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PE Midterm Assignment

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Importance of Physical Fitness

There are many health components related to physical fitness. Physical fitness is referred to as being in shape or in good physical condition. Fitness is an important part of life. Maintaining a healthy and fit lifestyle will help provide a better, longer life.

One component related directly to physical fitness is aerobic fitness. Aerobic fitness means with oxygen. This type of fitness is to help the flow of oxygen to the muscles in a person's body via the circulatory system. An exercise is usually considered aerobic when the activity is extended for a long period of time forcing the person to breath hard. Also, to consider an exercise aerobic is by using a large group of muscles at a steady even pace to maintain a target heart range. Some of these exercises include running, jogging, ice-skating and various others. Many people in the United States die each year from a disease called coronary artery disease (CAD). This disease is caused by inactivity, high cholesterol levels and much more. Aerobic fitness would help decrease the chances of receiving this disease. Aerobic fitness is very important to the human body. It helps lowering high blood pressure, lowering plasma triglyceride (fatty acid) levels and improving the function of the heart. Aerobic exercising is a great way to stay fit and healthy.

Another important element paired with physical fitness is muscular strength and endurance. Muscular strength is defined as the ability of a muscle to exert against a resistance in maximal force. Muscular strength is important in increasing overall body fitness. The muscles in

our body provide skeletal structure. Our muscles are connected to our bones by tendons, and without muscles we, humans, wouldn't be able to stand up right. There are many benefits to having decent muscular strength. Some benefits include increased metabolism, improved posture, prevention of osteoporosis, and better bone health with aging. The other part of this element is muscular endurance. Muscular endurance is defined as the ability of a muscle to perform repeated actions without tiring. Muscular endurance can help in many ways during every day things. It gives a person the ability to press on during the day, no matter what. The endurance of the muscles also is very important for people who play sports and have to tolerate physical activity for long periods of time. Many sports require muscular endurance. For example, cross country running provides a great model for muscular endurance. Cross country doesn't need a lot of flexibility or muscular strength, just endurance. The paybacks of great muscular endurance are increased metabolism, reduced fatigue, better posture and fewer injuries. Another payback of both muscular strength and endurance could be change in size of body, but not necessarily change in weight. Muscular strength and endurance doesn't just help athletes, it benefits every person.

The next component of physical fitness is flexibility. Flexibility is defined as the absolute range of movement in a joint, or series of joints that is possible in a momentary effort with the help of a partner or a piece of equipment. Flexibility is required in everyday movements such as bending, walking and lifting. As aging and inactivity occurs, flexibility decreases. This could stiffen and tighten up the joints without doing any flexibility exercises. When increasing flexibility, it increases blood supply and nutrients to joints. It also increases circulation in the body. Without flexibility of certain parts of the body can cause discomfort. Lacking flexibility in the back could lead to stiffness and poor posture. Specific regions of the body that aren't flexible

could cause a high risk for injury to muscles, ligaments and possibly even tendons. By being flexible one of the greatest benefits is having a good body figure. By maintaining flexibility routines the body keeps a good figure and flexibility will assist in making muscles stronger.

The fourth component of physical fitness is body composition. Body composition is defined as the ratio of lean body mass to fat body mass. Lean mass is well-thought-out to be bone, water, muscles and tissue. Body fat is exactly what it sounds like, fat within the body. Although some fat, for protection, is necessary for the body, not all is. Body composition is considered to be one of the most crucial indicators of health and fitness. Without keeping a good body composition, there is a risk of obesity, and along with obesity is heart disease. Obesity is described as an excessive amount of unnecessary body fat. If a person has a high body fat percentage, it could lead to issues within the body. Excess body fat could cause some serious problems such as cancer, diabetes, and heart disease. Other conditions that could develop include liver disease, gallbladder disease, cardiovascular disease and many more. There is also risks for people with too low of body fat percentage. If the proportion of body fat is too low, a person could develop reproductive disorders along with musculoskeletal injuries. Using the BMI system could be a way to evaluate a person's body fat. BMI stands for body mass index. The index doesn't ration the exact body fat; it just helps the person realize the risks that could grow in relation to their body mass. Keeping a healthy body composition could help a person boost their confidence. By having a healthy body composition, a person is going to have a better shaped body compared to a person with an unhealthy body composition.

There are many ways to improve the fitness level in each area of the components I have mentioned. Some activities can be involved with more than one component. To improve aerobic fitness mildly a person should take a short walk, mow the lawn with a push mower, and rake

leaves. To improve aerobic fitness more intensely a person should jog, run, ice or roller skate and cross country ski. These activities should be practiced at a minimum of 30 minutes, five or even seven times a week. To advance one's muscular strength, the person needs to work out three to four times a week. The routine should focus on a certain muscle group each day with rest days in between. Some of the workouts could include strengthening the chest, back, shoulder, and legs. The exercises to do this could include using free weights, machine weight, and using the resistance of body weight. To increase muscle endurance a person should challenge and push their muscles. Some workouts that could be helpful in this area would include squats, planks, dips, and push-ups. These exercises for muscular endurance should be practiced 2 to 3 times weekly. Diet mixed with exercising is a good way to keep a well-balanced body composition. Lowering the amount of food a person eats, and raising the amount of exercise will also aid in a better body composition. Some exercises that burn fat fast are skipping with a jump rope and using an elliptical machine. For the nutritional part of body composition a person should count calories. On average men require at least 1500 calories and women 1200. By combining all of these exercises and dieting a person could have a better feeling about themselves and their body shape.

In the small city of Ithaca, there are many areas to work out that are open to the public! Fitness centers that are available to people are Island Health and Fitness and Finger Lakes Fitness Center. Other examples of workout areas are YMCA, Planet Fitness and many more. To use the Planet Fitness facility it costs 20 dollars down and 10 dollars a month. Joining the YMCA costs money. There is a chart on their website to show all of the prices for certain memberships. To go daily for an adult the price would be 9 dollars, for a junior it would cost 5 dollars, and a kid would cost 3 dollars.

In my personal life I feel that I am physically fit. I play a sport every season that I am able to during the school year. Also, out of school I am involved in a program called AAU which is an extra basketball season. Another outside of school activity I am involved in is a travel soccer team with the U16 Boys team. I feel that my exercising amount per week is very healthy. My ability in the fitness components could probably all use some improving. My weaknesses are probably in my upper body and my strengths are probably my legs. My arms are strong, but could be stronger. When I graduate from high school I will need to enroll in a plan for a fitness center. Once I get out of high school I will not be participating in 3 seasons of sports per year. My body will probably be greatly affected by not being involved in extra-curricular activities.

Overall I feel physical fitness is an important part of any person's life. Being overweight or unhealthy definitely comes with a lot of risks. To be honest, I feel that all of the exercises and ways to stay healthy that I have mentioned are fairly easy to follow with patience and a good attitude.

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