

OFFLINE LEARNING
Independent Learning
MODULE 1

1. What is the acronym of Physical?

P- Permeate
H- Hype
Y- Yoga
S- Significant
I- Important
C- Crucial
A- Adapt
L- Lustiness

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

Ahealthyphilosophy.com (2020) states that “**Physical fitness** refers to a set of attributes which enable an individual to be physically active. Being physically fit enables you to more easily, meet the physical demands of everyday living and respond positively to increased physical demands under stressful conditions.”

The term is often associated with health and well-being, since being physically fit is usually associated with improved health such as heart and lung function (cardiovascular fitness).

Another attribute of physical fitness, muscular fitness (muscle strength, endurance and flexibility) contributes to ease of movement when completing everyday tasks, and also protects your body from injury when performing daily activities.

Your physical build (body weight, body mass index, body composition, and waist circumference) is also considered an attribute of physical fitness as the components of your physical build can positively or negatively affect your physical fitness and health.

This definition of physical fitness is often referred to as "health-related" physical fitness: physical fitness that most people can attain and maintain throughout life by being physically active.

Components of Physical Fitness in relation to health are **cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and body composition**. Components that relate to skills are **agility, balance, power, speed, coordination, and reaction time**.

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

Relatively speaking, with regards to the bible and personal development, the law of use clearly states that whatever you do not use, you will lose. Same with our physical health, if we do not practice a certain thing, you may lose it. To quote Jim Rohm: "Ambition unused, declines, strong feelings unused, diminish... Faith unused, decreases.... Energy unused, decreases."

4. Identify the factors that affect the physical fitness of an individual

- a. Regular Exercise- Relatively talks on how do you take time to physically exercise and work out for your well-being.
- b. Proper diet – Talks about what food do you intake, it is healthy for you or not.
- c. Rest – Your body also requires sufficient rest. Having a little sleep and rest may impact your fitness,
- d. Lifestyle – Your lifestyle defines your physical fitness, from what you eat, what time do you sleep, to what routine for yourself do you imply. This impacts your physical fitness.
- e. Age – This might be also a factor that may affect your physical fitness. Teens that are reaching to puberty may experience hormonal rush and may grow tall fast, especially for boys.