

PHYSICAL CONDITION LEVEL 1

PHYSICAL CONDITION

Anyone can be an athlete. If you are **training**, you are an athlete



Your body's state of fitness is a basic factor in being able to do any **sporting activity**, but also **daily activities** like climbing the stairs, shopping and working. This is referred to as your physical condition



Dr K.H. Cooper defines physical exercise as “the way to put more years on your life and more life in your years”, a phrase which simplifies the relationship that exists between physical condition, **health** and **quality of life**

A healthy and active life is more fun!

The magic formula is working on your basic physical attributes to improve your physical condition, which will permit you to enjoy good health and improve your **quality of life**

But what physical attributes should you work on to improve your health? Which aspects of physical fitness are most important? **Aerobic stamina**, strength endurance and flexibility are attributes that are directly linked to enjoying excellent health

AEROBIC FITNESS or ENDURANCE

The ability that makes it possible to maintain a physical effort at high volumen (more tan three minutes of activity) and with low or moderate intensity (between 40% and 70% of maximum performance) during which time the **heart rate** is between 120 and 160 **beats** per minute

STRENGTH CONDITION/ENDURANCE

The physical ability that makes it possible to do a strength activity with an average mass and acceleration for a set time



FLEXIBILITY

Maximun capacity of a specific **joint** to extend



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KEY WORDS:

- Training: entrenamiento
- Sporting activity: actividad deportiva
- Health: salud
- Active life: vida activa
- Heart rate: frecuencia cardiaca
- Beats: latidos
- Joint: articulación
- Strength: fuerza
- Quality of life: calidad de vida
- Aerobic stamina: resistencia aeróbica