



## ILFRACOMBE PE DEPT

### GCSE PE

#### 3 Exercise and fitness as part of your healthy, active lifestyle

| TOPIC  | NOTES | TRAFFIC LIGHT | REVISION |
|--|-------|---------------|----------|
| <b>3.EXERCISE AND FITNESS</b><br>a) How Health, Exercise, Fitness and Performance relate and differ<br>b) The 5 Aspects of Health related exercise<br>c) The 6 components of skill related fitness |       |               |          |

#### Health, exercise, fitness and performance

**Health** – a state of complete mental, physical and social wellbeing and not merely the absence of disease and infirmity.

**Exercise** – a form of physical activity which maintains or improves health and/ or physical fitness.

**Fitness** – ability to meet the demands of the environment.

**Performance** – how well a task is completed.

#### Health-Related Exercise

**Body composition** – the percentage of body weight that is fat, muscle and bone.

**Cardiovascular fitness** – the ability to exercise the entire body for long periods of time.

**Flexibility** – the range of movement possible at a joint.

**Muscular endurance** – the ability to use the voluntary muscles many times without getting tired.

**Muscular strength** – the amount of force a muscle can exert against a resistance.

#### Skill-Related Fitness

**Agility** – the ability to change the position of the body quickly and to control the movement of the whole body.

**Balance** – the ability to retain the centre of mass (gravity) of the body above the base of support with reference to static (stationary), or dynamic (changing) conditions of movement, shape and orientation.

**Coordination** – the ability to use two or more body parts together.

**Power** – the ability to undertake strength performances quickly. Power = strength x speed.

**Reaction time** – the time between the presentation of a stimulus and the onset of movement.

**Speed** – the differential rate at which an individual is able to perform a movement or cover a distance in a period of time.