

## 5.1 Notes

### STAGES OF ACTIVITY

- how do we become and stay active
- 5 stages of activity:
  1. Couch potato – TOTALLY Sedentary- 40% of adults 14% of teens
  2. Inactive thinker- does little physical activity but is thinking about it
  3. Planner – Taking the steps to be active- buy equipment or a gym pass
  4. Activator- actually becoming active- goes to facilities, plays sports etc.
  5. Active exerciser- Ultimate goal. Active on a regular basis for a long time
- Many factors will determine who will be active and who will not- These are called **Detriments** – skill level, fitness level, self confidence, barriers to phy activity attitude toward activity.

### Activity level of teens

- We know that by looking at the Pyramid of physical activity that many different kinds of activity exist.
- It is possible to be at a different stage for one type of activity than for another
- Many teens are not active exercisers and girls are less active than boys in all other types other than flexibility- pg 78
- Ninth graders are twice as likely to do moderate activity- 1/3 of active ninth grade exercisers are no longer active by twelfth grade.
- People who learn self management skills and use them regularly are likely to be active and stay active

### TYPES OF MANAGEMENT SKILLS

- **Sport Skill**- throwing, catching, hitting a ball, kicking a ball
- **PG 79**
- All of the management skills can help you no matter what you current stage of physical activity.
- Some are specifically to help you get started- to start thinking about activity
- Others are specific to helping you plan to be active
- Some are most useful in helping you continue to be active and avoid dropping out

### FACTS ABOUT FITNESS

- People from lower socioeconomic levels are less active
- Low socioeconomic groups are more likely to have health problems
- The national goal is to increase opportunity for all to be active.

1. Name the Five stages of Physical Activity and give a statement with each one.
  - a.
  - b.
  - c.
  - d.
  - e.
2. Factors that determine who will be active and who will not are called \_\_\_\_\_.
3. Is it possible to be at one stage for one type of activity and at a different stage for another?
4. \_\_\_\_\_ of active ninth graders are no longer active by twelfth grade.
5. T/F People who have self-management skills and use them regularly are more likely to lead physically active lifestyles.
6. Name 4 Self-management Skills For Active Living with a description for each