

1: Fitness and Wellness - Wener Hoeger - Google Books

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Concepts of Fitness and Wellness: Concept Objectives After completing this concept the student should be able to: Define physical fitness, wellness, exercise, and health. Define each of the components of physical fitness. Define each of the dimensions of wellness. Explain the purpose and significance of the Healthy People goals for the nation. Distinguish between a long life and a long healthy life. Distinguish between infectious and chronic diseases and their current impact on society. Distinguish between disease treatment, disease prevention, and health promotion. Explain the importance of healthy lifestyles to good health and wellness. Explain the importance of regular exercise to good fitness. Lab Assess personal fitness with simple estimations. Lab Concept Terms Bone Integrity Soundness of the bones associated with high density and absence of symptoms of deterioration. Physical activity is generally considered to be a broader term used to describe all forms of large muscle movement including sports, dance, games, work, lifestyle activities, and exercise for fitness. In this book, exercise and physical activity will often be used interchangeably to make reading less repetitive and more interesting. It is more than freedom from disease and illness, though freedom from disease is important to good health. Thus, hypokinetic means "too little activity. Examples of such conditions include heart disease, low back pain, adult-onset diabetes, and obesity. It consists of health-related physical fitness and skill-related physical fitness, which have at least eleven different components, each of which contributes to total quality of life. Physical fitness also include metabolic fitness see terms. It is related to but different from health, wellness, and the psychological, sociological, emotional, and spiritual components of fitness. Although the development of physical fitness is the result of many things, optimal physical fitness is not possible without regular exercise. Metabolic fitness is evidenced by healthy blood fat lipid profiles, healthy blood pressure, healthy blood sugar and insulin levels, and other non-performance measures. This type of fitness shows positive responses to moderate physical activity. Wellness, as opposed to illness a negative , is sometimes described as the positive component of good health. Concept Outline Facts about Health and Wellness Good health is of primary importance to adults in our society. Health varies greatly with income, gender, age, and family origin. Increasing the span of healthy life is a principal health goal. Web Health is more than freedom from illness and disease. Many illnesses are manageable and have only limited effect on total health. Wellness is the positive component of optimal health. Health and wellness are multidimensional. Health and wellness are integrated states of being. Health and wellness are individual in nature. It is possible to possess wellness while being ill or possessing a debilitating condition. Wellness is a useful term that may be used by quacks as well as experts. Facts about Physical Fitness Physical fitness is a multidimensional state of being. The health-related components of physical fitness are directly associated with good health. The skill-related components of physical fitness are more associated with performance than good health. Metabolic fitness is a non-performance component of total fitness. Bone integrity is often considered to be a non-performance measure of fitness. The many components of physical fitness are specific in nature, but are also inter-related. Good physical fitness is important to, but is not the same as physical health and wellness. The Facts about Healthy Lifestyles Lifestyle change, more than any other factor, is considered to be the best way of preventing illness and early death in our society. The major causes of early death have shifted from infectious diseases to chronic lifestyle related conditions. Web Healthy lifestyles are critical to wellness. Regular physical activity, sound nutrition, and managing stress are considered to be priority healthy lifestyles. The shift in causes of illness and the new emphasis on fitness, wellness, and healthy lifestyles has resulted in a shift toward prevention and promotion in addition to disease treatment. A personal philosophy that emphasizes Health can lead to behaviors that promote it. Everyone can benefit from healthy lifestyles. Healthy behaviors are most effective when practiced for a Lifetime. Healthy lifestyles must be adopted based on Personal needs. The Facts Self-assessments of healthy lifestyles will help you determine areas in which you may need changes to promote optimal health, wellness, and fitness. Initial self-assessments of wellness and fitness will provide

information for self-comparison as you learn more about health, wellness and fitness. Web What is physical fitness and how would you measure it? What is wellness and how would you measure it? How does physical fitness differ from physical activity? How does health differ from wellness? How would the medical system benefit from a shift from treatment to prevention? How much of health and wellness is in your personal control? How do quacks use the terms "holistic" and "wellness" to their advantage? Do you think fitness and exercise are a fad? Are they here to stay? Why is knowledge about fitness and wellness important to behavior change? What would you like to learn in this class? Have students answer questions in the Wellness Self-Perceptions Questionnaire. Students should score questionnaire and determine wellness ratings using the Wellness Rating Chart. Have students record scores and ratings in the lab and answer the questions on the lab worksheet.

2: Concepts of Fitness and Wellness | Chapter Overview

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Concepts of Fitness and Wellness: Health varies greatly with income, gender, age, and family origin. Increasing the span of healthy life is a principal health goal. Health is more than freedom from illness and disease. Many illnesses are manageable and have only limited effect on total health. Wellness is the positive component of optimal health. Health and wellness are multidimensional. Health and wellness are integrated states of being. Health and wellness are individual in nature. It is possible to possess wellness while being ill or possessing a debilitating condition. Wellness is a useful term that may be used by quacks as well as experts.

Facts about Physical Fitness Physical fitness is a multidimensional state of being. The health-related components of physical fitness are directly associated with good health. The skill-related components of physical fitness are more associated with performance than good health. Metabolic fitness is a non-performance component of total fitness. Bone integrity is often considered to be a non-performance measure of fitness. The many components of physical fitness are specific in nature, but are also inter-related. Good physical fitness is important too, but it is not the same as physical health and wellness.

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3: Health and Wellness, Tenth Edition

Chapter 3: Cardiorespiratory Endurance Assessment and Prescription: Definitions: o Cardiorespiratory endurance: ability to perform aerobic exercises for a prolonged period of time o Aerobic Exercise: common term to describe all forms of exercise that primarily use aerobic energy system and designed to improve cardiorespiratory fitness; uses oxygen.

4: Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Loose Leaf Edition

Interactive Study Guide. Chapter 1: Introduction to Wellness, Fitness, Basic Principles of Physical Fitness. Chapter 3: Cardiorespiratory Endurance.

5: Concepts of Fitness and Wellness | Concept Summary

This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness.

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