

● **Topic:**

EQ:

Questions

Notes:

One finger space in width.

← Create Columns!!!

● **summary:**

Make a new notesheet. (page 9)

Unit #2: Nutrition and Weight Control

T1: Physical Fitness

EQ:

Why is exercise an important daily and lifelong activity?

Directions:

- Use the following slides to fill in the “notes” section of your T1 note-sheet.
- Highlight the words that you use to fill in the sentence fragments.
- Use TB pgs 126-132 for assistance.

Benefits of Being Physically Active

- _____ is the ability of the body to carry out daily physical activities
 - *w/o the body getting tired or sore*
- Daily physical activity _____ your risk of certain diseases
- _____ is any physical activity that maintains or improves a body's physical fitness
- A _____ lifestyle increases the risk of developing many diseases
- _____ is a disease that develops slowly and lasts a long time
 - **Give two examples*

Benefits of Being Physically Active (cont.)

- Benefits:

- Physical: People feel that exercise improves their _____, making them _____ about themselves (confidence).
- Mental: _____ has positive effects on anxiety and depression, reduces stress levels, and improves sleep. It also triggers the release of chemicals called _____ that give a person the feeling of “happiness”
- Social: Due to positive _____ and increased _____ people that exercise are more likely to socialize. Working together as a team develops _____ skills.

Health Related Components of Fitness

- Describes the qualities that are needed to _____ and _____ a healthy body
- Muscular _____ : Is the amount of force that a muscle can apply. Muscle cells grow larger from extra _____, the growth increases the muscle's overall _____.
- Muscular _____ : Is the ability of a muscle to keep _____ (duration).

Health Related Components of Fitness (cont.)

- _____ Endurance: is the ability of the heart, blood, lungs, and blood vessels to deliver _____ and _____. As this increases your heart will beat _____ but _____, the body needs less _____.
- _____: is the ability of a joint to move through its full range of _____. Good flexibility keeps movements _____ and _____. Lack of movement (exercise) causes a joint to be _____.
- _____: is the ratio of _____ (bone/muscle) to _____. A healthy body has a _____ proportion of lean tissue compared to fat tissue.

Skills Developed by Fitness

- **Name the six components*
- More important for athletic _____ than health-related fitness.

Sports/Fitness/Physical Activity

- Sports allow a person to increase their fitness level but also improves one's social and _____ skills
- Beginning _____ early and making a commitment to _____ can delay/prevent some _____.
- Exercise/Physical-Activity is a part of many disease treatment plans, two examples are _____ and _____