

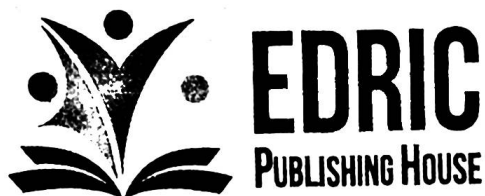
PHYSICAL ***FITNESS***

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PHYSICAL FITNESS

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Preface

Physical Fitness, Body Enhancement book provides facts that tell not only how to become fit but also why it is important to make fitness and exercise a part of one's lifestyle. The information presented in the following chapters has been a part of one's lifestyle. The information presented in the following chapters has been developed to provide you with the necessary information to have a lifetime program to provide physical fitness and to promote preventive health care and personal wellness.

Chapter I provides students introduction of the different locomotor and non-locomotor patterns. The chapter also includes topics on Body Mechanics and posture

Chapter discusses safety tips. It includes subjects on muscle strains, cramps, fracture and dislocation. Further, the chapter includes discussion on splinting and ways of minimizing risk of injury

Chapter 3 acquaints students with Physical Fitness and discusses its components and benefits. It likewise provides some activities to determine student's level of fitness.

Chapter 4 describes the different stretching techniques and provides stretching exercise to improve flexibility.

Chapter 5 introduces some preparations needed like some facts to consider in beginning an exercise program. It also includes principles of fitness program, guideline for effective exercise, the Filipino activity guide, types of exercise and their components like warm-up, workout and the cool down. It also answers some questions about exercise. Lastly, it provides safe alternatives to some of the questionable exercises.

Chapter 6 is about aerobic dance exercise. It includes styles of aerobic and sample aerobic exercises. Hoop and rope exercise is also part of the chapter

Chapter 7 discusses the major nutrients indicating the purpose they serve in maintaining overall health. It allows the students to examine the facts the influence dietary decision by the appropriate use of the food pyramid guide. It also introduces the nutritional guide for Filipinos.

The Authors

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