

## Lesson Plans for Chapter 1: "Looking Good Feeling Good"

Introduction: --- 5 mins

What is Physical Fitness?

\*\* You may not have had positive experiences with sports or physical fitness in the past

\*\* Give examples

\*\* We will discuss why physical fitness is a very personal matter.

Show Video ---- 10 min.

Discuss notes on chapter 1 -- 10 - 15 mins

\*\* Why do some people have negative attitudes towards Physical Fitness?

\*\* What is Physical Fitness?

\*\* What are health risks we need to look out for during our life?

\*\* What benefits are gained by exercise?

Looking Good - Everyone wants this

- Last 15 - 20 years ---- interest in physical fitness
- Many joggers, runners, walkers, bikers skate parks, health clubs, community centers
- Surgeon General - many adults & kids out of shape

What affects your attitude towards physical fitness?

- Lack of athletic ability
- Physical fitness tests
- Youth sports
- Heredity
- Media

### What is Physical Fitness?

- Do you need to be a good athlete?
- Body weight can be misleading

Physical Fitness Defined: - is determined by condition of your

- Heart
- Circulatory system
- Respiratory system
- Muscular system
- Flexibility
- Body composition

### Health Risk Factors:

- Obesity – excessive body fat (this starts in school)
- High Blood Pressure – causes heart problems
- High Cholesterol – clogs blood vessels
- Stress & Tension – puts strain on the heart
- Smoking
- Heredity

Diabetes – The inability of the body to produce insulin, this is necessary for the body to breakdown sugar.

### Benefits of exercise:

- Improves appearance
- Improves body image
- Improves self control
- Life enjoyment
- Improves health
- Increased muscular strength & endurance
- Increased level of energy
- Increased level of physical performance
- Better sleep
- Life expectancy

Assignment: -- Activity 1 – 2 “Life Style Appraisal”

- Due next day