

December 6th, 2010

PE Midterm Assignment

McClure

Total Physical Fitness

Having and maintaining a good physical fitness all throughout your life is an essential element in maintaining a healthy level of physical and emotional well being. There will be an enormous amount of health benefits if you maintain and increase your physical fitness. Physical fitness creates an overall sense of well being and also assists in weight management by improving body composition. It can also increase energy levels, alertness, concentration, academic performance and strengthen the heart and lungs. Not only that, but it decreases muscle, joint, and lower back pain, along with boosting the immune system, and improving motor skill performance. Physical fitness can be defined as the overall measure of physical attributes that includes cardiovascular fitness, muscular strength and endurance, body composition, and flexibility (“Cudahy Chamber”). Cardiovascular fitness is the efficiency of the heart, lungs, and vascular system in delivering oxygen to the muscles, to continue in prolonged physical activity. Muscular strength is the ability of a muscle to exert force. (“Be Active Kids”) Muscular endurance is the length that your muscles are able to exert force. Body composition is the percentages of muscle, fat, and bone in a human body. Flexibility is the range and mobility of limb movement around joints, or the elasticity of a muscle.

It is very important to sustain and improve your physical fitness. Generally, the more physically fit you are, the healthier you are. Since everyone should want to be healthy, sustaining physical fitness is very important. Also, when you are physically fit, you feel better about yourself and your self confidence goes up. Sustaining and improving cardiovascular fitness is very important. If you don't have good cardiovascular fitness, then you have a risk of heart disease (which is the number one killer of people in the USA) along with many other cardiovascular diseases. One huge benefit of cardiovascular fitness is fat loss, which also happens to be very good for the heart. Cardiovascular fitness can also improve your overall endurance and blood circulation. There are many ways to improve cardiovascular fitness. You don't have to run on the treadmill everyday to stay in shape, even though it is such a great way to increase cardiovascular fitness. Instead, you can just do small exercises throughout the entire day, like riding your bicycle to school/work or just choosing to take the stairs, rather than the elevator. Even parking further away for the store entrance so you get a little extra walking will help your cardiovascular fitness. Improving both your muscular strength and endurance can reduce body fat, prevent exhaustion and fatigue, and it will also allow you to sustain in physical activity for much longer periods of time. Improving flexibility can increase your overall physical performance; lower the risk of injury during physical activities, increase your range of motion, and also increase blood flow and nutrient supply to the muscles during sustained physical activity. Stretching is a great way to increase flexibility. Stretching lengthens muscles and maintains elasticity allowing muscles to move bones at their joints easily through their range of motion. Having a good body composition is also very important in terms of physical fitness. If you have a body composition of mostly fat then you have a much higher chance of getting serious health risk, like coronary heart disease which has a high chance of killing you. Also, if

you have a bad diet filled with soda, chips, and a hamburger every day then there can be some serious health risks. But, you can still eat these types of food and stay healthy. If you balance the meal by eating fruits instead of chips and whole wheat bun, then your nutrition will improve. The better body composition you have, the more physically fit you are. It is very important to improve and maintain your physical fitness as the health benefits are extremely beneficial. Without a good physical fitness, you have a higher chance of disease and it will also highly lower your self confidence.

There are many local opportunities where people can pursue physical fitness activities. One great place is Cass Park, which is very conveniently located in Ithaca. There are a lot of various activities at Cass Park. You can play soccer, tennis, baseball, softball, go swimming, and even go ice skating. Although you do have to pay some money to go swimming or ice skating, the rest of the activities at the park are free. Younger children even have the option of playing on the playground, which is very fun and it is great exercise. They have four tennis courts, 20 athletic fields (4 of them lighted), playground equipment, an exercise trail, and a large picnic pavilion ("City of Ithaca"). Another great local place to pursue physical fitness is Robert H. Treman State Park. There are many things to do at Treman other than just look at the numerous gorges and waterfalls. You can exercise, which is easy to do at Treman. You can simply walk or jog at your own pace all throughout the nine miles of hiking trails. You can even go swimming as there is a free public swimming area. You do have to pay \$7 for parking which isn't too expensive, but if you don't want to pay for parking then you could easily park somewhere outside the park and walk the rest of the way. For fitness development in my life, I do many things. I occasionally run on the treadmill in my basement for a mile. I also play varsity soccer in the fall and indoor soccer during the winter. I think that I lack muscular strength and that my

body composition could be better. I am not very muscular and tend to be weak when lifting weights and I'm not the best at trying to throw a ball the furthest. My body composition could be better because I do not have a lot of muscle. I know that I am not overweight but I should strive to have a lot more muscle. Throughout High School I will try to work on getting more muscles. I think that after high school I will have to work out a lot more and get a lot of exercise to stay physically fit. I plan on running at least once a week, along with lifting weights each week.

Physical fitness is very important if you want to live a happy, healthy, life. It's very beneficial to maintain and improve your physical fitness throughout your life. Overall, if you don't sustain your physical fitness then you have a much higher risk of disease and you will not have a very good emotional and physical well being throughout your life. It's also important to not sustain just one component of physical fitness (only doing cardiovascular exercise), but all of them. (Doing multiple exercises that improve cardiovascular fitness, muscular strength and endurance, body composition, and flexibility)

Works Cited

"Cass Park." City of Ithaca. N.p., n.d. Web. 10 Jan 2011.

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"General Health Vocabulary." Be Active Kids. N.p., n.d. Web. 14 Dec 2010.