

Health and Fitness Flashcards with Max and Nova

Learning objective: To understand the components of health and fitness, including the benefits of physical activity and the importance of a balanced lifestyle.

Use these flashcards to test your knowledge about health and fitness. Max the monkey can help you with the math of your heart rate, and Nova the owl can help you understand the science of the body!

What is Cardiovascular fitness?

The ability of the heart and lungs to supply oxygen to the body during sustained physical activity.

Why is a balanced diet important for fitness?

It provides the body with the right fuel (nutrients, vitamins, and minerals) to perform well and recover.

What does 'Muscular Endurance' mean?

The ability of a muscle to perform repeated contractions against a resistance for an extended period of time.

How can you measure your heart rate?

By feeling your pulse at your wrist or neck and counting the beats per minute (BPM).

What is the benefit of flexibility in sport?

It helps to improve range of motion in joints and helps prevent injuries during exercise.

Why is hydration essential during exercise?

Water helps regulate body temperature, keeps joints lubricated, and transports nutrients to give you energy.

What is agility?

The ability to change the body's position quickly and efficiently while maintaining control.

Why is rest and sleep important for a healthy body?

Rest allows the body to repair tissues, recover energy levels, and strengthen the immune system.

Define 'stamina' in the context of fitness.

Stamina is the ability to sustain physical or mental effort over a long period of time.

What is the recommended amount of daily physical activity for children?

The UK government recommends that children aim for at least 60 minutes of moderate to vigorous activity every day.

How does exercise improve mental well-being?

It releases 'feel-good' chemicals in the brain that can help reduce stress and improve your mood.

What does 'warm-up' do before exercise?

It gradually increases your heart rate and body temperature, preparing your muscles for harder work and reducing the risk of injury.