

**YEAR 9**

**PDHPE**

**SUSPENSION WORK**

# Lifelong Exercise

**Complete the following closed passage with the words provided in the following text box.**

movement	heart	rowing	oxygen	rest	aerobic
swimming	training	blood	sprints	sit	exercise
muscles	health	20	running	minimum	push
energy	dance	health	energy	dance	energy
muscles	riding	anaerobic	health	cross-country skiing	

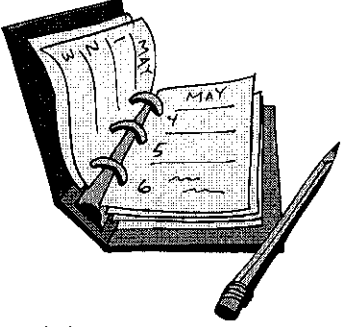
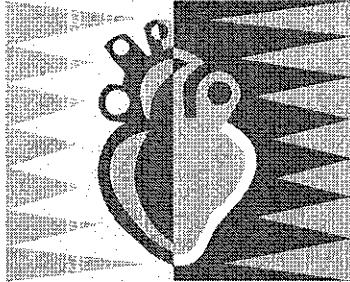
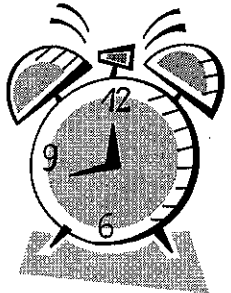

Cardiovascular or **a**\_\_\_\_\_ exercise is exercise sustained continuously over a period of time – about \_\_\_\_\_ minutes is seen to be the appropriate **m**\_\_\_\_\_ time. This type of exercise uses **e**\_\_\_\_\_ supplied in the form of **o**\_\_\_\_\_ in our **b**\_\_\_\_\_, pumped to our **m**\_\_\_\_\_ by our **h**\_\_\_\_\_. Because it works the heart, this type of **e**\_\_\_\_\_ is the most important to our ongoing **h**\_\_\_\_\_. Examples are **r**\_\_\_\_\_, **s**\_\_\_\_\_, cycling, brisk walking, **c**\_\_\_\_\_ - **c**\_\_\_\_\_ **s**\_\_\_\_\_, performed **d**\_\_\_\_\_, board **r**\_\_\_\_\_ and **r**\_\_\_\_\_.

**A**\_\_\_\_\_ exercise is done in short bursts with **r**\_\_\_\_\_ breaks. This type of exercise uses **e**\_\_\_\_\_ stored in our **m**\_\_\_\_\_ to generate **m**\_\_\_\_\_. Because it doesn't work the heart like **a**\_\_\_\_\_ exercise does, it is not enough on its own to maintain our ongoing **h**\_\_\_\_\_. Examples are weight **t**\_\_\_\_\_, **p**\_\_\_\_\_ ups, **s**\_\_\_\_\_ ups, 60m **s**\_\_\_\_\_ and javelin throwing.

- 1. Explain why a mix of aerobic and anaerobic exercise is important in lifelong exercise.**
- 2. List two forms of exercise you can see yourself doing: (a) from age 13 (b) from age 21 (c) From age 40 (d) from age 65**

# FITT Principle

If you want to improve your aerobic (Cardiovascular) fitness you need to follow the FITT Principle.

<p><b>Frequency</b></p>  <p>Do the activity three to five times a week</p>	<p><b>Intensity</b></p>  <p>Work hard enough to get your Heart rate up to 145 beats per minute.</p>
<p><b>Time</b></p>  <p>Work at this level for at least 30 minutes.</p>	<p><b>Type</b></p>  <p>Continuous exercise eg cycle, walk swim, dance etc</p>



## The National Physical Activity Guidelines For Australians

If you want to exercise to be healthy and look good then you need to follow these guidelines.

1. Think of exercise as an opportunity not an inconvenience.
2. Be active every day in as many ways as you can.
3. Put together 30 minutes of moderate-intensity physical activity on most, preferably all, days.
4. If you can, also enjoy some regular, vigorous exercise for extra health and fitness.

# COPING MECHANISMS

Coping is what one does; it is how we deal with changing or stressful situations and relationships emotionally which affects our behaviour. Coping skills can be developed through previous experiences, observing others, perceptions and social situations.

## Coping mechanisms

What do you do when you are angry?

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What do you do when you feel under pressure?

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What do you do when you are sad/upset?

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What do you do after an argument with parents/loved ones?

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7. Which mental and physical signs are most common when you are stressed?

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8. What can you do about stress?

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9. Which of the above strategies would you use and why?

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