ List benefits of regular exercise.
- ✓ Name and discuss the five parts of health-related fitness.
- ✓ Name and discuss the six parts of skill-related fitness.
- ✓ Discuss reasons why people do or do not exercise regularly.



Most people realize the value of being active and fit, no matter what their age. Still, the teenage years and the young-adult years are the times in a person's life when fitness can improve more quickly than at any other times. In this chapter, you will learn about the advantages of regular exercise. You will also learn about the parts of health-related physical fitness and skill-related physical fitness.

TOTAL FITNESS

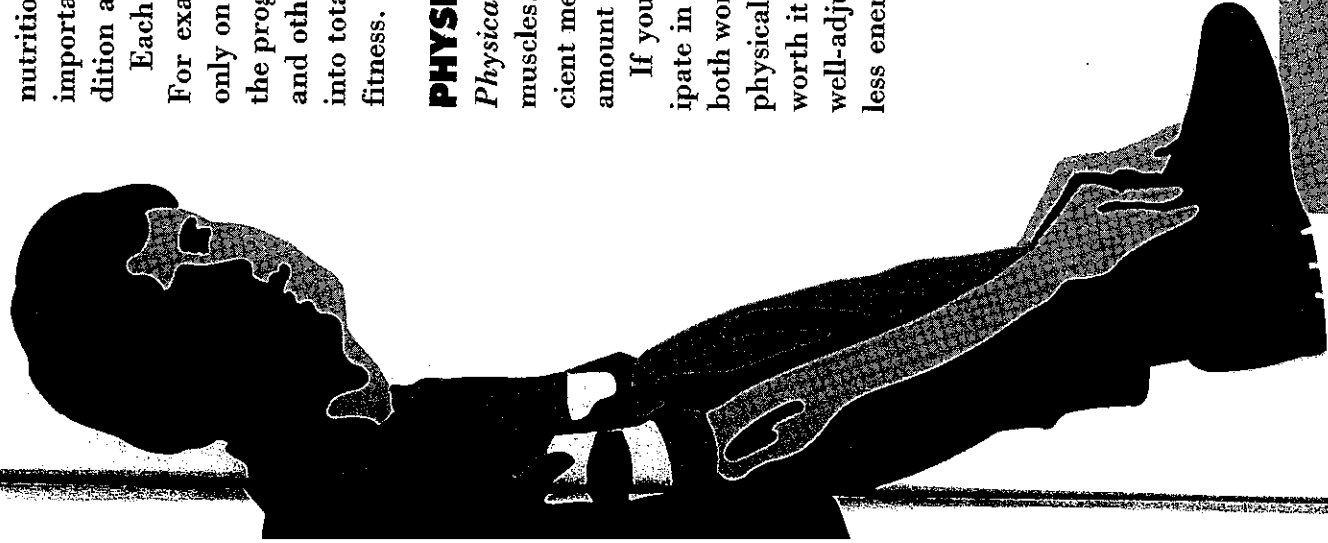
The term "fitness" implies more than just physical fitness and exercise. Everyone should try to achieve *total fitness*—fitness of the whole person including physical, mental, social, and emotional fitness. Good nutrition, good dental health, and ample relaxation and sleep are important to total fitness. A totally fit person is in good physical condition and is socially and emotionally mature for his or her age.

Each area of total fitness depends on, and is related to, the others. For example, the success of a physical fitness program depends not only on your physical abilities, but also on your mental attitude about the program, your patience with your body's response to the program, and other factors. As you learn about physical fitness, note how it ties into total fitness and, most importantly, how it can improve *your total fitness*.

PHYSICAL FITNESS

Physical fitness is the ability of your body systems, including your muscles, skeleton, and heart, to work together efficiently. Being efficient means being able to do the most physical activity with the least amount of effort.

If you are physically fit, you will be able to enthusiastically participate in school and recreational activities. Being fit and active makes both work and recreation more enjoyable. Developing and maintaining physical fitness requires considerable effort, but the results are well worth it. Of course, physical fitness alone will not make you a happy, well-adjusted person. However, without physical fitness, you will have less energy to enjoy life.



BENEFITS OF PHYSICAL FITNESS

Listed below are some benefits you might notice if you follow a regular program of physical activity.

BE HEALTHY In a recent survey, a group of adults were asked to choose one thing they thought would make them happy. They usually said "good health." When a group of young people were asked the same question, they were less likely to be concerned about good health than older people. However, showing concern for your health when you are young plays a vital role in good health later in life.

Regular exercise is essential to good health. If you are active and fit, you are less likely to suffer from heart disease, backache, or obesity. Health experts also believe that regular exercise can lower the risk of high blood pressure, ulcers, and even some forms of cancer.

FEEL GOOD Good health is more than freedom from illness or disease. Studies show that people who exercise regularly "feel good about life." Like the person shown here, they believe that fitness and exercise help them to work better, and to resist fatigue, illness, and injuries. These people also report that they sleep better and feel better in general.

LOOK GOOD Most people are concerned with the way they look. In fact, one study shows that 94 percent of all men and 99 percent of all women would change some part of their personal appearance if they could. People are most concerned with their weight (weighing too much or too little), the size of their waists and thighs, their muscles, hair, and teeth. Being fit and active can give you some control over some of these features and help you look your best. Many physical characteristics, such as bone size and height, are determined by *heredity*—the passing of genetic traits from parents to children. However, a regular fitness program can help you build muscle, control body fat, and improve posture, regardless of heredity.

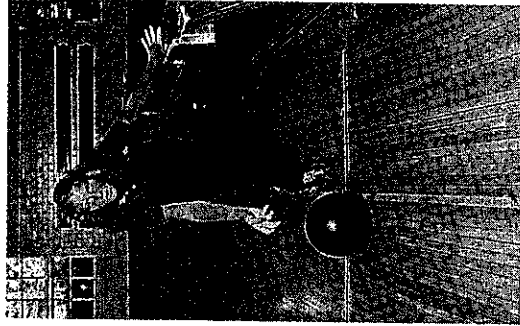
In social settings, such as dating, meeting new people, and interviewing for jobs, first impressions are often important. For example, a slumped, slouched-over look might keep you from being hired for a job. Working to look your best can help you feel confident and good about yourself. These feelings show themselves to others.

ENJOY LIFE If you are physically fit, you will find that activity is a great way to spend free time. Some people prefer outdoor sports, such as tennis and soccer. Others like indoor sports, such as handball and bowling. Some people like the competitive nature of softball and basketball. Still others prefer such noncompetitive activities as bicycling and hiking. Thanks to a wide choice of activities, you should be able to find an activity that you enjoy and that helps you stay fit.

HAVE YOU HEARD?

The United States Government has established nationwide health goals, to be met by the year 2000, in a report entitled *Healthy People 2000*.

One of the primary goals is to increase the physical activity levels of American citizens, many of whom are inactive.



Exercise helps people feel better in general.

HEALTH-RELATED PHYSICAL FITNESS

Physical fitness is made up of eleven parts; five parts are health-related, six parts are skill-related. As the names imply, *health-related fitness* helps you stay healthy, while *skill-related fitness* helps you perform well in sports and activities that require certain skills. The five parts of health-related physical fitness are described below. Each will be fully discussed in later chapters.

- *Cardiovascular fitness* is the ability to exercise your entire body for long periods of time. Cardiovascular fitness requires a strong heart, healthy lungs, and clear blood vessels to supply your body with oxygen.
- *Strength* is the amount of force your muscles can produce. Strength is often measured by how much weight you can lift. People with good strength can perform daily tasks efficiently, that is, with the least amount of effort.

- *Muscular endurance* is the ability to use your muscles many times without tiring. People with good muscular endurance are likely to have better posture and fewer back problems. They are also better able to resist fatigue than people who lack good muscular endurance.

- *Flexibility* is the ability to use your joints fully—through a wide range of motion. You are flexible when your muscles are long enough and your joints are free enough to allow movement. People with good flexibility have fewer sore or injured muscles.

- *Body fatness* is the percentage of body weight that is fat when compared to other tissue, such as bone and muscle. For example, a person who weighs 120 pounds of which 24 pounds is fat has a body fatness of 20 percent. People who are in the proper range of body fatness are more likely to avoid illness and even have lower death rates than those outside these ranges. The extreme ranges are the most dangerous; too little body fat, like too much, can cause health problems.

To be healthy, you should have at least some of each of the health-related parts of fitness. If you do, you are less likely to develop a hypokinetic condition—a health problem caused partly by lack of exercise. Examples include heart disease, high blood pressure, backache, stomach ulcer, and being overweight. You will learn more about hypokinetic conditions in Chapter 5.

People who are fit feel better, look better, and have more energy. You do not have to be a great athlete to have good health and feel fit. Regular exercise can improve anyone's health-related fitness.

HAVE YOU HEARD?

Most people believe that physical activity is important, but only about 60 percent say that they exercise regularly. Only about one-third of these people are exercising enough to be fit.

HALF PUSH-UP

- This activity focuses on strength. See page 80 for directions for this exercise.

1. Males do 3.
2. Females do 1.



SKILL-RELATED PHYSICAL FITNESS

Of the eleven parts of physical fitness, six parts are considered skill-related. Each skill-related part is described below, but will be discussed more fully in later chapters.

- *Agility* is the ability to change the position of your body quickly and to control your body's movements. People with good agility are likely to be good at activities such as wrestling, diving, and soccer.
- *Balance* is the ability to keep an upright posture while standing still or moving. People with good balance are likely to be good in activities such as gymnastics and ice skating.
- *Coordination* is the ability to use your senses together with your body parts, or to use two or more body parts together. People with good eye-hand or eye-foot coordination are good at hitting and kicking games such as baseball, tennis, soccer, and golf.
- *Power* is the ability to use strength quickly. It involves both strength and speed. People with good power might have the ability to put the shot, throw the discus, high jump, play football, and speed swim.
- *Reaction time* is the amount of time it takes you to move once you realize the need to act. People with good reaction time are able to make fast starts in track or swimming, or to dodge a fast attack in fencing or karate. Good reaction time is necessary for your own safety while driving or walking.

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

Different sports require different parts of skill-related fitness. Most sports require several of these parts. If you are good at these skill-related parts of fitness, you might be good at various sports and games. If not, you can improve your abilities in these areas with practice.

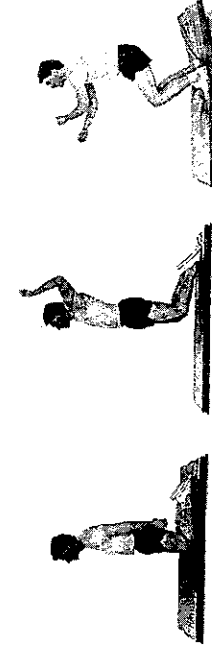
Some people have more natural ability in skill areas than others. No matter how you score on the skill-related parts of fitness, there is some type of physical activity you can enjoy. Keep in mind that good health does not come from being good in skill-related fitness. Good health comes from doing activities designed to improve your health-related fitness.

KNEES TO FEET

- This activity focuses on power.
- 1. Kneel so that your shins and knees are on the mat. Hold your arms back. Point your toes straight backward.
- 2. Without curling your toes under you or rocking your body back-

ward, swing your arms upward and spring to your feet.

- 3. Hold your position for 3 seconds after you land.



COIN CATCH

- This activity focuses on reaction time.
- 1. Point your right elbow in front of you. Your right hand, palm up, should be by your right ear. If you are left-handed, do this activity with your left hand.
- 2. Place a coin as close

to the end of your elbow as possible.

- 3. Quickly lower your elbow and grab the coin in the air with your right hand before it touches the ground. Drop the coin from your elbow; do not throw it.



ATTITUDES TOWARD FITNESS AND EXERCISE

Your attitudes toward physical activity help determine whether you will exercise now and throughout your life.

NEGATIVE ATTITUDES Even when they know the importance of exercise, people sometimes make up excuses to not exercise.

- *"I don't have the time. I'm too busy to exercise."*

Most people have busy schedules. However, people who exercise regularly know that they work more efficiently than if they were inactive.

- *"People might laugh at me."*

Most people do not laugh at others who try their best. Choose an activity you enjoy and stay with it. The more you perform your activity, the more you will improve. The better you will feel about yourself.

- *"I don't want to get all sweaty."*

There is no effortless way to get physically fit. You have to exercise if you want to be fit. Allow more time to clean up after exercise.

- *"I'm already in good condition. I don't need to exercise."*

Use the self-evaluations in this book, and then take an honest look at yourself. Are you as fit as you thought? Exercise can help you get in shape and help you *stay* in shape.

- *"It's hard to get in shape when you haven't exercised regularly."*

Start gradually if you have not exercised regularly. Set realistic goals. Becoming fit takes time and effort.

- *"I was never good at sports. Anyway, sports are for athletes."*

You do not have to be a great athlete to enjoy exercise and sports. Winning is fine, but an activity is more than winning.

HAVE YOU HEARD?

Physical fitness is just as important for disabled people as it is for the able-bodied. In addition, exercise provides greater personal independence for the disabled person.

HAVE YOU HEARD?

The term "runner's high" refers to the feeling of well-being that a person gets from training regularly. Some scientists feel that this good feeling might come from chemical changes in the brain.

POSITIVE ATTITUDES You can develop positive attitudes about exercise. Listed below are some reasons people like to exercise.

- *"Exercise is a great way to meet people."*

Many activities provide opportunities to meet people, make friends, and strengthen friendships. Aerobic dance and team sports are two examples of social activities.

- *"I think exercise is really fun."*

You might think that many kinds of physical activity are simply fun. Many people feel they would exercise even if it did not improve their health. Participating in an activity you enjoy also helps reduce stress.

- *"I enjoy the challenge."*

Sir Edmund Hillary was asked why he climbed Mt. Everest. "Because it was there," was his reply. Climbing Mt. Everest was a challenge. The challenges of various activities help make exercise enjoyable.

- *"I make exercise part of my day."*

Some people enjoy a regular exercise routine. Winning a game or a race is less important to them than the enjoyment of a daily workout.

- *"I like the competition sports and activities provide."*

Many sports, such as tennis and softball, provide people with a socially acceptable way to compete. These and other sports provide ways for people to test themselves against others, if they enjoy competition. You can even compete against yourself by trying to improve your score or time in an activity.

- *"Exercise is my way of relaxing."*

Exercise is an effective means of relaxation. After doing school work, physical activity can be a good way to "get away from it all." Just as you might read a book to relax after working hard, exercise can help you relax after a mentally draining day.

- *"I think exercise improves my appearance and health."*

Exercising to improve your appearance is one of the most common reasons for exercising. However, while exercise can help you look your best, it cannot completely change your appearance. While exercising to improve your health is a good reason, you should start exercising *before*, not after, you have a health problem.

YOUR OWN ATTITUDES Your attitudes play an important role in exercise. You can determine your attitudes toward physical activity by completing the "How I Feel" questionnaire on worksheet 1-3. It is not important that you have a high score on all questionnaire items. Use the questionnaire to help you evaluate your attitudes and to determine how they might affect your future physical fitness.

WORKSHEET 1-3

Complete the "How I Feel" questionnaire on worksheet 1-3.