

# *Chiddix Junior High*

## *Physical Education*

### *Why is Physical Fitness Important?*

Physical Fitness is important to your student's health. The PE department at Chiddix wants your student to become involved in the classroom by practicing the five basic components of physical fitness. Parents should be aware of the five components of physical fitness so that they can better understand what it is that the students at Chiddix are learning while participating in physical education class.

**There are five basic components to Physical Fitness. These include:**

- Cardiovascular fitness
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition



### Cardiovascular Fitness

1. Cardiovascular fitness is probably the most important of the five components of physical fitness because it shows how capable your body is of releasing energy.
2. It demonstrates how the blood vessels, blood, heart, and respiratory system work together to help provide the body with the oxygen and fuel that it needs during exercise.



3. A normal heart beats at about 70 beats per minute while at rest, which is equal to about 100,000 beats per

day. You can check this yourself by finding your pulse, located either in your neck or your wrist and begin counting the number of beats for a 6-second period. Once this number is obtained, multiply it by 10 to find out your one-minute pulse rate.

4. Cardiovascular fitness allows a person to exercise for longer periods of time because it increases a person's energy level.
5. Cardiovascular fitness helps to prevent cardiovascular disease which can be caused by the following which can be avoided:
  - High blood pressure
  - Obesity
  - Diet
  - Inactivity
  - Smoking
  - Stress

\* By avoiding these factors, people can decrease their chances of getting cardiovascular disease.
6. Activities such as aerobics and kickboxing are excellent examples of cardiovascular exercise.

## Muscular Strength and Muscular Endurance

1. Muscular strength is the ability of muscles to exert a force one time.
2. Muscular endurance is the ability to use skeletal muscles for a long period of time.
3. By exercising you improve your muscles, which helps the following:
  - Your appearance
  - Avoid back and muscle pain
  - Prevents muscle injuries



- Reduce fatigue
- Posture
- Perform physical activities better

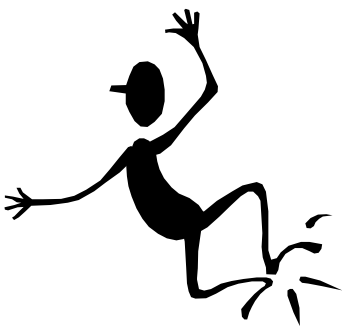
4. There are ways to develop muscular fitness. These include:

- *Isometrics* is a kind of exercise where all a person has to do is push against an object so that it can't move.
- *Isotonic* exercises are exercises such as lifting weights. They are excellent muscle builders.
- *Isokinetic* exercises provide the best resistance for a person's range of motion.

5. To get the maximum workout through muscular endurance one should do repetitious exercise for 3-12 sets of repetitions. The repetitions that should be done are the isometric and isokinetic forms of exercises.

6. To get the maximum workout for muscular strength one should do weight lifting with few repetitions, making it only 4-8 sets.

## Flexibility



1. Flexibility is has three components. These include:

- Speed
- Agility
- Balance

2. Flexibility is important because it will lessen a person's chances of injury.

3. Stretching, which is a form of flexibility, will help to relax tight muscles.

4. Soreness that arises from strenuous exercise can be relieved by warm up and cool down session before and after exercise has begun.
5. There are two types of stretching that are recommended to help increase flexibility. These are:
  - *Static Stretching*- the lengthening of a muscle and holding it like that for fifteen seconds.
  - *Dynamic Stretching*- moving muscles slowly for an extended period of time.

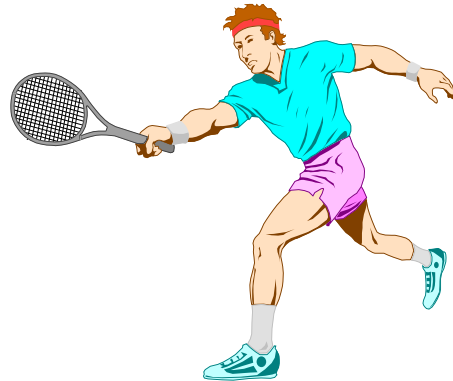
## Body Composition

1. Body composition is made up of two parts.
  - *Lean body mass* is muscle tissue and non-fat tissue in the body.
  - *Body fat* is stored calories of the body that have not been burned up.
2. For an average person a health percentage of body fat is 20% for females and 16% for males.
3. People with a higher percentage of body fat have are at higher risk for developing:
  - Heart attacks
  - Kidney disorders
  - Diabetes
  - High Blood pressure
  - Heart disease

## Activities that Students at Chiddix Participate In

While enrolled at Chiddix, students can participate in many of the activities during Physical Education class to help enhance the five basic components that are learned in class. Some of these include:

- Archery
- Badminton
- Basketball
- Bowling
- Dance
- Soccer
- Volleyball
- and many more!!!!!!



\*\*By being aware of the five components of physical fitness, one can live a much longer and healthier life.