



Components of fitness

There are 10 main components of fitness. We use these at different times and in different ways in PE and sport. Can you spot some examples of each in this lesson and suggest who demonstrated high levels of it and why?

Component:	Definition:	Specific example in lesson:
Cardiovascular endurance	The ability to continue exertion while getting energy from the aerobic system used to supply the body with energy. Also referred to as stamina.	
Muscular endurance	The ability to move your body and muscles repeatedly without fatiguing.	
Strength	The maximum force a muscle/group of muscles can apply against a resistance.	
Flexibility	Range of movement available around a joint.	
Speed	The ability to move quickly across the ground or move limbs rapidly through movements.	
Power	The ability to exert a maximal force in as short a time as possible (speed x strength).	
Agility	The ability to change direction at speed.	
Balance	The ability to stay upright or stay in control of body movement.	
Co-ordination	The ability to move two or more body parts under control, smoothly and efficiently.	
Reaction time	The ability to respond quickly to a stimulus.	

Fitiology N The Study Of Fitness In Action

**Walton T. Roth, MD, Thomas D.
Fahey, Paul M. Insel**



Fitiology N The Study Of Fitness In Action:

Fit-iology : [fit-i-ol'-o-ji] N. the Study of Fitness in Action. Volume II Hagan, Maureen, 2001 **Fitness for Life** Charles B. Corbin, Guy C. Le Masurier, 2014-03-25 Fitness for Life is a comprehensive fitness education program that helps students take responsibility for their own activity fitness and health Through Fitness for Life students are prepared to be physically active and healthy throughout their adult lives This evidence based and standards based program follows a pedagogically sound scope and sequence to enhance student learning and progress What s new in the Sixth Edition New to this book are three chapters Strategies for Active Living The Science of Active Living and Lifelong Activity that will help students transition from being active in school to sustaining the skills and motivation to remain active and fit for their lifetime These chapters reinforce the Stairway to Lifetime Fitness concept created by author Chuck Corbin to serve as a guide for physical education standards nationwide Some specifics include the following The New Physical Activity Pyramid for teens Photos and art to illustrate concepts and engage students Video that illustrates self assessments and exercises Information about the sciences on which physical education and fitness education are based Information on scientific analysis of human movement using biomechanical principles Information on simplified scientific method for use in decision making Web icons and content Technology features encouraging application as well as understanding Science in Action feature that provides in depth coverage of fitness health and wellness innovations Exercise photos with art illustrating the muscles used Taking Action feature that applies concepts and principles in physical activity Planning activities for all activities in the Physical Activity Pyramid In addition the authors went through an exhaustive process in revising and updating all the chapters to reflect current research and the new national physical education standards and fitness education standards The entire book has been reorganized and completely rewritten Award Winning Text Evidence Based Approach The evidence based Fitness for Life text earned a Texty Award for excellence from the Text and Academic Authors Association It is based on scientific evidence and meets national and state physical education standards and national health and physical education guidelines Materials have been field tested and used throughout the United States and the world This comprehensive interactive new resource will help students in the following ways Meet the national state and local grade level standards and outcomes developed for K 12 physical education by SHAPE America based on the new standards outlined in Healthy People 2020 and published in 2014 Learn the values and benefits of lifelong physical activity through the HELP philosophy which specifies the goal of promoting health for everyone with an emphasis on lifetime activity designed to meet personal needs Become informed consumers on matters related to lifelong physical activity and fitness Learn self management skills that lead to adopting healthy lifestyles Recognize and overcome the barriers to reaching activity and fitness goals Use technology to promote healthy living Separate fitness facts from fiction Take personal responsibility for program planning and setting individualized goals This best selling text written by internationally renowned authors and educators Charles B Corbin and

Guy C Le Masurier and contributing author and educator Karen McConnell is suited for use in a general physical education or personal fitness class. It will help students meet national and state physical education standards not only those focused on health related fitness and physical activity but also those related to movement skills and concepts diversity and social responsibility. Fitness for Life can be modified to fit any schedule including block and accelerated block. It can be taught as semester long yearlong or multiyear courses. The HELP philosophy on which the book is based health for everyone with an emphasis on lifetime activity designed to meet personal needs teaches the value of lifelong physical activity as well as the idea that physical activity can and should be fun. The authors use the Stairway to Lifetime Fitness concept to show the importance of learning decision making and problem solving skills that enable students to develop their own health related fitness programs and maintain a physically active lifestyle into adulthood. Special Features in Every Chapter Every chapter of Fitness for Life Sixth Edition includes self assessments for the students to perform including Fitnessgram assessments and lessons on self management skills such as reducing risk factors resolving conflicts setting goals managing time and overcoming barriers to success. The book devotes multiple lessons to personal program planning implementation and evaluation. The chapters have a series of prominent features. Lesson objectives direct student learning. Lesson vocabulary helps students understand multiple uses of words definitions in glossary and online. New art includes a version of the physical activity pyramid for teens. New photos and design give the chapters a refreshing student friendly look with its dynamic four color design. Muscle art identifies the muscles used in each exercise. Fit Facts give quick information about relevant topics. Quotes from famous people reveal their thoughts on fitness health and wellness. Fitness Technology offers opportunities for students to use or study technology. Science in Action provides in depth coverage of innovations in fitness health and wellness. Self Assessment allows students to evaluate their fitness health and wellness as the first step in personal planning for improvement. All of the self assessments in Fitnessgram are included. Taking Charge and Self Management allow students to learn self management skills for adopting healthy behaviors and interacting with other students to solve problems encountered by hypothetical teens. Taking Action features activities that are supported by the lesson plans. Consumer Corner is a once per unit feature that helps students become good consumers of information on fitness health and wellness as they learn how to separate fact from fiction. Digital and Web Based Resources Fitness for Life offers students and teachers an array of supporting materials at www.FitnessForLife.org. In addition Fitness for Life Sixth Edition is available in digital as well as print formats. Students and teachers can use e books in a variety of platforms in combination with the student and teacher web resources to interact with the material. In addition iBooks are available for students and teachers in an interactive iPad version. For students web resources include the following. Video clips that demonstrate the self assessments in each chapter. Video clips that demonstrate the exercise in selected chapters. Worksheets without answers. Review questions from the text presented in an interactive format so students can check their level of understanding. Vocabulary flip cards and

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Get Fit, Stay Well Brief Edition with Behavior Change Logbook Janet L. Hopson,Rebecca J. Donatelle,Tanya R. Littrell,2009-08-06 Get Fit Stay Well Brief Edition offers one of the most modern student focused flexible and technology enhanced approaches to fitness and wellness available today It is the only fitness and wellness textbook to employ integrated student case studies throughout each chapter It presents a thoroughly fresh art and photo program featuring strength training photos depicting real contemporary students modern day equipment and options for those with limited access to equipment A unique three pronged skill acquisition self assessment and plan for action approach to labs helps students bridge the gap between what they know they ought to do and how they actually act The powerful supplements package provides a comprehensive suite of classroom presentation tools additional lab activities and unsurpassed resources for those teaching online or hybrid classes including audio visual lectures online quizzes lab worksheets 80 exercise videos and an E book The Brief Edition contains chapters 1 11 of the full edition of Get Fit Stay Well with a focus on fitness topics nutrition weight stress and preventing cardiovascular disease

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Your Guide to Getting Fit Ivan Kusinitz,Morton Fine,1991 This is a practical guide to understanding fitness and developing a successful personal fitness program It provides basic physiological information and outlines the fitness process allowing the instructor to serve as advisor while the student creates his or her own tness program *Fit & Well* Thomas Davin Fahey,Paul M. Insel,Walton T. Roth,2007 Physique, Fitness, and Performance Thomas Battinelli,2007-06-21 Totally revised and updated this second edition of the well received Physique Fitness and Performance retains the unique integrated approach of its predecessor examining the relationship of structure to function in human performance Far surpassing the limited focus of standard exercise and fitness books it combines the morphological study of *Get Fit, Stay Well!* + *Myfitnesslab* Janet Hopson,Rebecca J. Donatelle,Tanya Littrell,2012 ALERT Before you purchase check with your instructor or review your course syllabus to ensure that you select the correct ISBN Several versions of Pearson s MyLab check with the seller before completing your purchase Used or rental books If you rent or purchase a used book with an access code the

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