

## Chapter 4.2 How much Fitness is Enough?

### Fitness Rating Categories:

- It is not good to judge your fitness based on how you compare with others.
- Use the Standards of health and wellness- **Criterion-referenced health standards**
- These require you to have enough fitness to- reduces risk of health problems, achieve wellness benefits, work effectively and meet emergencies, and be able to enjoy your free time.

HIGH PERFORMANCE RATING: PG 68

GOOD FITNESS RATING

MARGINAL FITNESS RATING

LOW FITNESS RATING

### Factors influencing Physical Fitness

- Physical activity is the most important thing you can do to improve and maintain health-related physical fitness- it is something you can control.
- Other important factors contribute to physical fitness- that you cannot control

**Maturation:** becoming physically mature or fully grown and developed.

- In early teens maturation begins because of hormones that promote growth and development of tissues such as muscle and bone
- Some people mature earlier than others
- Early developers often do better on physical fitness test than those who mature later

**Age:** Older teens perform better than younger teens on fitness tests.

- The difference mostly is because the older you are the more you have matured
- Those who are younger who have matured faster than someone older could perform better on a fitness test.

**Heredity:** Plays a role in determining the physical characteristics we inherit from our parents that influence how we do on different physical fitness tests

- Muscle fibers, fat cell
- Fortunately fitness is composed of different parts.
- Heredity will partly determine the parts of fitness in which you will do well

**Environment:** Where you live, your school environment, availability of places to play and do other type of physical activity and social environment even friends you choose will have an effect on your fitness

### ANYONE CAN SUCCEED

- Fitness is made of so many components that it is possible for some people who do relatively little physical activity to achieve relatively good fitness score while they are n their teens.

- People who mature early and have inherited characteristics that help them perform well on fitness test in some cases feel they do not have to do physical activity
- As people get older, physical maturation and age no longer result in a fitness advantage.
- Sooner or later physical inactivity catches up to you
- Regular physical activity and healthy lifestyle choices are absolutely necessary if fitness, health, and wellness are able to occur for a lifetime.
- Try to achieve good fitness rather than worrying about getting a high performance rating
- People good at sports in high school but not active later- die earlier and are less healthy than those who make activity a regular part of their lives.

Name: \_\_\_\_\_  
 Period \_\_\_\_\_

### Chapter 4.2 Worksheet

1. T/F The best way to test your physical fitness ability is to compare yourself to others.
2. What is the name of the Standards used to judge your fitness, health and wellness?
3. Name the four components required by the health and wellness standards.
  - 1.
  - 2.
  - 3.
  - 4.
4. Name the Fitness Rating Categories (there are four)
5. What part of fitness can you control?
6. List the 5 factors influencing physical fitness and **DEFINE** each factor.
  - a.
  - b.
  - c.

d.

e.

7. Later in life who will be the healthiest people?

8. T/F You have to be athletic to succeed in fitness. WHY?