



Health Virtual Learning

Chapter 6.2 The Components of Physical Fitness

Truman High School

4/30/2020



Lesson: 4/30/2020

Objective/Learning Target:

1. Summarize the various components of fitness.
2. Recognize how cardiorespiratory fitness is achieved.
3. Determine and monitor desired target heart rates.
4. List guidelines for developing a strength-training plan.
5. Explain how endurance is measured.
6. Apply safe stretching techniques.
7. Develop a personal fitness plan.

Health or Skill Related?

- Health-related fitness: used to easily perform daily activities
 - Cardiorespiratory fitness, endurance, muscle strength, flexibility, body composition
- Skill-related fitness: used to perform successfully in a particular sport or leisure activity
 - Speed, agility, balance, power, coordination, reaction time



Cardiovascular Fitness

- How efficiently the cardiovascular and respiratory systems deliver oxygen to muscles during prolonged activity
 - Running, gardening, dancing, shoveling snow, etc.
 - Maintains the health of the heart and lungs
 - Heart is strengthened, improving blood flow and the transportation of oxygen and nutrients throughout the body



FITT for frequency

- Frequency: how often you engage in physical activity
- Intensity: how much energy the body uses per minute during physical activity
- Time: how long you engage in physical activity during each session
- Type: the kind of physical activity that you engage in



Your Heart Rate

- Target heart rate: to aim for when performing aerobic exercise; varies by age

- $220 - \text{age in years} = \text{maximum heart rate in beats per minute (bpm)}$

- Taking your pulse:

- Find your pulse on the artery of the wrist in line with your thumb

- Place the tips of your index and middle fingers over the artery

- Start counting on a beat, which is zero

- Count the number of heartbeats for a full 60 seconds

Think Further...

Find your pulse, using the method described on the previous slide.

Calculate your target heart rate
(220 – your age = target heart rate)



Muscular Endurance and Strength

- Endurance: the length of time for which a particular group of muscles can continue to exert force
- Strength: the ability of a muscle to exert force against resistance
 - Strength training
 - Strength training guidelines



Flexibility

- The ability to bend without injury or breakage
- Determined by the elasticity of your muscles and connective tissues
- Range of motion
 - Measures flexibility
 - Tells how far a joint can move in a particular direction



Skill Related Fitness

- Speed
- Agility (the ability to quickly change the body's momentum and direction)
- Balance (holding a particular body posture or position on a stable or unstable surface)
- Power (combination of strength and speed)
- Coordination
- Reaction time (the quickness of a response)



Staying On Track...

- Select activities you can do, given the time, space, and equipment available to you
- Try cross training
- Keep records of your plan, when you will exercise, and the goals you want to achieve
- Choose activities that are safe and effective

Personal Fitness Plan

- Determine your current level of fitness
 - Measure your pulse after exercise, see how many push-ups you can do, measure your weight or BMI
- Develop a plan to help you achieve your specific goals
- Create a balanced plan
 - At least 150 minutes of moderate-intensity aerobic exercise each week and at least 2 days of strength training



Critical Thinking...

Develop a fitness plan...

- What is your current level of fitness?
- What components of fitness do you want to improve?
- What are your goals?