

Name: _____ Date: _____ Ambient heart rate: _____

Step 3: Choose Activities and Write Down Your Fitness Goals

We all know that we exercise more eagerly and for a longer duration when we are doing something we enjoy. For this reason, this step involves choosing activities you enjoy. Because this is a school program, your choices may be somewhat limited. If your activity of choice is not an option during school, do it as a weekend activity.

The process of getting fit differs from that of getting fitter. Getting fit is the process of developing a base level of fitness. Getting fitter involves following the same process as getting fit while systematically increasing training load and HZT points to achieve the training effect. The basic components of fitness fall into the following five physiological areas:

1. Muscular strength is the maximal amount of force exerted by a muscle or a muscle group in a single effort. Muscular strength is generally improved by progressive resistance exercises in which the muscle or muscle group must work against an increased resistance or weight.
2. Muscular endurance is the ability of a muscle or group of muscles to sustain effort over a long period of time. Training for muscular endurance involves increasing exercise duration by increasing the number or length of repetitions.
3. Flexibility is the range of joint motion and is generally specific to the joint being used. Flexibility is improved by static stretching, which involves a sustained effort of extending the joint and lengthening the muscles for a specified amount of time.
4. Cardiovascular endurance is the ability of the circulatory and respiratory systems to sustain strenuous activity for increasingly longer periods of time.
5. Neuromuscular coordination includes certain aspects of motor activities that enable you to perform a physical activity or sport with efficiency of movement. This is called skill. The components of neuromuscular coordination are as follows:
 - ▶ Balance (the ability to control your body position)
 - ▶ Power (the ability to transfer energy into force at a fast rate of speed)
 - ▶ Speed (the ability to move your entire body, or a particular body part, rapidly; improvement is dictated by overall body build)

- Agility (the ability to change body position rapidly)
- Reaction time (the time between the introduction of a stimulus and your body's reaction to it)
- Kinesthetic sense (the ability to perceive the relationship of your body to the ground and space, and to make proper adjustments)

Neuromuscular coordination can contribute to the other aspects of fitness by adding to the enjoyment of activities that develop strength, endurance, and flexibility. Together, these are important components of health-related fitness training.

Building on the worksheets you completed in module 5, list the activities you most enjoy and set a short- and long-term goal.

Activities

1.

2.

3.

SMART Fitness Goals

Short-term fitness goal:

Long-term fitness goal:

How can your classmates and teacher help you reach your goals?

What are some of the obstacles you face?