

Max's Health and Fitness Challenge

Learning objective: To understand the components of physical fitness, the importance of a balanced diet, and how exercise affects the human body.

Read each flashcard carefully. Use the key terms to explain how physical activity and nutrition keep our bodies healthy and strong. These cards are designed to test your knowledge of how different systems work together during exercise.

Cardiovascular Exercise

Physical activity that increases your heart rate and breathing for a sustained period, such as running or swimming, to improve heart and lung health.

Muscular Strength

The amount of force a muscle can produce. This is built through activities like lifting, climbing, or doing press-ups.

Flexibility

The range of motion in your joints. This is improved by stretching and helps prevent injuries during other physical activities.

Stamina

The ability to sustain physical or mental effort over a long period. It is often referred to as endurance.

Why is a balanced diet essential for an athlete?

A balanced diet provides the necessary nutrients, such as carbohydrates for energy, proteins for muscle repair, and vitamins for overall bodily function.

Rest and Recovery

The period after exercise when the body repairs tissues and replenishes energy stores. It is just as important as the exercise itself.

Pulse

The rhythmic throbbing of arteries as blood is propelled through them, typically felt in the wrist or neck; it rises significantly during vigorous activity.

Hydration

The process of replacing water lost through sweat. Staying hydrated is vital for regulating body temperature and maintaining energy levels.

What is the primary function of the heart during exercise?

The heart beats faster to pump oxygen-rich blood more quickly to the working muscles to provide the energy they need.

Explain why warming up is crucial before starting a sport.

Warming up gradually increases blood flow to muscles and raises body temperature, which makes muscles more pliable and reduces the risk of injury.