

Gymnastics

BSIT – 1

ACTIVITY #1

1. What is the Acronym of Physical?

P – Push up
H – Health
Y – Yoga
S – Strength
I - Improvement
C - Care
A - Active
L - Learn

2. Explain the meaning of Physical Fitness and Identify each

component - Physical Fitness is a state of health and well-being and more importantly, the ability to perform aspects of sports, professions and everyday activities is physical fitness. Through good diet, moderate-vigorous physical activity, and good nutrition, physical fitness is usually achieved.

Muscular Strength - This is the power that helps you to lift and carry heavy objects. Without muscular strength, your body would be weak and unable to keep up with the demands placed upon it.

Muscular Endurance - Endurance is the ability of your muscles to perform contractions for extended periods of time. Rather than just lifting or carrying something for a few seconds, the muscles are used for minutes.

Cardiovascular Endurance - Cardiovascular endurance is your body's ability to keep up with exercise like running, jogging, swimming, cycling, and anything that forces your cardiovascular system (lungs, heart, blood vessels) to work for extended periods of time. Together, the heart and lungs fuel your body with the oxygen needed by your muscles, ensuring that they have the oxygen needed for the work they are doing.

Flexibility - Flexibility is one of the most important, yet often overlooked, components of physical fitness. Without flexibility, the muscles and joints would grow stiff and movement would be limited. Flexibility training ensures that your body can move through its entire range of motion without pain or stiffness.

Body Fat Composition - Body fat composition refers to the amount of fat on your body.

Other than that, we have **endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance & accuracy.**

3. **Discuss the basic principles of the “Law of Use”** – The principle of the Law of Use states that if one thing is being used in that current environment. Then that certain thing will adapt to its surroundings. The law of use by Lamarck states that when a body part or organ is being used because of environmental needs that development is hereditary and can be passed down to descendants.

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

Physical Wellness - is listening to and taking care of your body for optimal health and functioning. Taking care of your physical body will help you get through the stress that comes with college.

Intellectual Wellness - The desire to open our minds to new concepts and insights that can be applied to personal choices, group engagement and community development is Intellectual Wellbeing. In pursuit of lifelong learning, the ability to learn new ideas, develop skills and pursue opportunities leads to our intellectual well-being.

Emotional Wellness - is the ability to successfully handle life's stresses and adapt to change and difficult times. To understand our own feelings, accept our limitations and become comfortable with our own emotions.

Social Wellness - is the relationships you have and how you interact within them. It also means maintaining your health both outside of those relationships and within them as well.

Occupational Wellness - It is the ability to achieve a work life balance in a way that promotes wellbeing, a sense of personal fulfillment and is financially satisfying for most people.

Environmental Wellness - inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it.

Spiritual Wellness - provides us with systems of faith, beliefs, values, ethics, principles and morals. Have a purpose in life.