

CHAPTER 9 PHYSICAL ACTIVITY

CHAPTER OVERVIEW

At the end of this chapter you should know about and understand:

- Physical activity as an umbrella term
- The meaning of the terms: exercise, healthy balanced lifestyles, lifetime sport / life-long physical activity, life long participation, physical prowess, physical endeavour, sportsmanship, gamesmanship, deviance.
- The benefits of regular participation in physical activity.
- Factors contributing to increasingly sedentary lifestyles.
- Recommendations in terms of frequency, intensity and type of physical activity.
- Possible barriers to regular participation in physical activity by young people.
- Definitions, characteristics and benefits of: physical recreation, outdoor recreation, Physical Education, Outdoor Education and sport.

KEY TERMS

Physical activity – simple bodily movement and also an umbrella term encompassing physical and outdoor recreation, physical and outdoor education and sport.

Physical exercise –vigorous physical activity requiring physical effort.

Healthy balanced lifestyles – day to day life that has equilibrium, quality and wellness and which includes physical exercise, nutritious diet, injury and illness prevention, rest /sleep, hobbies / social, personal hygiene, 'free' time, control of stress and pressure, relationships

Life-long physical activity – enjoyable, health-enhancing movement that is sustained throughout life e.g. yoga.

Lifetime sports – activities that can be enjoyed over the course of a lifetime e.g. table tennis.

Life-long participation. – Taking part in a chosen life-long physical activity or a lifetime sport for the duration of ones life.

Physical benefits – to do with the body e.g. potential to reduce the risk of disease or improved cardio-vascular fitness.

Mental benefits – to do with the mind e.g. stress relief

THE BENEFITS OF REGULAR PARTICIPATION IN PHYSICAL ACTIVITY

Personal/social benefits – to do with self e.g. improved self-esteem or positive relationships with others.



Components of a balanced healthy lifestyle

EXAM TIP:

Be able to explain the meaning of all key words from the specification with an example from sport or physical activity.

Need to know more? Go back to chapter 9 pages 50-100 in your text book.

FACTORS CONTRIBUTING TO INCREASINGLY SEDENTARY LIFESTYLES:

A sedentary lifestyle is one that involved less than one 30 minute period of moderate activity per week. Why do more people lead more sedentary lifestyles?

- More deskbound jobs
- Less manual labouring
- 'Gadgets' in the home e.g. washing machines and TV channel zappers
- Lifts and escalators in offices and shops.
- Golf buggies instead of walking the course.
- Hours in front of computer screen at home
- Computer games instead of physical games.
- On-line shopping

EXAM PRACTICE:

Discuss possible barriers to regular participation in physical activity by young people. (5 marks)

CHECK: CHECK YOUR KNOWLEDGE AND UNDERSTANDING OF THE CONTENT COVERED SO FAR.

- Physical activity as an umbrella term
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