



1. HEALTHY LIVING HABITS.

- Healthy eating: you must follow some basic rules that avoid situations of malnutrition
- Adequate sleep: you should sleep a minimum of 8h, increasing in those in adolescents from 8h to 10h, and in children from 10h to 12h; since lack of sleep can cause fatigue, learning problems and emotional imbalance.

Do relaxing activities before bedtime (shower, reading, etc ... Never TV or video games)

- Healthy habits: Healthy habit improves physical conditions and the general state of health, avoiding the damages of a sedentary lifestyle.

- Increase heart size.
- Force of musculature.
- Helps control the weight.
- Muscle fibers are developed.
- Improves posture.

2. CLEARLY NON-HEALTHY HABITS

- Drugs and stimulants: they are substances that have a stimulating or sedative effect on the body. The negative effects on the organism are slow but we are sure that they will affect us in the future.

- Smoking: causes cardio-respiratory problems, cancer in the lung, throat, etc.

- Alcoholic beverages, coffee, tea: in high doses and taken frequently causes a deterioration of the brain and liver.

- Drugs: they cause brain deterioration and psycho-physiological dependence on these substances. •

3. WHAT IS A SPECIFIC WARMING-UP?

2.1. Definition:

Reproduces the movements and technical gestures that will do in the activity or in the competition. Its

objective is warming up the muscles that will intervene directly in the specific movements, improving technical chains and focusing attention on competition movement



3.2. Basic parts of a specific heating.

Generally 3 parts are distinguished:

1. General activation (continuous run). General joint mobility. General stretches

2. Specific Part

- Special trips of the specialty
- Specific joint mobility of the activity
- Specific stretches
- Specific physical exercises of more intensity

3. Technical part

- Technical exercises with the corresponding material

4. PHYSICAL CONDITION

The development of physical fitness is a decisive factor for sports performance and the improvement of health and quality of life.

The level of fitness depends on a number of factors:

- Genes: characteristics inherited from parents that make them have better or worse physical condition.
- Age: The state of the organism improves until 25-30 years, remains until 35 years to begin to gradually lose it
- Sex: the hormones of each sex condition the ability to respond to the effort, so, in general, girls are more flexible and boys are endowed (dotados) with more strength.
- Training: the systematic practice of exercise can improve physical abilities.

How can we improve our physical condition? Training and developing physical qualities: endurance, strength, flexibility and speed.



RESISTANCE

It is the ability to exercise for a long time delaying the onset (aparición) of fatigue. Types of resistance:

1. Aerobic endurance: the practice of the exercise is carried out with a medium or low intensity and the activity is maintained for prolonged times without fatigue.
2. Anaerobic resistance: the practice of the exercise is carried out with a high average intensity and the activity is maintained for shorter times.

FORCE It is the ability to overcome resistance or counteract them through muscular action, move or lift weights. Types of force:

1. Maximum strength: when the opposition to overcome is very great. For example pushing or lifting excessive weight.
2. Strength resistance: when you do a continuous activity for a long time without too much strength. Example skipping rope for a minute
3. Explosive force: when the movement against an opposition is very fast: Example when running to make a long jump.

FLEXIBILITY

It is the physical capacity that allows movements with great amplitude.

Components of flexibility:

Joint mobility: refers to the possibilities of movement of each joint in the body.

Muscle elasticity: is the ability of muscles and tendons to elongate.

SPEED It is the ability to make a movement as fast as possible.

Speed types:

1. Speed of reaction: The reaction to a certain signal or stimulus.
2. Movement speed: The production of a movement in the shortest possible time.
3. Travel speed: The movement between two distances in the shortest possible time. 100 metres race.



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APUNTES U.D. 1

2ºESO
Educación física.
Página 4 de 4