

Fitness Unit Packet

Over the course of this unit we will be learning about fitness components and setting smart goals to improve fitness as a lifetime activity through participating in various activities.

Directions for completing packet:

Packets will be distributed at the beginning of each unit and are due upon the completion of the unit.

NO late work will be accepted. All work turned in after the due date will result in a zero.

Worksheets Due:

1. Student Response Packet 20 pts
2. Smart Goals 20 pts

******Make sure your NAME is on EVERY page.******

Components of Fitness

LEQ: What are the five components of fitness and what physical activities support each component?

Assignment Directions:

- Read the paragraph on the assigned component of fitness.
- As you read, underline important parts or key statements.
- Complete the graphic organizer for each component of fitness.
- As you read, Underline vocabulary words and words you don't know the definition of as you read. Put the words you don't know the definition of in the Word Bank in the back of your journal.

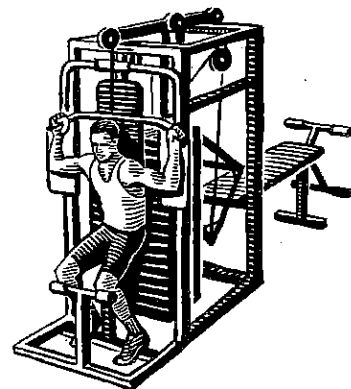
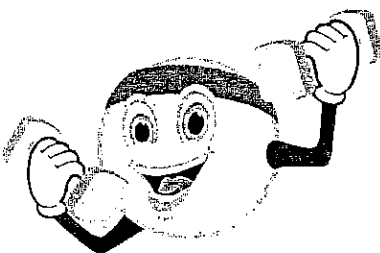
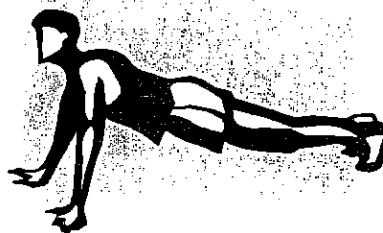
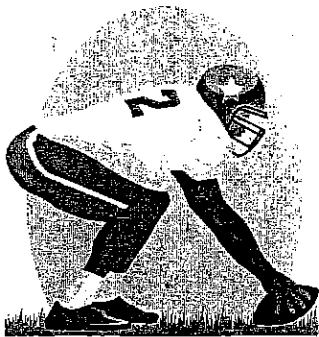
What goes in each box?

Definition—Summarize the description and write a definition of the component of fitness.

Benefits—List at least three benefits of the component of fitness.

Example Activities—Make a list of physical activities that would support or be examples of that component of fitness.

Draw a picture—Draw a picture of someone participating in an activity that demonstrates that component of fitness.



Muscular Endurance

Muscular endurance refers to the ability to repeat muscle exertions. Sit-ups, push-ups, moving many boxes of books and squatting repeatedly are examples of muscular endurance activities. As muscular endurance increases, the ability to repeat muscle exertions also increases.

Definition	Benefits
Example Activities	Draw a picture

Cardiorespiratory Endurance

Cardiorespiratory Endurance pertains to the body's ability to use oxygen. It is the combination of the respiratory system (lungs) and the circulatory system (cardio-heart and blood vessels) that provides the working muscles with enough oxygen to continue exercise for extended periods of time. Cardiorespiratory endurance allows you to last longer when participating in activities such as running, walking, climbing stairs, riding a bike or swimming. The more cardiorespiratory endurance people have, the easier it is for them to participate in physical activity.

Definition	Benefits
Example Activities	Draw a picture

Flexibility

Flexibility is the ability to move through a full range of motion allowed by a joint. Flexibility depends on many factors, including age, gender, body composition and exercises done to enhance flexibility. Females tend to be more flexible than males because of their body composition. The older people get, the less flexible they become, because joint mobility decreases. The more a joint is used, the more flexible it will become.

Increasing flexibility is most effectively achieved through stretching. Stretching lengthens the muscles. The more important areas in which to maintain flexibility are the neck, shoulders, hamstring muscles (back of upper leg), chest and hips. Is it important never to stretch a cold muscle. Always warm up before stretching with some light activity. In addition, never bounce when stretching, and don't stretch to the point of pain.

Definition	Benefits
Example Activities	Draw a picture 16

Body Composition refers to the percentage of body fat found in the body (body fat to muscle mass ratio). The number of pounds a person weighs is not as important as body fat percentage. Women should fall within the range of 19 to 26 percent body fat, and men should fall within the range of 15 to 19 percent body fat. Women typically have a greater percentage of body fat, due to extra energy demands placed upon their bodies during pregnancy and breast feeding—this is a natural occurrence. Several different tests can evaluate body fat percentage. Body fat can be altered through a sound exercise program and health eating habits that follow the dietary guidelines.

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LEQ: What elements are important in setting goals?

Directions: Read the article (next page) on setting SMART goals and take notes on what each element means and how it is applied to making a goal.

Creating S.M.A.R.T. Goals

Specific - A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions:

*Who: Who is involved?

*What: What do I want to accomplish?

*Where: Identify a location.

*When: Establish a time frame.

*Which: Identify requirements and constraints.

*Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

Measurable - Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

To determine if your goal is measurable, ask questions such as.....How much? How many? How will I know when it is accomplished?

Attainable - When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

Realistic - To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.

Your goal is probably realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

Time-bound - A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal.

S=

M=

A=

R=

T=

*The difference between a goal and a dream
is the written word.*

-Gene Donohue