

# **ACTIVITY # 1**

Gymnastics – BSIT-1

Passed by:

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The following are the words that make up for the acronym of the word “PHYSICAL”

Here are the following;

**P** – Perseverance

**H** – Health

**Y** – Yearning

**S** – Self-Awareness

**I** – Independent

**C** – Care

**A** – Achievement

**L** – Love of Self

Physical Fitness refers to the physical stature of a person. Seeing if he/she is healthy not only in mind and soul. But also in the state of your body. Seeing if you can stand properly, walk properly, run properly. Seeing if you eat what you need, not what you want. Physical Fitness needs. “Physical fitness refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living. Being efficient means doing daily activities with the least effort possible. A fit person is able to perform schoolwork, meet home responsibilities, and still have enough energy to enjoy sport and other leisure activities. A fit person can respond effectively to normal life situations, such as raking leaves at home, stocking shelves at a part-time job, and marching in the band at school. A fit person can also respond to

emergency situations - for example, by running to get help or aiding a friend in distress.” According to Human Kinetics (2018).

Physical Fitness has 5 major components. Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition. If one of these components are not visible or not obtained to each requirement. The body can't be called physically fit.

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 it's surrounding. According Lamarck “In genetics: Preformation and natural selection. He enunciated the law of use and disuse, which states that when certain organs become specially developed as a result of some environmental need, then that state of development is hereditary and can be passed on to progeny.”

There are many factors that affect the physical fitness of an individual. But for me, as a person who values physical fitness, I think that the biggest factor that affects an individual to strive physical fitness is the emotional side of being human. Loosing interest due to a certain problem, or the achievement of something great deals a lot with how we want to become in the future.