

1. Physical Acronym

P - Power

H - Health

Y - Youth

S – Speed

I – Independent

C – Courage

A – Ambition

L – Love

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

Physical Fitness means regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. The 5 Components of Physical Fitness is Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition.

3. Discuss the basic principle of the “Law of Use”

based on Lamarck a theory of Law of Use based on the principle that physical changes in organisms during their lifetime such as greater development of an organ or a part through increased use

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

These factors are muscle strength, coordination, and endurance. It is hence the act of performing day to day activities with the same strength. The movements of parts are responsible for keeping our mind and body healthy.