



ACTIVITY 1 Talk the Talk – Fitness Terminology

Instructions: Complete the card-sorting activity, then write the correct terms beside the definitions.

Terms:

physical activity	osteoporosis	National Physical Activity Plan
wellness	exercise	active living
health	inclusion	vitality
physical fitness	aerobic fitness	metabolic fitness
sarcopenia	PA Guidelines for Americans	FITT
holistic health	sound mind in a healthy body	sedentary lifestyle

	Not merely the absence of disease, but the ability to live life to the fullest, with zest and energy and the ability to cope with emergencies.
	Any bodily movement produced by skeletal muscles and resulting in energy expenditure.
	A set of attributes that are either health related (cardiorespiratory fitness, strength, flexibility, muscular endurance, body composition) or skill related (balance, reaction time, coordination, agility, speed, power).
	Planned, structured physical activities designed to maintain or improve fitness.
	The ability of the heart and respiratory system to supply oxygen and nutrients to working muscles and take away waste products.
	Stresses that adults should do muscle-strengthening activities two or more days a week.
	Identifies a strategy of providing high-quality physical education programs in schools.
	A way of life in which physical activity is valued and integrated into daily life: the nature, form, frequency, and intensity is relative to each person's ability, needs, aspirations, and environment.
	An integrated approach to healthy living that emphasizes healthy eating, active living, and positive self- and body image.





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	A current term, more often used by nontraditional medical practitioners, that focuses on proactive and preventive actions to improve total health status
	The belief that physical, mental, and spiritual aspects of health are equally important parts of total health.
	Loss of bone density due to age, lack of dietary calcium, and lack of weight-bearing activities, which increases likelihood of stress and hip fractures.
	A mnemonic helpful in exercise prescription.
	Philosophy of Greek civilization.
	Goal of making all activities available to everyone regardless of abilities or barriers.
	Loss of muscle mass associated with old age. Preventable and treatable.
	Health factors improved by regular physical activity (e.g., blood pressure, cholesterol levels, blood sugar level).
	Characterized by or requiring much sitting or little activity.





ACTIVITY 2 Terminology Application

Instructions: Using the same list of terms, match them to the examples.

Terms: physical activity, exercise, active living, wellness, inclusion, vitality, health, aerobic fitness, metabolic fitness, physical fitness, Physical Activity Guidelines for Americans, FITT, sarcopenia, sound mind in a healthy body, holistic health, National Physical Activity Plan, sedentary, osteoporosis

TERM	EXAMPLE
	Mrs. McKay, age 86, is mentally alert but can no longer push a vacuum cleaner or carry her laundry basket.
	Mr. Jones gets plenty of exercise by working in his award-winning vegetable garden, mowing his lawn, and raking leaves.
	Adam goes to his fitness club three times a week, where he jogs on the treadmill for 20 minutes and completes a resistance training program.
	Mark lost the use of his legs in a motorcycle accident four years ago but plays on a sledge hockey team and has tried wheelchair basketball.
	Julia is an active teenager who eats a healthy variety and amount of food and is happy with her body.
	Evan finds that the weekly yoga class he has started to attend has improved his flexibility and balance. He also feels calmer and clearer in his decision making. The opportunity to meditate has enabled him to become more aware of his needs and goals.
	With school, homework, and her part-time receptionist job to schedule, Carol finds that she has very little “free time” to pursue her hobbies of sewing, knitting, and solving crossword puzzles.
	Students at Ellesmere Middle School have physical education every day. Sometimes it’s a whole 45-minute class; on other days it’s a 20-minute “fitness blast” or outdoor active game.
	Mr. Hughes hired Geraldo, a personal trainer, on his doctor’s orders. Geraldo has put together a progressive program of cardio and resistance training to improve Mr. Hughes’ fitness level.
	Dr. Adams was very pleased with Mrs. Jewell’s newest test results, which showed lowered blood pressure and blood cholesterol since she started walking in her neighborhood for 45 minutes every day.
	Rachel’s bone scan showed increased bone density since she started taking calcium supplements and switched from swimming to walking for exercise.
	Susannah can jog for 35 minutes without getting short of breath.
	Dr. Waslicki, DC, and his staff take the time to talk to patients about their concerns and offer preventive treatments such as spinal adjustments and massage. They produce a regular newsletter with suggestions for improving one’s health.





ACTIVITY 3 Walk the Walk – FITT Fitness Prescription

Instructions: Do you know how to improve physical fitness? Complete the chart with the information you would use to design a program to improve a client's fitness.

	Cardiorespiratory Fitness	Flexibility	Muscular Strength	Muscular Endurance
F Frequency				
I Intensity				
T Time				
T Type				





ACTIVITY 4 Design a Circuit for a PE Class

Instructions: Work in a small group of three or four people.

Step 1: Design the circuit.

1. Select 10 exercises using a variety of small equipment that is readily available (mats, benches, dumbbells, surgical tubing, skipping ropes, and so on).
2. Select a physical fitness component to emphasize: muscular endurance, strength, power, flexibility.
3. Arrange the exercises so that no muscle group is worked twice in a row. Place exercise names and stick diagrams in each square.
4. Select a structure:
 - (a) Stations only: Set a time limit at each station.
 - Quantitative (two or three levels)
 - (b) Inside/Outside: Half the class are at stations while other half jog.
 - Switch jogging group and station group every 45 to 60 seconds.
 - (c) Stations + aerobics: Lead whole class in 1 to 3 minutes of aerobics in center of gym between rotations to stations.

Step 2: Implement the circuit.

1	2	3	4
10	Open area in center of gym		5
9	8	7	6

