

## FITNESS FOR HEALTH & PERFORMANCE

**Health** – we are in good health when our *physical, mental, cultural and social* aspects are all working well together.

In order to have good health we should:

- Eat sensible.
- Take regular physical activity.
- Get regular rest and sleep.
- Limit intake of alcohol.
- Not Smoke or take any other social drugs.
- Improve our ability to cope with stress.

What is **sport related fitness**?

It is the level of physical fitness necessary to take on the demands of regular sporting activities.

What is **physical fitness**?

Is the ability of body to carry our every day activities with little fatigue but it means different things to different people. A man who is fit for his work as a taxi driver may be dangerous unfit for playing squash.

To have enough fitness for good health we need the next physical abilities:

**STAMINA – FLEXIBILITY – BODY BUILD – STRENGTH**

**Stamina (Aerobic capacity)** – is our ability to work for relative long periods of time without becoming overtired. It is the ability of our lungs and heart systems to cope with activity over a period of time.

**Flexibility / Stretching (mobility and suppleness)** – is the ability of move our joints through their full range of movement.

**Body Build – (Body Type, Body Size, Body Composition)** – it is the ability to keep the right amount of fat and muscle for our particular sport or lifestyle.

**BODY TYPE** (somatotyping) *Endomorphs* (a pear shape) *Mesomorphs* (heavily muscled arms & legs) *Ectomorphs* (narrow shoulders and hips).

**BODY SIZE** it is related with *Weight* and *Height*.

**BODY COMPOSITION** How much of our body is fat?

**Strength – Maximum strength, Muscular power & Muscular endurance**

It is the ability of our muscle of carry out our daily tasks easily. Muscles work in a variety of ways:

**MAXIMUM STRENGTH** -it is the ability to apply maximum force to an immovable object.

**MUSCULAR POWER** – It is the ability to contract muscles with speed and force in one explosive act.

**MUSCULAR ENDURANCE** – it is the ability to work the muscles very hard for a period of time.