Lesson 1: Benefits of Physical Activity

A. Physical Activity and Your Health

Physical activity—any form of activity—any form of activity that causes your body to use energy. (Includes all kinds of activities that you do on a regular basis.)

1. Physical Benefits

__________ fitness—the ability to carry out daily chores easily and have enough energy to respond to physical demands. (At least ______ minutes a day.)

It can strengthen your _______ and ______, boost your ______ level, or improve your _______.

__________ purposeful physical activity that is ______, structured, and _______ and that _______ or maintains physical fitness.

Body systems that benefit from regular physical activity:

- __________ System—strengthens ______ so it pumps ______ more efficiently; reduces blood ______ and lowers ______.
- __________ System—your _______ work more efficiently taking in more air and delivering more _______ to your body.
- __________ System—strengthens _______ and ______ which reduces your risk of developing ______ bones and improves your _______ and _______.

2. Mental and Emotional Benefits

- ________ Relief. Activity stimulates your body to produce ________ called ________.
- ________ enhancement. It promotes the _______ of other brain chemicals that combat _______ and _________.
- Better ______. At least ______ hours before bedtime; helps you _______ and get to ______ more easily.
- Improved _______.

3. Social Benefits

- Make _______ friends or spend _______ with ______ friends.
- Being part of a _______ can ______ you to stick with your _______ program.
- Can help you learn _______ such as _______ and _______.
- Can give you _______ in dealing with social _______.
- Helps _______.

B. Risks of Being Inactive

__________ involving little physical activity.

Health problems that may result from being sedentary:

- Unhealthful weight _______ and _______.
- _______ disease, such as heart _______ and _______.
- Type ______ diabetes;
- Certain types of _______.
- _______ and other _______ problems;
- _______, and condition in which the bones become porous and _______.
- _______, a condition caused by the breakdown of _______ and _______ in the body’s _______.
- _______ problems such as _______, anxiety, and _______; and
- _______ death.

C. Making Time for Physical Activity

Engaging in _______ minutes of physical activity _______ times a day provides the same benefits as an _______ long workout.
Lesson 2: Improving Your Fitness

A. Elements of Fitness

- **Endurance** - the ability of your __________, lungs, and blood __________ to send fuel and __________ to your __________ during long periods of __________ to vigorous activity. (Lowers your risk of cardiovascular __________.)

- **Muscular** - the amount of __________ your muscles can __________. (Lifting, pushing, jumping.)

- **Muscular** - the ability of your __________ to perform physical __________ over a period of __________ without __________. (Gives you the power to carry out daily tasks without __________.)

- **Flexibility** - the ability to move your body __________ through their full __________ of __________. (Can improve __________ performance and reduce risk of muscle __________ and other __________.)

- **Body** - the ratio of __________ to __________ tissue in your body.

B. Evaluating Your Fitness

1. **Measuring Cardiorespiratory Endurance**
   - __________ minute __________ test: Use a sturdy __________ inch box; step up and down for __________ minutes at a pace of about __________ steps per __________. After 3 minutes, take your __________. Use the Fitness Test Scoring Chart to evaluate your results.

2. **Measuring Muscular Strength and Endurance**
   a. **Partial Curl-Ups**
      - Continue doing curl-ups at a rate of __________ every __________ seconds until you can do no more. (This measures your __________ strength and endurance.)
   b. **Right-Angle Push-Ups** (gauges your __________ body strength and endurance)
      - Do __________ push up every __________ seconds until you can no longer do it.

3. **Measuring Flexibility**
   - __________-and-__________ test measures flexibility of your lower __________ and __________. You can use a __________ and a box or a sit and reach box.

C. Getting Fit

Two categories: aerobic and anaerobic.

- **Aerobic** exercise - all __________ activities that use __________ muscle groups for an __________ period of time.
  - Aerobic exercise __________ your heart __________ and increases your body's use of __________. (Logging, __________, riding a bike.)

- **Anaerobic** exercise - intense, short __________ of activity in which the __________ work so hard that they produce __________ without using __________. (Sprinting, __________ weights, etc.)

1. **Improving Cardiorespiratory Endurance**
   - Over time, your __________ and __________ adapt to the demands made by __________ activity by working more efficiently.
   - __________ aerobic exercise __________ your risk of cardiovascular __________, helps you manage __________, lowers your risk of __________ diseases associated with being __________.

2. **Targeting Cardiovascular Fitness**
   - Your target heart range is the ideal range during aerobic activity. Follow the steps to find your target heart range:

   1. Resting Heart Rate = __________
   2. 220-your age = __________
   3. Answer of #2 - RHR = __________
   4. Answer of #3 x 60% = __________
      - Answer of #3 x 85% = __________
   5. RHR + 1st answer of #4 = __________
      - RHR + 2nd answer of #4 = __________
      - THR = __________

2. **Improving Muscular Strength and Endurance**
   - __________ exercises improve muscular __________ and endurance.
   - Exercise that strengthen muscles are __________ or __________ training. (Free weights, exercise __________ or your own body weight.)
   - Types of resistance (or strength) training:


- __________ exercises use muscle __________ to improve strength with ______ or ______ movement. (Pushing against a wall.)
- __________ exercises combine movement of the ______ with _________ of the muscles. (free weights or doing __________, such as push-ups, pull-ups, and sit-ups)
- __________ exercises exert _________ against a muscle as it moves through a range of ________ at a steady ______ of ______. (weight machine)
  Increasing muscle mass boosts your __________ so your body burns the ______ you consume _________.

3. Improving Flexibility
   Stretching exercises:
   - Improve your __________, circulation, __________, and coordination
   - Ease ________
   - Reduce your risk of __________ during other activities

4. Exercise and Bone Strength
   Exercise increases bone ________. (Weight bearing exercises such as strength training, ____________
   aerobics, and ____________)

Lesson 3: Planning a Personal Activity Program

A. Your Fitness Plan
   You should identify a __________ fitness ______. Also, consider your personal ________ such as your current level of __________ and the _________ available to you.

1. Your Fitness Goals
   You can use Goal Setting Skills (pg. 334)
   a. Identify a __________ goal. ________ it down.
   b. List the __________ to ________ your goal.
   c. Identify potential __________ and ways to get __________.
   d. Set up _________ to evaluate your _________.
   e. ________ yourself with healthy rewards once you have __________ your goal.

2. Personal Needs
   Choose activities you ______ and that you can __________ do. Factor that may affect your activity choices:

   - ________
   - Where you ________
   - Your __________
   - Your _________ level.
   - Your ________ health. (Health conditions such as ______.) Talk to a ________.
   - Personal __________

3. Types of Activities
   Physical activities to include in a fitness journal:
   a. Moderate-Intensity Physical Activities
      (Walking, climbing __________, household __________, yard work)
   b. Aerobic Activities
      Raise your heart ______. Aim for at least _______ 20-minute sessions each __________. (Cycling, ______ walking, running, ________, in-line skating, cross-country ________, and most team sports.)
   c. Strength Training
      Develops muscle _______. Aim for __________ or _________ sessions per week of ______ to _______ minutes each, with at least ______ day off between sessions. To tone arms: __________, cross-country skiing, ______-ups, push-ups. To tone legs: ________, running, and ________. To tone abs: rowing, cycling, and abdominal ________.
   d. Flexibility Exercises
      Stretching ______ to ______ minutes a day. (__________, martial arts, ______, Pilates, ______, or stretching.)

B. Principles of Building Fitness
   - __________—choosing the right ______ of activities to improve a given ______ of fitness.
• exercising at a level that’s _______ your _______ daily activities.
• gradually _______ the demands on your body. (Work a little _______ or _______ each session.)
• _______—working out on a regular basis. At least ___ balanced workouts a _______. Include different activities.

C. Stages of a Workout
1. _______—gentle cardiovascular activity that _______ the muscles for _______.
*increases _______ flow, delivering needed _______ and _______ to your muscles.
*increases your _______ rate and body _______.
Choose an activity that will use the _______ muscles you’re going to use during the _______. After warming up, take a few minutes to _______.
2. _______—the part of an exercise _______ when you are exercising at your _______ peak. Use the _______ formula to plan your workouts:
\[ F = \frac{W \times T}{100} \]  At least ___ exercise sessions a week, but give your body time to _______.
\[ I = \frac{2}{F} \]  Create _______. For aerobic activities, exercise within your _______ heart range. For strength training, you should feel _______, not _______.
\[ T = \frac{A}{S} \]  of Activity. _______ activities to build different _______ of fitness.
\[ T = \frac{D}{W} \]  (duration). To build cardio _______, keep your heart rate within your target range for at least ___ minutes. Strength training sessions should take ___ minutes; flexibility can take just ___ minutes.
3. _______ Down—_____-level activity that prepares your body to _______ to a _______ state.
Allows your heart rate, _______, and body temperature to return to normal _______. It reduces strain on your _______ and helps prevent muscle _______.
Should include 5-10 minutes of _______ activity; a good time for _______.

D. Tracking Your Progress
A fitness _______ can help you _______ your progress. _______ all your activities, noting how _______ you work out, how _______, and at what _______.
You’ll see a _______ difference in your fitness level if you stick with your plan for ___ weeks.
In your fitness journal, you should also list your _______ heart rate—the number of times your heart _______ per _______ when you are not _______.
A typical pulse rate for teens and adults is between ___ and ___ beats per minute. As your fitness level _______, your resting heart rate will _______.

Lesson 4: Fitness Safety and Avoiding Injuries
A. Safety First
A _______ before beginning a program can identify _______ and _______.
Other ways to protect yourself:

• Use the correct safety _______.
• Pay attention to other _______ objects, and the _______.
• Play or exercise at your _______ level and know your _______;
• _______ up before exercise and _______ down afterward;
• Stay within the _______ designated for a given activity;
• Obey all _______ and _______; and
• Practice good _______.

1. The Right Equipment

• Wear well-fitting _______. Wear _______ to _______ your feet and keep them _______. Choose comfortable, non-binding _______.
• For cycling, wear a _______. Use front and rear _______. Wear _______-colored clothing with reflective _______.
• For skating or skateboarding, wear a helmet, knee and elbow _______, _______, and wrist guards.
2. Watching the Weather
   a. Cold-Weather Risks
      __________ of clothing will keep you ______. You can remove layers as you ______ up, or add more clothing if the temperature _______.
      Warm up and cool down, even in ______ weather.
      Drink plenty of _______. Cold air can lead to _______.
      *Cover your ____ and _____ to prevent breathing cold, __ air. If you have _____, talk to your doctor.
      Other health risks:
      * __________—damage to the _____ and ________ caused by extreme cold.
      Skin becomes _____, hard, and _______. To treat frostbite, go to a warm place and ______ the affected areas with warm (not ____ ) water. As the skin thaws, it becomes ___ and _________. If the frostbite is ______ or does not respond to ________, seek medical help.
      * __________—dangerously ____ body temperature.
      Occurs as a result of exposure to extreme _______ in cold _______, or wearing ___ clothing in cold or ______ weather. Hypothermia causes ______, weakness, and _______. Breathing and heart rate ______ down, followed by _____ and heart _______. Requires medical attention; _______ victim until help arrives.
   b. Hot-Weather Risks
      Heavy ________ can lead to _________. You need to drink _____ and may also need to replace _______ chloride, and _______—overworking the body. This can lead to _______—a form of physical _____ on the body caused by ________. Symptoms include: heavy _______; cold, clammy ______; dizziness, confusion, or ________; a weak, rapid pulse; _______; shortness of breath; or nausea or vomiting. To recover, rest in a _______ area, douse yourself with cold ____ , and ____ your skin. If you don’t feel ______ within half an hour, seek medical help.
      __________ heat exhaustion can lead to ________—a dangerous condition in which the body loses its ability to ______ itself through _______. Can cause sudden death. Seek medical help immediately.
   c. Sun and Wind Protection
      • __________, or irritation of the skin caused by wind ______. The skin’s protective ______ layer is ______ away, leaving it red, ___ and sore. _______ can ease the pain. To reduce risk of windburn, keep skin _______ and wear ___ balm.
      • __________, a burning of the skin’s ______ layers. Mild sunburn makes the skin red and _______; severe sunburn can cause _______ and _______. Cool and _______ the skin and take a mild _____ reliever. Wear _______ clothing when exercising. Use a sunscreen with SPF ___ or more; _______ often.
      • Skin _______ can result from _________ or prolonged sun exposure. Use sunscreens.
      • ___ damage can be caused by exposure to ______ (UV) rays. Wear ________, a wide-brimmed ___ in the summer, and UV-absorbing goggles during ______ months.

B. Coping with Injuries
1. Minor Injuries
   For _______ muscles, apply ______ and take pain relievers.
   • __________, fluid-filled bumps caused by _______-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-_____-____-
**For strains and minor sprains, use the P.R.I.C.E. procedure:**

**P**=___________. Use a bandage or ________.

**R**=_____. Rest for at least a day. Avoid all activities that cause ______. Gradually ______ back into using the affected area.

**I**=_____. Ice for ___ to ___ minutes at a time, ___ times a day for ___ days after the injury. Wrap ice in cloth first; do not apply directly to _____, if still ______ after two days, see your doctor.

**C**=__________. Compress to reduce ______. Wrap ______, but not too tight that you reduce ________.

**E**=__________. Elevate injury above the level of your _____ to reduce ________.

2. **Major Injuries**

- ________ or broken bones, cause severe pain, swelling, ________, or ________. Get medical help immediately; do not ______ victim.

- ________ occur when a bone _____ out of its normal position at a _______. Painful and misshapen. Call for help immediately.

- ________, an injury to the ______ can result in a severe headache, unconsciousness, or ______ loss. A severe concussion can cause ______ damage. Signs of brain damage include: vomiting, confusion, ________, or ________ on one side of the body. Seek medical help immediately.