

GCSE Physical Education: Exercise and Fitness as part of your Healthy, Active Lifestyle

KEYWORDS

- ❖ **Health:** a state of complete mental, physical and social well-being and not just the absence of disease and infirmity
- ❖ **Exercise:** a form of physical activity which maintains or improves health and/or physical fitness
- ❖ **Fitness:** the ability to meet demands of the environment
- ❖ **Performance:** how well a task is completed

5 COMPONENTS OF HEALTH-RELATED EXERCISE

Cardiovascular Fitness

- ❖ The ability to exercise the entire body for long periods of time
- ❖ It describes the efficiency of the heart, lungs and blood vessels (cardiovascular system) to deliver oxygen to working muscles efficiently. E.g. marathon / triathlon

Muscular Strength

- ❖ The amount of force a muscle can exert against a resistance
- ❖ It can be developed by lifting heavy weights with few repetitions at a high intensity. E.g. weightlifting

Muscular Endurance

- ❖ The ability to use the voluntary muscles many times without getting tired
- ❖ It enables muscles to be exercised and used repeatedly without getting tired. E.g. tennis / swimming

Flexibility

- ❖ The range of movement possible at a joint
- ❖ E.g. gymnastics / dance

Body Composition

- ❖ The percentage of body weight that is; fat, muscle and bone
- ❖ Is influenced by genetics, and can be altered by exercise and diet.
E.g. sumo wrestler v.s. marathon runner

6 COMPONENTS OF SKILL-RELATED EXERCISE

note: can be memorized by algorithm **[ABC PRS]**

Agility

- ❖ The ability to change the position of body quickly and to control the movement of the whole body
- ❖ E.g. dodging defenders or tackling in football

Balance

- ❖ The ability to retain the centre of mass (gravity) above the base of support. With reference to static (stationary) or dynamic (changing) conditions of movement, shape and orientation
- ❖ E.g. gymnastics pose (static) / hammer throw (dynamic)

Coordination

- ❖ The ability to use two or more body parts together
- ❖ E.g. basketball (hand-eye) / football (foot-eye)

Power

- ❖ The ability to undertake strength performances quickly. Power = strength x speed

- ❖ E.g. long jump / swimming

Reaction time

- ❖ The time between the presentation of a stimulus (e.g. starting pistol sound) and the onset of movement
- ❖ E.g. sprinting / goalkeeping

Speed

- ❖ The differential rate at which an individual is able to perform a movement or cover a distance in a period of time
- ❖ E.g. sprinting / boxing