Chapter 7
Physical Activity for Health and Well-Being

Learning Objectives

1. Define physical activity.
2. Describe the health benefits of physical activity.
3. Describe the psychological benefits of physical activity.
4. Define aerobic training and strength training.
5. Make a plan for incorporating physical activity into your life.
6. Describe common overuse syndromes.

Physical Activity
• Physical activity

There are many physiological benefits of physical activity.

1.
2.
3.
4.
5.
6.
7.
8.

There are many psychological benefits of physical activity.

1.
2.
3.

Fitness and Conditioning
• Fitness is the extent to which the body can respond to the demands of physical effort.
• Becoming fit requires a commitment of time and energy to regular physical activity.
• Fitness programs fall into two major categories: ________________ and ________________.

Aerobic Training
• Increases the body’s abilities to use oxygen and improves endurance.
• Changes in physiology as a result of aerobic exercise are called the training effect.
• Three to four days of exercise per week are sufficient to produce a training effect.

Strength Training
• Involves repetitively moving muscles against resistance to strengthen them.
Drugs and Athletic Training
  – Ergogenic aids
  – Increase strength and endurance
  – Enhance athletic performance
• Anabolic steroids, i.e., testosterone and testosterone-like substances, are among the most abused substances by athletes.

Drugs and Athletic Training
• Drugs increase the risk of:
  – Heart attack
  – Stroke
  – Liver damage
  – Cancer
• Human growth hormone - drug used by athletes, does not increase muscle mass.
• Creatine - natural substance in muscle tissue required for muscle contraction, can be purchased as a nutritional supplement.

Making Physical Activity a Priority
• Physical activity does not have to be competitive or boring.
• Any activity a person enjoys is suitable.
• The process of doing is the goal, not the end result.

Making Physical Activity a Priority
• Guidelines for becoming more active:
  – Have a plan.
  – Get a physical check-up.
  – Accomplish goals for mind-body harmony.
  – Progress slowly.
  – Warm-up and cool-down when exercising.

Making Physical Activity a Priority
• Factors to include when choosing the right exercise:
  – Stress reduction
  – Healthy heart
  – Weight control
  – Weight reduction
  – Greater strength
  – Building muscles
  – Greater stamina
  – Relaxation

Exercise Abuse
• Some people place higher priority on fitness than on other aspects of life.
• Women experience menstrual irregularities called athletic amenorrhea.
• Overuse syndromes.
• Muscle fibers may be torn if overloaded or forced to perform when fatigued.
• Damage also occurs from repeated small injuries.
• An individual’s biological limits must be accepted and respected by the individual and by others.
• Don’t go beyond the pain threshold.
• Follow the program slowly.
• Avoid faulty or poor equipment.