

Chapter 6

Fitness: Physical Activity for Life

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Agenda

- Class Policies
- Group Project
- Student Presentations
- Fitness
 - Benefits
 - Guidelines
 - Cardiorespiratory Fitness
 - Muscular Strength training
 - Body Composition
 - Improving your health Through Moderate Activity
 - Drugs and Supplements
- Questions

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Group Project

- Group Project (150pts)
 - Assigned to groups of 4-5 students
 - Presentations begin 4/17
 - **Topics by 2/25**
 - Outline by 3/6
 - Rough draft by 4/1
 - 15-20 minutes maximum
 - Creativity encouraged
 - Meet group members in-class 4/1



Current News Articles

- Gregory Williams
<http://www.bbc.co.uk/news/health-26224813>
- Valerie Burgos
<http://consumer.healthday.com/kids-health-information-23/child-development-news-124/mom-s-lullaby-in-pacifier-helps-preemie-babies-learn-to-eat-684925.html>
- Madison Tumbleston
<http://abcnews.go.com/blogs/health/2014/02/10/buzzed-kids-switching-from-soda-to-energy-drinks/>

Quick Stats...

- How many adults do you think are sedentary?
- How many get the recommended amount?
- How many adolescents meet PA recommendations?
- How many college students are inactive?
 - Why do you think students are inactive?

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Healthy People 2020

Physical Activity Area

- PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity (from 36.2% to 32.6)
- PA-2: Increase the proportion of adults who meet current Federal physical activity guidelines for aerobic physical activity for muscle- strengthening activity.
- PA-15: Increase legislative policies for the built environment that enhance access to and availability of physical activity opportunities.

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