Filmess pr Life

K₁₂

Gealth - ptimizing Physical ducation Senior High School



SHS 613.7 P853 2016

Jerome A. Porto Aida A. Vargas Mia Elaine P. Collao



Table of Contents

Lesson 6 Different Types of Active Physical Activities 77.

Running and Jogging
 Playing Bakerbull
 Wilking

	Preface		. Davana			
			* Dome Yoga			
V	B I		ABCs of Fitness			
	Lesson	1	Fitness and Health			2
			Definitions of Fitness and Health			3
			 Factors in Achieving Fitness and Health Seven Dimensions of Well-Being FITT Principle of Exercise 	7	Lesson	3 4 5
	Lesson	2	Motivation and Stress Management in Physical Fitness • Motivation in Physical Fitness • Causes of Stress		nce sa	7
			Effects of Stress Coping with Stress			10 11
	Lesson	3	Fitness Exercise Protocol			16
			Physical Fitness Test			17
	Lesson	4	Fitness Testing and Assessment			. 19
68		****	Part 1. Health-Related Fitness Test Part 2. Skill-Related Fitness Test		Lesson	20 26
			Beigneight Exertes		Lesson	
ra.				52	Lesson	

WINI32	4	Aerobic Fitness	
Lesso	on 5	Aerobics	36
		Benefits of Aerobic Exercises	37
		Cardiovascular Risk Factors	37
		Principle of Balance	38
Lesso	on 6	Different Types of Active Physical Activities	43
		Running and Jogging	44
		Playing Basketball	44
		Walking	44
		Weightlifting	45
		Dancing	45
		Doing Yoga	45
		Swimming Isomitti to a Data.	45
		Mountain Climbing	46
		Outdoor Cycling	46
		Playing Racket Sports	46
Lesso	on 7		48
		Steps in Starting an Aerobic Program	49
		Common Injuries	52
Lesso	on 8	Warm-up Aerobic Activities	55
Unit e		Muscular Fitness	
Lesso	on 9	Facts about Muscular Fitness	64
		Definition of Muscular Fitness	65
		Tips on How to Improve Muscle Fitness	66
		Benefits of Strength Training	67
Lesso	n 10		68
		The Muscular System	69
		The FITT Principle	72
Lesso	on 11	Bodyweight Exercises	74
Lesso	n 12	Beginners' Workout	81

Community Fitness

Lesson 13	The Fitness Movement in the Philippines	86
	Fitness and Health among Filipinos	87
	Community Fitness Activities	89
	 International and Local Organizations 	89
Lesson 14	Physical Fitness in the Community	9:
	Fitness Programs for Children and Teenagers	92
	Fitness Programs for Adults	92
	Reasons for Becoming Active	95
Lesson 15	Organizing and Managing Community Fitness	97
	Organization and Management	98
	Steps in Organizing Community Activities	98
Lesson 16	Career Opportunities	102
Glossary		107
References		111
Index		113

Index

aerobic activities, 44-46	push-up, 75
basketball, 44	single leg deadlift, 77
yoga, 12, 45, 94	standing torso twist, 79
dancing, 45	step up, 76
swimming, 45	wall sit, 77
mountain climbing, 46	calorie balance, 39
running, 44	cardiovascular endurance, 24
jogging, 44	cardiovascular risk factor, 37
weightlifting, 45	risk factors that can be controlled,
walking, 44	changed, or treated, 38
racket sports, 46 outdoor cycling, 46	risk factors that cannot be changed, 37-38
erobic phase, 51	career, 103
erobics, 37	chronic muscle pain, 11
benefits of, 37	
gility, 28	clinical depression, 10
larm, 10	common injuries, 52
Icohol, 41	back pain, 53
ARREST CONTINUES.	hamstring pull, 53
nabolic steroids, 41	heel spur, 53
crophy, 66	rotator cuff tendonitis, 53
alance, 30	shin splint, 53
llanced lifestyle, 4	sore Achilles tendon, 53
ody composition, 20	sore knee, 53
odyweight exercise, 75	A CONTRACTOR OF THE PARTY OF TH
basic squat, 76	tennis elbow, 52
body-weight dip, 75	treatments, 54
bridge with forward reach, 78	whiplash (cervical spine sprain), 52
calf raise, 78	community fitness activities, 89
chest press, 76	for adults, 92-94
kneel to stand, 79	aerobic dance, 93
lying leg raise, 78	pilates, 94

spinning or indoor cycling, 93	sit and reach, 23		
tai chi, 94	step test, 24		
yoga, 12,45, 94	waist circumference, 21-22		
for children and teenagers, 92	zipper test, 22-23		
barangay leagues or	hydration, 40		
tournaments, 92	hypertrophy, 66		
fun runs, 92	lower extremity, 71		
marathons, 92	Achilles tendon, 71		
sports camps or clinics, 92	gastrocnemius muscle, 71		
cooling down, 51, 62	gluteus, 71		
coordination, 30			
core (abdomen), 70	hamstrings, 71 quadriceps, 71		
latissimus dorsi, 71			
obliques, 71	management, 98		
external, 71	mind-to-muscle techniques, 12		
internal, 71	autogenic training (hypnosis), 13		
rectus abdominis, 70	imagery, 13		
transversus abdominis, 70	meditation, 13		
diet, 39	yoga, 12, 45, 94		
dynamic strength, 65	muscle fibers, 65		
exhaustion, 10	fast-twitch, 66		
fitness, 3	slow-twitch, 66		
fitness pitfalls, 8	muscle-to-mind techniques, 12		
FITT principle of exercise or workout, 5, 69	biofeedback therapy, 12		
frequency, 5, 72	massage, 12		
intensity, 5, 72	progressive relaxation, 12		
time, 5, 72	muscular endurance, 65		
type, 5, 72			
flexibility, 22	muscular fitness, 65		
general anxiety disorder, 11	muscular strength, 65		
health, 3	organization, 98		
health-related fitness test, 20-25	overload principle, 40		
90-degree push-ups, 24-25	Philippine Physical Fitness Test (PPFT), 17		
body mass index (BMI), 20-21	physical fitness, 8		
curl-ups, 25	motivation, 8		

physical fitness test guidelines, 17	effects of, 10
power, 26	responses to, 10
principle of balance, 38	alarm, 10
profession, 103	exhaustion, 10
proper diet, 3	resistance, 10
reaction time, 29	substance abuse, 11
recovery, 41	talk test, 61
recreational drugs, 41	target heart rate, 50, 61-62
regular exercise, 3	upper extremity, 70
resistance, 10	biceps, 70
rest, 41	deltoid, 70
resting heart rate, 50	pectoral, 70
skill-related fitness test, 26-31	trapezius, 70
40-meter sprint, 26	triceps, 70
basketball pass, 26-27	warm-up, 51, 56, 75
hexagon agility test, 28	warm-up exercises, 56-60
paper throw-and-catch, 30	ankle circles, 60
standing long jump, 27	arm circles, 58
stick drop test, 29	bent over reach to sky, 57
stork balance stand test, 30-31	elbow-to-foot lunge, 58
sleep disorders, 11	hand crossover, 57
apnea, 11	inch worm, 58
insomnia, 11	jumping jack, 56
narcolepsy, 11	lateral slide, 58
smoking, 42	shoulder circles, 57
speed, 26	walking heel to behind, 59
static strength, 67	walking high kicks, 60
strength, 24	walking knee hug, 59
strength training, 66	walking leg cradle, 59
benefits of, 67	well-being, 4
stress, 9	dimensions of, 4
causes of, 9	wellness, 4
coping with, 11	Training 1