

The Benefits of Improved Physical Fitness

改善体能的好处

Physical Activity vs. Exercise 体力活动和锻炼

Physical activity: structured exercise as well as other activities that use energy.

体力活动：结构化锻炼以及其他消耗能量的活动。

Examples: biking to school, dancing in your room, playing Frisbee.

例如：骑自行车去学校、在房间里跳舞、玩飞盘。

Exercise: a type of physical activity that is planned, structured, and purposeful.

锻炼：一种有计划、有结构、有目的的身体活动。

Examples: exercises done in PE class, running every day, training for a specific sport.

例如：体育课上进行的练习、每天跑步、针对特定运动的训练。

Improving Your Physical Fitness 改善身体素质

Create a fitness program that matches up well with your daily life.

- Choose activities that you enjoy.
- Exercise with a friend.
- Use available school and community programs.
- Do what works best for you.

制定一个与您的日常生活相匹配的健身计划。

- 选择您喜欢的活动。
- 和朋友一起锻炼。
- 使用可用的学校和社区计划。
- 做最适合你的事情。

The Components of Physical Fitness

体能的组成部分

Health-Related or Skill-Related? 与健康相关还是与技能相关?

Health-related fitness: used to easily perform daily activities:

与健康相关的健身：用于放松进行日常活动：

Cardiorespiratory fitness, endurance, muscle strength, flexibility, body composition.

心肺健康、耐力、肌肉力量、灵活性、身体成分。

(Push-ups, sit-ups, mile run)

(俯卧撑、仰卧起坐、英里跑)

Skill-related fitness: used to perform successfully in a particular sport or leisure activity.

与技能相关的健身：用于在特定运动或休闲活动中取得成功。

Speed, agility, balance, power, coordination, reaction time.

速度、敏捷性、平衡性、力量、协调性、反应时间。

Anaerobic activity occurs in short bursts. **Aerobic activity** occurs over longer stretches of time.

无氧活动发生在短时间内。**有氧活动**发生的时间较长。

Cardiorespiratory Fitness 心肺健康

How efficiently the cardiovascular and respiratory systems deliver oxygen to muscles during prolonged activity:

在长时间活动期间，心血管和呼吸系统向肌肉输送氧气的效率如何：

Heart is strengthened, improving blood flow and the transportation of oxygen and nutrients throughout the body.

心脏得到强化，改善血液流动以及氧气和营养物质在全身的运输。

FITT for Fitness FITT 健身

Frequency: how often you engage in physical activity.

频率：您进行体力活动的频率。

Intensity: how much energy the body uses.

强度：身体使用多少能量。

Time: how long you engage in physical activity during each session.

时间：每次训练期间您进行身体活动的时间。

Type: the kind of physical activity that you engage in.

类型：您从事的身体活动类型。

Muscular Endurance and Strength 肌肉耐力和力量

Endurance: the length of time for which a particular group of muscles can continue to exert force.

耐力：特定肌肉群能够持续发力的时间长度。

Strength: the ability of a muscle to exert force against resistance.

力量：肌肉抵抗阻力施加力量的能力。

Skill-Related Fitness 与技能相关的健身

Speed

速度

Agility (the ability to quickly change the body's momentum and direction)

敏捷性（快速改变身体动量和方向的能力）

Balance (holding a particular body posture or position on a stable or unstable surface)

平衡（在稳定或不稳定的表面上保持特定的身体姿势或位置）

Power (combination of strength and speed)

能量（力量和速度的结合）

Coordination

协调性

Reaction time (the quickness of a response)

反应时间（反应的速度）