

# Wellness Semester Study Guide

## Our T.P.C. is made up of 4 different areas:

Physical - Exercising or participating in activity

Intellectual - Using our thought process during activity

Social - Working well with others during activity

Emotional - Using activity to help regulate emotions

## Common Machines and Muscles Targeted:

- |                                  |  |
|----------------------------------|--|
| 1. Chest Press = Pectorals       | 5. Seated Leg Extension = Quadriceps       |
| 2. Arm Curls = Biceps            | 6. Seated Row = Latissimus Dorsi<br>(Lats) |
| 3. Arm Extensions = Triceps      | 7. Seated Shoulder Press = Deltoid         |
| 4. Seated Leg Curls = Hamstrings |  |

## Benefits of Fitness

- |                               |                             |
|-------------------------------|-----------------------------|
| ¢ Improved appearance         | ¢ Better self-control       |
| ¢ Increased energy levels     | ¢ Sleep better              |
| ¢ Happier with how you look   | ¢ Improved health           |
| ¢ Stronger heart              | ¢ Lowers levels of fat      |
| ¢ Better physical performance | ¢ Increased life expectancy |
| ¢ Avoid injuries              |                             |

## Health Related Components:

**Cardiovascular Endurance:** The ability of the heart, blood vessels, and lungs to supply oxygen and necessary fuel to the muscles during exercise.

**Muscular Strength:** The ability of the muscles to exert a force.

**Muscular Endurance:** The ability to efficiently use muscles over a longer period of time.

**Flexibility:** The ability to move a joint through the full range of motion (ROM).

**Body Composition:** The amount of body weight that is fat compared to muscles, bone, and other body tissue.

## Risk Factors (for Cardiovascular Disease)

**You can control your health by controlling certain risk factors**

**Inactivity**

**Smoking**

**Obesity**

**Stress**

**High Blood Pressure**

**Cholesterol**

- **These are risk factors that YOU CANNOT control**

Gender

Age

Heredity

## **FITNESS GOAL SETTING:**

- Written
- Realistic and Obtainable
- Measurable
- Time Frame
- Objectives (detailed plan)

## **Characteristics of Cardiovascular Activities**

- ©Large Muscle Groups
- ©Rhythmic
- ©Continuous
- ©Aerobic

## **Benefits of Cardiovascular Fitness:**

- ©Stronger Heart
- ©Decreased Blood Pressure
- ©Decreased Body Fat
- ©Improved Circulation
- ©Faster Recovery Time
- ©Pumps More Blood Per Beat
- ©Less Risk Of CV Disease

**AEROBIC:** Moderate exercise over an extended period of time (uses oxygen).

**ANAEROBIC:** Short bursts of intense exercise. \*Uses energy stored in the muscle

## **F.I.T. PRINCIPLE**

**Frequency** - How often (minimum 3 days per week)

**Intensity** - How hard (60-85% of your Heart Rate Range)

**Time** - How long (at least 20 minutes)

**OVERLOAD PRINCIPLE:** The body will respond by getting stronger when increased demands are placed upon it.

**LAW OF USE:** That which is used develops and that which is not used wastes away!

**PRINCIPLE OF PROGRESSION:** Increase the weights and intensity as the body gets stronger.

**PRINCIPLE OF SPECIFICITY** The body adapts “specifically” to the demands placed upon it.

**CONCENTRIC** - MUSCLE SHORTENS

**ISOMETRIC** - MUSCLE LENGTH DOES NOT CHANGE

**ECCENTRIC** - MUSCLE LENGTHENS

**Hypertrophy**- Muscle becomes larger/stronger

**Atrophy**- Muscle becomes smaller/weaker

Rest and Recovery between lifting:

48 HOURS TO REBUILD AND GET STRONGER

## **Lifting goals:**

STRENGTH AND SIZE

3 SETS OF 6-8 REPS

HIGH WEIGHTS

MUSCULAR ENDURANCE & TONING

2-3 SETS OF 10-15 REPS

LOWER WEIGHTS

**Static Stretch:** Stretch to a gradual pull and hold 10 to 30 seconds.

**Dynamic Stretch:** CONTINUOUS MOVEMENT THROUGH A JOINT'S RANGE OF MOTION.

**Active Stretch:** A MUSCLE IS STRETCHED BY CONTRACTING THE OPPOSITE MUSCLES.

**Proprioceptive Neuromuscular Facilitation (PNF):** PARTNER ASSISTED STRETCHING WHEREAS A MUSCLE CONTRACTION IS FOLLOWED BY A RELAXATION AND FURTHER ASSISTED STRETCH.

**Calorie:** UNIT OF ENERGY DERIVED FROM FOOD

It takes 3,500 calories to burn 1 pound of FAT.

Fat cell formation: we continue to have the ability to effect the NUMBER of fat cells from birth until our Early 20's. After our early 20's, the NUMBER of fat cells is set.

Our body uses food from the CARBOHYDRATE group as its' primary source of fuel during exercise.

It is recommended that if you are looking to have SAFE weight loss that you only lose 1-2 pounds per week.

## SOFTBALL

- Slow pitch softball is played on teams of 10 players. The extra player is placed in the outfield.
- A slow pitch softball game lasts 7 innings.
- The ball must be pitched underhand.
- Baserunners must wait until the ball is hit or has crossed home plate before he or she can come off the base. No lead offs or stolen bases
- A hitter must take a full swing. There are no bunts allowed.
- No player may advance to the next base on a ball that is caught on a fly by the defensive player. The baserunner must wait til the ball is caught before he/she is allowed to advance. This is called "tagging up".
- There are many ways to get a batter out. Here are a few:
  - 3 strikes
  - catch a ball on the fly
  - force the batter out by stepping on 1st base before the batter
  - tag the batter out
  - catch a foul ball on the fly (a foul tip must go above the batters head to be caught by the catcher for the out)
- You can over run 1<sup>st</sup> base and home plate as a runner. All other bases you must stay in contact with. If you over run 2<sup>nd</sup> and/or 3<sup>rd</sup> and are tagged by defense with ball, you are OUT.
- A **FORCE out** is when runners are "forced " to run on a hit ball. In a "FORCE" situation, the defense just has to touch the base to get the runner out.

## BASKETBALL

**Pick and Roll**----A legal screen of a defensive player by an offensive player after which the offensive player moves to the basket.

**Give-and-Go**---- When you pass the ball to a teammate and immediately move to the basket looking for a return pass. GREAT OFFENSIVE STRATEGY.

**V-Cut**---- An option for an offensive player that does not have the ball, that will allow them to get separation from their defender.

**Double Dribble**---Touching the ball with both hands at the same time on a single dribble or dribbling, picking up the ball, and dribbling again.

**Traveling**-----Moving with the ball in your hands without dribbling

**Three Seconds**----Standing in the free throw lane near your basket for three seconds or longer (a violation).Only the team on offense cannot be in the lane area for three seconds. There is no time limit for the defense.

**Foul**-----Illegally pushing, tripping, holding, blocking, charging. These are personal fouls.

**Offense**-----The team with possession of the ball

**Defense**-----The team without possession of the ball.

**Layup**-----Shot taken on the run. If doing a left handed layup, you jump off your right leg. It is opposite if you are doing right handed layup.

**Three point field goal**—A shot made behind the 19'9" arc .

**Free throw** A shot given as a result of a foul or technical foul. free throws are unguarded shots from 15 feet. They count as one point.

**BEEF**----- Acronym that stands for Balance, Elbow, Eyes, Follow thru. This will help you have correct form when shooting.

**The difference between ballside and helpside defense is:**

Ballside is the half of the court where the ball is. When playing ballside defense you must play between the person you are guarding and the basket. The court is divided down the middle of the floor. Helpside is the half of the floor away from where the ball is. The helpside defender should be in the lane defending both the ball and his/her player.