

1. What is the acronym of Physical?

P – Push -ups

H – Hand Exercises

Y - Yoga

S – Sit -ups

I – Inchworm Exercise

C – Cardio Exercises

A – Activity

L – Lifestyle

2. Explain the meaning of Physical Fitness and Identify each Components

Physical Fitness Is the ability of our body systems to work together that allows us to be healthy. This is very helpful because the fit person is able to perform the school works, home responsibilities, daily activities etc.

There are 5 Components of Physical Fitness such us: Cardiovascular Endurance, Muscular Strength, Muscular endurance, Flexibility and Body Composition.

The Cardiovascular Endurance is the level at which our lungs, heart and muscles work together when we are exercising for an extended period of time.

The Muscular Strength is the amount of force we can put out or the amount of weight we can lift.

The Muscular Endurance is how many times we can move that weight without getting exhausted.

The Flexibility is the range of motion in a joint or group of joints or the ability to move joints effectively through a complete range of motion.

The Body Composition is used to describe the percentage of Fat, Bone, Water and Muscle in human bodies.

### 3. Discuss the basic principle of the "Law of Use"

Everyone is different and responds differently to training. Some people are able to handle higher volumes of training while others may respond better to higher intensities. To achieve your goal you need to maintain the exercise do it regularly, while doing it you will notice that your endurance and strength are increasing, and also it results in improved efficiency, less effort and less muscle breakdown at that level.

### 4. Identify the factor that affect the physical fitness of an individual

Maintaining the exercise, proper diet, and proper training will result in us being healthy, also it helps us to relieve our stress and we can perform the daily activities.