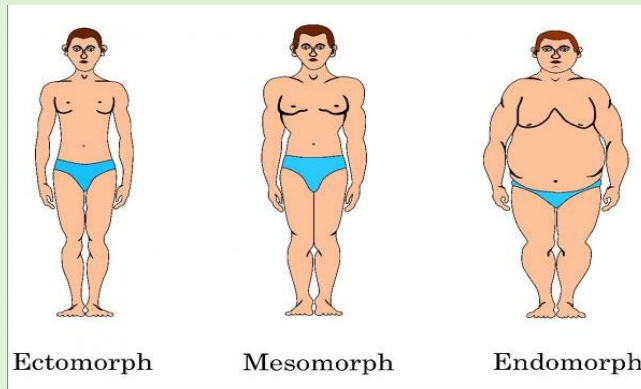


Body Types (Somatotypes)

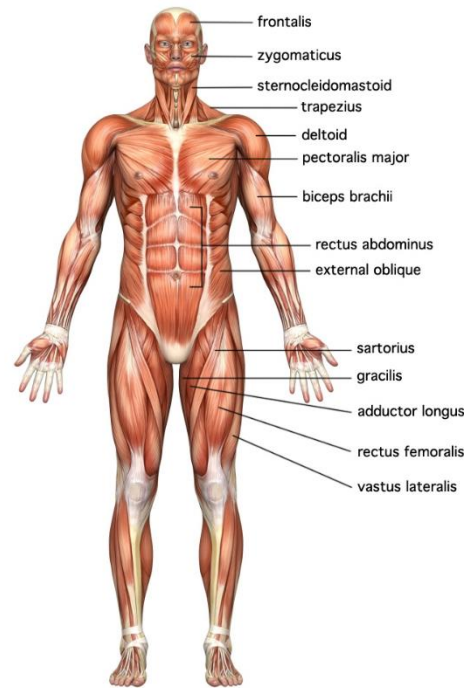
Ectomorph – Thin, lean and delicate body. Suitable for marathon running.

Mesomorph - Defined and muscular body. A naturally athletic build.

Endomorph – larger and more stocky body type. Slow metabolism and can store fuel as fats.



Year 8 Healthy, Active Lifestyles



Components of Fitness

Muscular Strength – The muscles ability to exert a maximum amount of force in one effort (e.g. deadlift)

Muscular Endurance – The muscles ability to exert force repeatedly for an extended period. (e.g. rowing)

Flexibility – The muscles and joints ability to move through their full range of movements.

Agility – The body's ability to change direction quickly and at speed.

Cardiovascular Endurance – The body's ability to deliver oxygen to working muscles during exercise.



The body during exercise.

The heart – Begins to pump faster and harder to get oxygenated blood to the muscles in the body quicker and in more volume.

The Lungs – Respiratory rate increases meaning that oxygen is drawn into the body quicker and Carbon Dioxide is expelled.

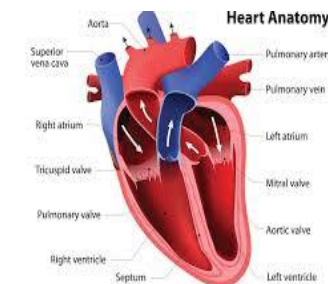
Types of training

Circuit training - performing a series of exercises in a special order called a circuit. Each activity takes place at a 'station'.

Continuous training - working for a sustained period of time without rest. It improves cardio-vascular fitness.

Fartlek training or 'speed play' training involves varying your speed and the type of terrain over which you run, walk, cycle or ski. It improves aerobic and anaerobic fitness.

Interval training - involves alternating between periods of hard exercise and rest. It improves speed and muscular endurance.



THE ONLY BAD
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HAPPEN