

# HEALTH-RELATED ACTIVITY

## TOPICS AND LEARNING OUTCOMES

### **Area of study 8: Health-related activity**

This aspect of the syllabus is distinctive inasmuch as it attempts to draw together the other physical education activities, in order to provide students with the opportunity to develop an understanding of health-related fitness and to apply its principles to actual participation. Its inclusion is reflective of the view that promotion of skilled movement and fitness is an important means of developing and maintaining healthy lifestyles.

Health-related activities seeks to develop in the student:

- an understanding of the role of health-related activity in the promotion of wellbeing
- an understanding of the scientific principles that underpin health-related activity
- the ability to measure and monitor her/his physical wellbeing
- a sense of responsibility for her/his own good health and wellbeing.

## TOPICS

<b>Activity and the body</b>	<ul style="list-style-type: none"> <li>• heart; increased heart-rate, perceived exertion</li> <li>• temperature</li> <li>• lungs</li> <li>• muscles</li> </ul>
<b>Health benefits of physical activity</b>	<ul style="list-style-type: none"> <li>• energy levels</li> <li>• sense of well-being</li> <li>• self-esteem</li> <li>• risk of lifestyle illness</li> <li>• stress and anxiety reduction</li> <li>• lifelong physical activity</li> </ul>
<b>Health-related fitness</b>	<ul style="list-style-type: none"> <li>• contrast with performance-related fitness</li> <li>• muscular strength</li> <li>• muscular endurance</li> <li>• flexibility</li> <li>• cardiovascular endurance</li> <li>• physical education activities and health-related fitness</li> </ul>
<b>Warm-up and cool-down</b>	<ul style="list-style-type: none"> <li>• principles</li> <li>• distinction</li> <li>• plan and perform for general activity</li> </ul>
<b>Introduction to principles of training</b>	<ul style="list-style-type: none"> <li>• use/disuse</li> <li>• overload</li> <li>• F.I.T.T.</li> </ul>

## LEARNING OUTCOMES

**On completion of this area of study, students should be able to**

- **demonstrate an understanding of the effects of exercise on the body**
- **identify the components of health-related fitness through involvement in relevant physical activity**
- **show an understanding of the role of physical activity in establishing and maintaining health**
- **plan for and participate in regular physical activity.**

