



PE/Health Virtual Learning

7/8th Strength and Conditioning

May 6, 2020



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Lesson: **May 6, 2020**

Objective/Learning Target:

Identifies the five components of health-related fitness and explains the connections between fitness and overall physical and mental health.
(S3.M1.8)

Lesson Objective/Essential Question

EQ: Can you Identify the 5 health related fitness components and explain the connections between fitness and overall physical and mental health?

Objective: Your objective for this assignment is to identify the 5 health related fitness components. You will then make connections to overall physical and mental health with those health related fitness components.

Warm-Up Activity

Can you name the 5 health related fitness components?

Please explain why or why not the activities that you are doing fall into those fitness components.

What is mental health?

What is physical health?

What is overall health?

Practice- Identifying health and skill related components of physical fitness

Health-Related Physical Fitness - Health-related physical fitness consists of those components of physical fitness that have a relationship with good health. The components are commonly defined as body composition, cardiovascular fitness (endurance), flexibility, muscular endurance, and strength

Health-Related Physical Fitness

Body Composition Relates to the relative amounts of muscle, fat, bone and other vital parts of the body. Measure such as underwater weighing and in the field using skinfold calipers. This is a non-performance measure

Cardiovascular Fitness The ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity. Cardiovascular fitness is also referred to as cardiovascular endurance, aerobic fitness and cardiorespiratory fitness. Tests commonly administered 1 mile walk, PACER run.

Flexibility The range of motion available at a joint. Some will argue that the range of motion must be without discomfort or pain. An example is the sit and reach

Muscular Endurance The muscle's ability to continue to perform without fatigue. Muscular endurance tests are based on the number of repetitions that can be performed by the specific muscle group being tested. Tests are push-ups or abdominal curl-ups

Muscular Strength The ability of muscle to exert force. The maximum amount of resistance you can overcome one time.

Physical and Mental Health

Physical Health - Physical health is defined as the condition of your body, taking into consideration everything from the absence of disease to fitness level.

Overall Health - A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.

Mental Health - Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices

Benefits of Exercise

Improves mood and mental health. Exercise promotes chemicals in the brain that improve your mood and make you more relaxed. Specifically, the brain releases feel-good chemicals called endorphins throughout the body. Physical activity reduces anxiety and depressed mood, and enhances self-esteem.

Boosts energy and brainpower. College requires a fair amount of energy and lots of brainpower to keep up with classes and other activities. Exercise delivers oxygen and nutrients to the brain and various tissues. This means you can concentrate better and think clearly. Plus, because exercise helps your lungs and heart, you have more energy to do other things.

Prevents and fights illness. Consistent exercise helps stave off high blood pressure and reduces the risk for type 2 diabetes, some forms of cancers, osteoporosis, strokes and heart disease. Exercise also reduces colds and the flu.

Reduces stress. Physical activity decreases the amount of stress hormones your body releases, so you feel calmer overall. Plus, some exercise slows down both blood pressure and heart rate.

Helps with sleep. Exercise helps you fall asleep faster and improves the quality of your slumber. However, be sure you've stopped exercising at least three hours before bedtime so you aren't too alert and energized when it's time for bed

Practice -

After viewing the previous three slides can you determine if the activities you are currently doing fall into the five health related fitness components, why or why not?

Are the activities you are doing positively or negatively affecting your physical and mental health and why?

Are the activities that you are doing contributing positively or negatively to your overall health and Why?

What are ways in which you can improve upon your overall health through changing the way you incorporate the five health related fitness components?

References

[Wellness 101](#)

[Eight Dimensions of Wellness](#)

[Wellness: Break the Cycle](#)