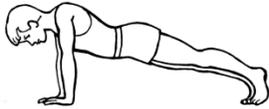


Health Components

(Acronym: My Mom Bakes Fruit Cake)

- **(M)uscular Endurance (long term)**- is the ability of a muscle or group of muscles to sustain repeated muscle movements against a resistance for an **extended period of time**. Example: Push-ups/sit-ups

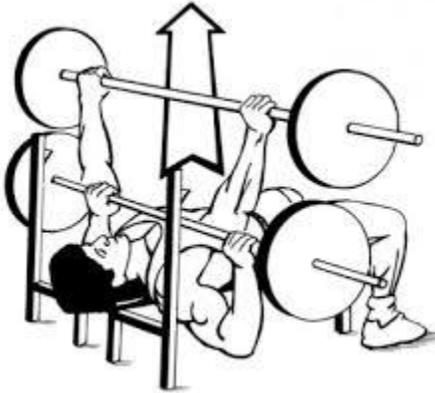


Push-ups



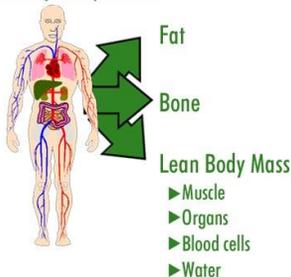
Sit ups

- **(M)uscular Strength**- Pushing against resistance with a maximum amount of weight. (Example Bench Press of maximum weight at 1 repetition.)



- **(B)ody Composition**- In physical fitness, **body composition** is used to describe the percentages of fat, bone, water and muscle in human bodies. Our **body composition**, as well as our weight, determines leanness.

Weight - Body Composition



- **(F)lexibility-** The ability to move a joint its full range of motion. (Example: Holding a static stretch for a period of time will help increase better flexibility)



- **(C)ardiorespiratory Endurance** (strong heart):
Increasing oxygen intake (lungs and breathing) and increasing blood flow through activity will allow you to have a **strong heart** and good **cardiorespiratory endurance**. Examples: Running/Jogging, biking, rollerblading, swimming, etc.

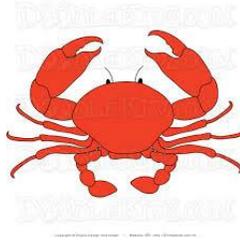


Other information pertaining to Health Components:

- **Swimming** exercises both upper body strength and cardiovascular activity



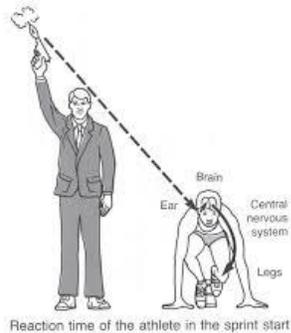
Skill-Related Components: (C.R.A.B.S. -P.)



- **(C)oordination-** the ability to use 2 or more body movements smoothly and at the same time. (Example would be speed stacking cups or hopscotch: using hand and eye coordination/ smoothly at the same time.)



- **(R)reaction time-** an action performed or a feeling experienced in response to a situation or event. (Example: Responding quickly to an object being thrown in your direction and having quick reflexes is an example of reaction time)



- **(A)gility-** Moving quickly from one direction to the other. (Example would be dribbling a soccer ball quickly from one cone to another back and forth using speed.)



- **(B)alance**- The ability to maintain and control your body in various positions and movements.



- **(S)peed**- The time it takes to move a certain distance. (Move quickly)



- **(P)ower**- The ability to combine strength and speed (explosiveness). For example: Someone throwing the shot put provides power.)



Heat Illnesses and Information:

- **Heat Cramps:** Heat cramps are the intermittent, involuntary spasm of muscles that occur in an individual who is physically active (for example, working or exercising) in hot or humid weather.
- **Heat Exhaustion:** is a heat-related illness that can occur after you've been exposed to high temperatures for several days and have become dehydrated. (Signs include [nausea](#) and vomiting, frequent [muscle cramps](#), and [dizziness](#))
- **Heat Stroke:** is the most serious form of heat injury and is a medical emergency. (Heat stroke can kill or cause damage to the [brain](#) and other internal organs).

Remember this when feeling over heated: When beginning to feel over heated one should cool down by-

- 1) Hydrating with water and/or applying cool water to the body to bring body temperature down
- 2) Seek shade



Have a Heart:

Strong Heart: Through consistent physical activity on a daily basis one will live a long healthy life along with maintaining a **strong heart**.



- **Check your Heart Rate: (on the wrist or under the neck)** -Your pulse is your **heart rate**, or the number of times your heart beats in one minute. To check your pulse on your wrist place two fingers (pointer and middle) between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist. Or you may place the two fingers on the carotid artery (under the neck line). When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by 4 to calculate your beats per minute.



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Frequency, Intensity, Type and Timing (F.I.T.T):

The **F.I.T.T.** Principle is one of the foundations of exercise, a set of guidelines that help you set up a workout routine to fit your goals and fitness level while helping you get the most out of your exercise program.

- A. **Frequency** (How often you exercise)
- B. **Intensity** (How hard you work during exercise)
- C. **Time** (How long you exercise)
- D. **Type** (The type of activity you're doing)

- **Overload**-is when an athlete progressively adds more volume, weight, and intensity to help improve the exercise/activity they are focused on. For example, someone lifting weights will safely add heavier weights to their workout to improve their strength. Another Example for an increased throw for the shot put, you would want to train with a heavier shot put.



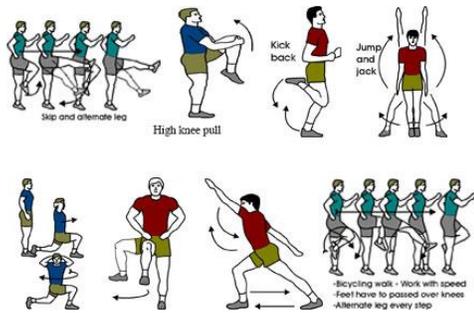
- **Progression**- As a person's fitness level improves, he or she will need to make adjustments to the exercise program if continued improvements are desired. This will allow for a successful exercise/training program.
- **Specificity**- The principle of specificity means only those body parts, muscles or systems involved in a workout will be the ones to experience training. For example, a volleyball athlete may be training to better their serve. By using the specificity training principal this athlete might add 20 serves to their normal everyday practice.



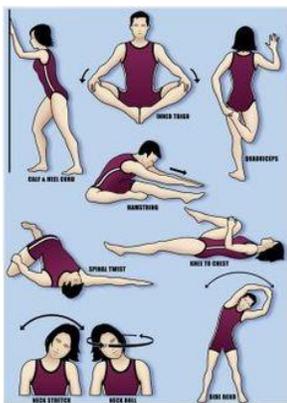
Warm Ups and Cool down:

Warm Up- Importance of a warm-up is to get your blood flowing and heart rate active. Muscles and joints need to be moving and warmed up before activity/exercise. NEVER STRETCH A COLD MUSCLE!

- **Dynamic Warm-Up**- is defined as a series of sport specific movements that are designed to prepare the muscles for performance and are performed in a safe and controlled fashion. To gain range of motion at your joints and fire up the muscles that you're going to use for that day's workout, you need to do mobility and activation drills (dynamic warm up). Example would be knee huggers, glute kicks, high knees, hip flexor in and outs, arm swings, monster walks, etc.



- **Static Stretch-** is defined as elongating (stretching) a specific muscle/joint in a position for a period of time (15-30seconds) for flexibility and injury prevention. This should be done after a dynamic warm up and during the cool down process after a workout. (Never stretch a COLD muscle. It should always be WARM (warmed up/or activated))



Cool Down Process-

- It's important to slowly bring down the heart rate in high intensity workouts or activity. Following up with static stretching is important to help prevent injury as well. NEVER bend down or sit down immediately after the heart rate is super high from an intense workout/activity.

Peer Pressure-

- Peers (friends) influence your life, even if you don't realize it, just by spending time with you.
- Peers can have a positive influence on each other.
- Sometimes peers influence each other in negative ways.
- Friends are a big influence on peer pressure



Calories and Food Log:

- **Calorie-** is a unit of Energy
- **Food Log-** Students should be able to design a food log for calorie consumption and track their diet.
- **Picture below:**

The Calories in these items could:

