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Activity 1

1. Physical

P – Push-up

H - Health

Y - Yoga

S - State

I - Interest

C - Condition

A – Aerobics

L – Lunge

It is Important to always check the state of your physical health, and for you to maintain the good condition of your body is by doing such as yoga, lunge, push-ups, Aerobics and a lot more. Your interest to maintain a healthy body is helpful to also live longer.

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

Physical fitness is the ability of the body to perform and function efficiently in work and physical activities.

The six skill components of physical fitness are Agility, Balance, Power, Speed, Coordination and Reaction Time. The health related components are Cardiorespiratory fitness, Muscular Strength, Muscular endurance, Flexibility and Body composition.

Cardiorespiratory fitness – the ability of your body to transport oxygen to your muscles during prolonged exercise

Muscular Strength – amount of force you can put out or the amount of weight you can lift

Muscular endurance – ability of a muscle or group of muscles to perform repetitive contractions against a force for an extended period of time.

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

Body composition - the amount of relative fat to muscle you have in your body, measured by body fat percent.

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

In order to get the maximum out of your training you need to apply the principles of training – specificity, progression, overload, adaptation and reversibility to what you do if you wanted to improve your performance.

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

The factors that affects the physical fitness of an individual are muscle strength, flexibility, balance, Agility coordination, and endurance. These are some factors that are included to be able to perform our day to day activities and the movement part helps us in

keeping our body and mind healthy. Regular exercise and proper training would help an individual with their physical fitness and wellness