

TOPIC 1.1.1: Benefits of a healthy, active lifestyle

Social

Develops friendships and encourages social mixing

Improves co-operation

Improves competition

Meet new friends

Mental

Relieves stress and tension

To release serotonin 'feel good hormone'

Aesthetic appreciation

For the mental challenge

Contributes to enjoyment of life

Builds self-esteem and confidence

Physical

Helps you to feel and look good

Improves body shape

Helps to lose weight

Improves health

Improves fitness

TOPIC 1.1.2: Influences on your healthy, active lifestyle



OPPORTUNITIES as:

- Participant
- Leader
- Coach
- Official
- Volunteer



Remember:
S.H.I.P. WR.ec.k

Remember Health Related:
Fat Men Eat More Sweets Cos Fit Boys Can't

- Agility
- Balance
- Co-ordination
- Power
- Reaction Time
- Speed

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

Remember Skill Related:
alphabet - ABC PRS
or RSPCA B

TOPIC 1.1.4: Physical activity as part of a healthy, active lifestyle

PAR - Q

SMART TARGETS

HEALTH RELATED TESTS	FITNESS COMPONENT
Cooper 12 minute Run / Harvard Step test	Cardiovascular fitness
Hand grip dynamometer	Muscular Strength
1 minute Sit up / Press up test	Muscular Endurance
Sit and Reach	Flexibility
Skin fold calipers	Body composition

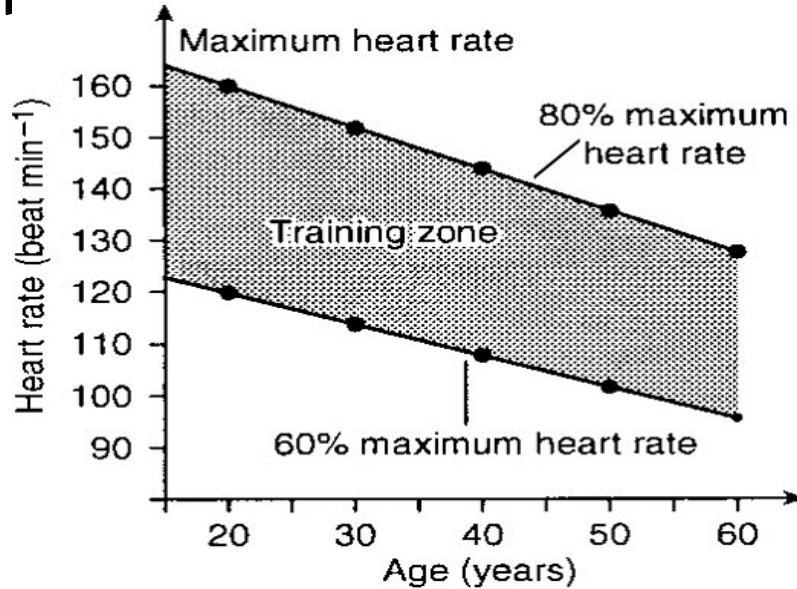
SKILL RELATED TESTS	FITNESS COMPONENT
Illinois agility run	Agility
Stork stand	Balance
Alternate hand wall throw	Co-ordination
Sergeant jump / Standing broad jump	Power
Ruler drop	Reaction time
30m sprint	Speed

TOPIC 1.1.4: Physical activity as part of a healthy, active lifestyle

Remember:
S.P.O.Rt FITTs IN R+Rs
or ISPORRRRT FITT

principles

Specificity
Progressive Overload
Reversibility
Frequency, Intensity, Time, Type
Individual Needs
Rest
Recovery



- Fartlek
- Interval
- Circuit
- Continuous
- Cross
- Weight

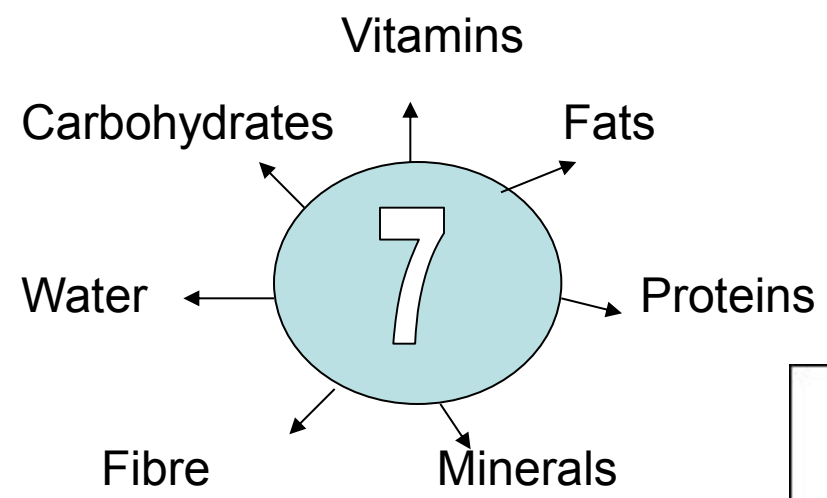
training methods

Remember: FICCC W
Or 3 C's WIF

blood shunting

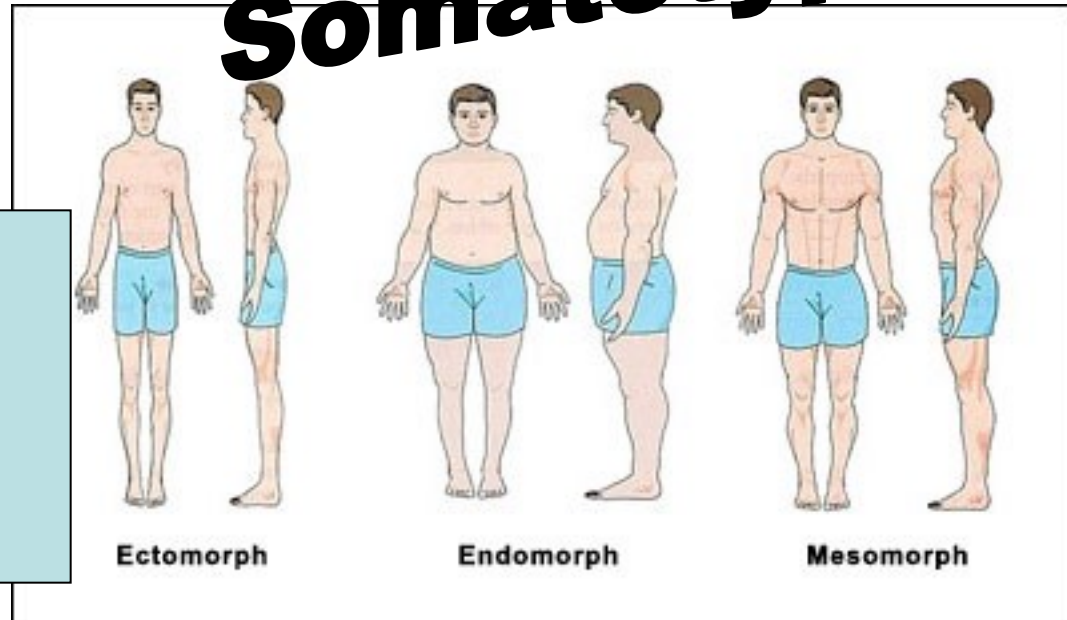
Remember:

Very Fat People Make Fire When Cold



carbo-loading

Somatotypes



REMEMBER:

ecTomorph – Thinness

enDomorph – Dumpy Donuts

Mesomorph – Muscularity

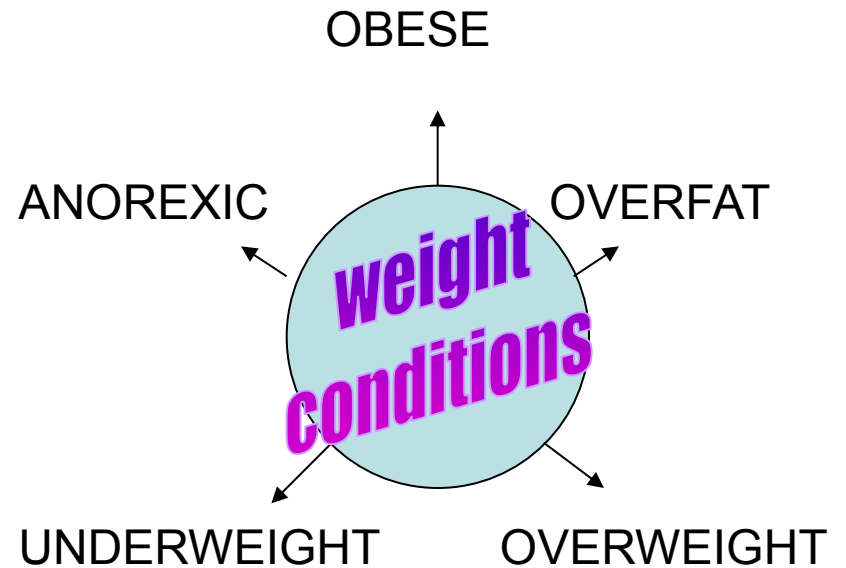
TOPIC 1.2.1: Healthy mind and body

optimum weight

'Most desirable weight'

Factors affecting: Height	Gender
Muscle girth	Genetics
Bone structure	EXAMPLES: Boxers must be at an optimum weight to fight at their weight class

Jockeys need to be a light weight



SMOKING
ALCOHOL

Remember:

S.N.A.P.D

Stimulants
Narcotic Analgesics
Anabolic Steroids
Peptide Hormones (EPO)
Diuretics

Warm up / cool down
Checking equipment and facilities
Protective clothing and equipment
Balanced competition (weight, mixed/single sex, age, handicap)
Playing by the rules
Physical readiness

**preventing
injuries**

transport system - supplies O₂ and removes CO₂

HEART RATE

STROKE VOLUME

CARDIAC OUTPUT

Heart
Blood vessels
Blood

IMMEDIATE EFFECTS

1. Body temperature increases
2. Sweating starts
3. Muscles ache
4. Lactic acid builds up

LONG TERM EFFECTS

1. Heart gets bigger and stronger
2. Lower resting heart rate
3. Heart recovery rate is faster
4. Stroke volume increases
5. Lower blood pressure
6. Blood vessels become healthier

LIFESTYLES

REST

CHOLESTEROL

RECREATIONAL
DRUGS

LACK OF
EXERCISE

STRESS

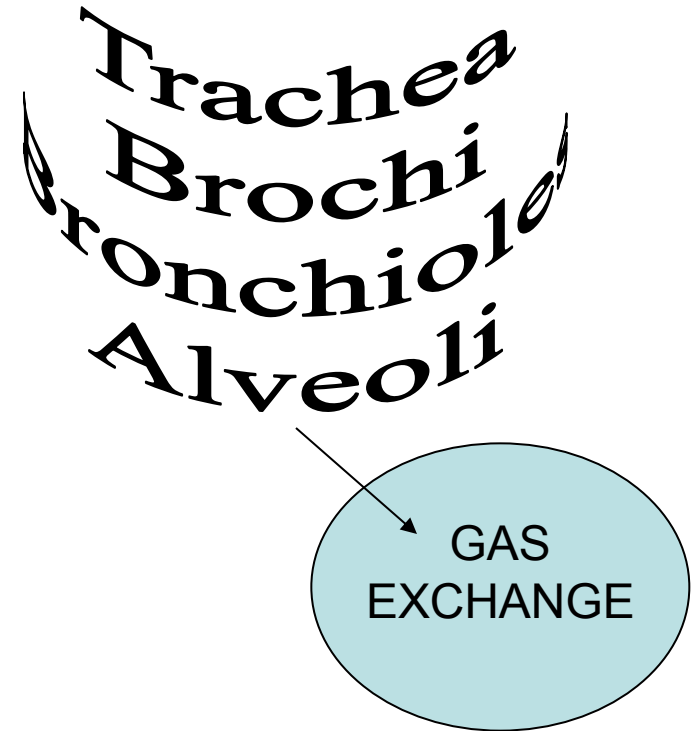
breathing system - O₂ in and CO₂ out

TIDAL VOLUME

VITAL CAPACITY

LIFESTYLES

SMOKING



IMMEDIATE EFFECTS

1. Breathing faster and deeper
2. Oxygen occurs

LONG TERM EFFECTS

1. Lungs more efficient – supply more O₂ and remove more CO₂
2. Vital capacity increases
3. More alveoli available
4. Faster gas exchange

oxygen debt

TOPIC 1.2.4: Muscular system

Deltoids

Biceps

antagonistic pairs

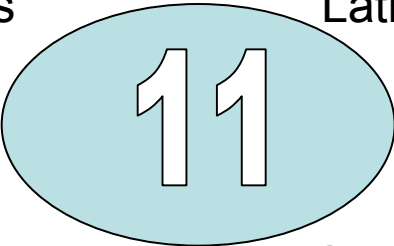
Trapezius

BICEPS + TRICEPS

Triceps

Latissimus Dorsi

QUADRICEPS + HAMSTRINGS



Gluteals

Hamstrings

Pectorals

Quadriceps

Abdominals

Gastrocnemius

tendons

IMMEDIATE EFFECTS

1. Faster muscle contractions
2. More oxygen is required
3. Lactic acid builds up
4. Cramp occurs

LONG TERM EFFECTS

1. Muscles increase in size – hypertrophy
2. Improves posture
3. Decreases risk of injury
4. Prevents back pain

isotonic
isometric

R.I.C.E

strains



pulls tears

- FLEXION
- EXTENSION
- ABDUCTION
- ADDUCTION
- ROTATION

TOPIC 1.2.5: Skeletal system



Hinge joint Ball and socket joint



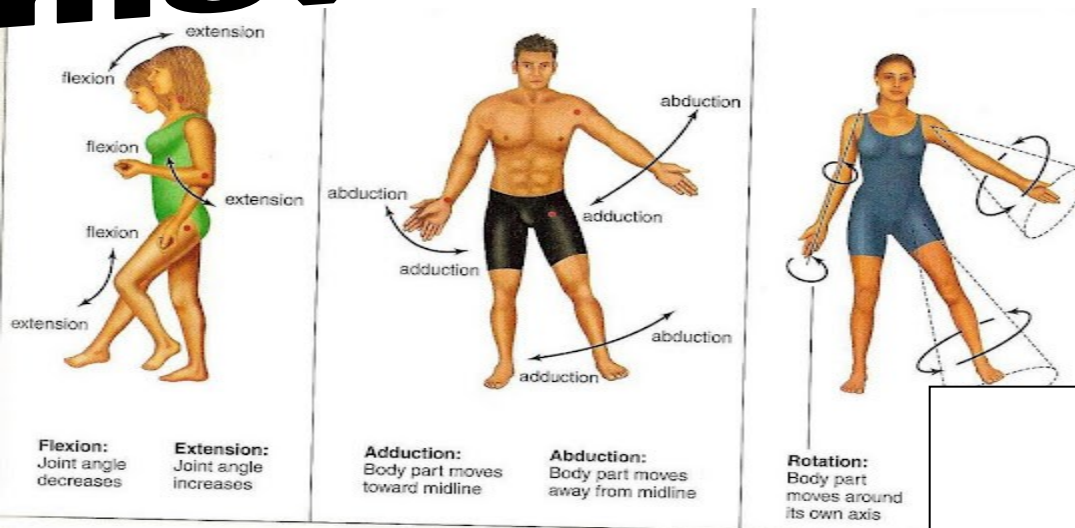
movement

support

protection

movement

ligaments



- ### EFFECTS OF EXERCISE
1. Bone density increases
 2. Ligaments get stronger
 3. Prevents osteoporosis

- ### EFFECTS OF DIET
1. Calcium helps bones grow and get stronger
 2. Vitamin D absorbs calcium
 3. Smoking and alcohol is toxic

Fractures Stress fractures
Sprains Dislocation
 ← ⊙ →
 tennis + golfers elbow

R.I.C.E