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health related and performance related physical componentsMention two importance of physical fitness.List five components of physical fitness.Differentiate between health related and performance related physical fitnessHow would you identify a physically fit person?PHYSICAL FITNESS AND BODY CONDITIONING PROGRAMMECONTENTExercises to Develop Strength, Endurance and FlexibilitySafety Precautions While Performing ExercisesExercises to Develop Strength, Endurance and FlexibilityThe following exercises are designed to develop strength, endurance and flexibility:1. Strength development: Pull up, press up, knee bend, sit up, weight training.2. Endurance development: Circuit training (running on the spot squat thrust- press upHarvard step up-tread mill-windmill-squat jump-sit up)3. Flexibility development: Windmill, duck walk, hurdle stretch, bending from the trunk, bending the neck sideways, bending forward and backward, trunk flexion standing, trunk extension.Safety Precautions While Performing ExercisesThe following safety precautions should be observed while performing exercises:(i) You must know your limitation.(ii) The person must not force himself to perform activity he cannot perform.(iii) There must be general warm up before performing activities.(iv) Students should be allowed to practice for some time before testing.(v) Target should be set on each activity.(vi) Activity must be appropriate to the age and weight of the student.(vii) Activity must be stopped when fatigue sets in.EVALUATIONList 3 activities to develop endurance.As a coach, how would you promote flexibility as a vital tool of top performance in sports.ASSIGNMENT(a) Identify exercises that can be used to develop health related physical components.(b) List exercises that can be used to develop performance related physical components.CONTENTDefinition of RecreationDefinition of Leisure and RestDefinition of DanceComponents of RecreationTypes of Activities Under the Two Components of RecreationDefinition of RecreationRecreation can be defined as participation in sporting activities during our leisure time. It is a voluntary participation in which no monetary gain is expected.It is done after ones daily job, usually for fun, enjoyment, social and physical benefits.Definition of Leisure and RestLeisure is ones free time and this embraces what one does to gainfully occupy his free time.Rest is a state of being free from activity and disturbance. It helps to prevent tension.The best state of rest is sleep.Definition of DanceDance is expressive movement of turning twisting and rolling of the body (parts) to conform with the rhythm of a sound, beat or music. It is a way of expressing our inner feelings of joy and happiness.Components of RecreationRecreation covers a wide range of activities which can be grouped into-(i) Indoor recreational activities.(ii) Outdoor recreational activities.Types of Activities Under the Two Components of RecreationIndoor Activities These are activities that are performed inside the house, hall or generally under a roof.Examples include:(i) Playing music(ii) Drawing and painting(iii) Sewing(iv) Watching television(v) Playing of indoor games such as cards, Ludo, Scrabble and Chess(vi) Reading or writing for pleasure, dancing(vii) SingingOutdoor ActivitiesThere are activities that are performed outside or in the open such as parks, game reserves, beach and sports field.Examples are:Mountaineering, playing outdoor games, walking, jogging, swimming, cycling, fishing, camping, picnicking, gardening, canoeing, horse riding, hiking, etc.EVALUATIONWhat is recreation?List two components of recreation.Differentiate between leisure and rest.ASSIGNMENTIn a tabular form outline five outdoor and indoor recreational activities.State three reasons you would prefer indoor recreational activities to outdoor activities.BENEFITS OF RECREATION AND DANCECONTENTThe Benefits of Recreation and DanceThe Benefits of Recreation and DanceThe following are the benefits of recreation and dance:(i) They are an unconscious use of leisure time.(ii) They reduce juvenile delinquency, crimes.(iii) They create room for social integration.(iv) They help to develop socially acceptable behaviour.(v) They help in physical development, physical fitness.(vi) They give an opportunity for the development of sports skills.(vii) They provide an opportunity for the release of tension.(viii) They provide the forum for fun and enjoyment.EVALUATIONWhat is recreation?List two components of recreation.Differentiate between leisure and rest.CONTENTDefinition of Shot PutTable of Specification for Shot PutBasic Skills and Techniques of Shot PutExecution of Basic Skills and Techniques of Shot PutTypes of Putting the ShotRules and Regulations Governing Shot Put ThrowDefinition of Shot PutShot Put is a field event that involves the putting of a missile called the shot for a horizontal distance. A competitor is allowed three trials. Put is made from within a circle of 2.135m in diameter to a landing sector of 40o.Table of Specification for Shot PutSEXWEIGHTMEN7.26 KGWOMEN4 KGBasic Skills and Techniques of Shot Put(i) The hold(ii) The stance(iii) The glide(iv) The release(v) The follow through(vi) The recoveryExecution of Basic Skills and Techniques of Shot Put(i) The hold: The shot is held by the fingers and not on the palm.(ii) The stance: The stance depends on the methods of putting as there are various methodsTypes of Putting the Shot(a) The standing put(b) The side shift put(c) The drive or glide.(iii) The glide: The glide is the movement across the circle and towards the step board.(iv) The release (putting): The shot is released from under the ear, above the shoulder to form arc before landing.(v) The follow through: This is the position an athlete assumed after the release of the missile.(vi) The recovery: It is the quick and prompt action taken by an athlete which signifies the end of an action.Note: All students are expected to draw the throwing sector.Rules and Regulations Governing Shot Put Throw(i) The throwing sequence must begin within the sector and ends within the sector.(ii) The thrower must not step beyond the step board before and after the throw.(iii) The competitors are credited with the best of their trials(iv) The missile must land within the throwing sector.(v) All throwers are expected to back the spectators during the throw.(vi) Missiles are to be rolled back to the sector after throw and not to be thrown.EVALUATIONMention three (3) types of putting shot.State five rules and regulations governing shot put throw.ATHLETICS: DISCUSCONTENTDefinition of DiscusTable of Specification for DiscusBasic Skills and Techniques in DiscusExecution of Basic Skills and Techniques in DiscusRules and Regulations Governing Discus ThrowDefinition of DiscusDiscus is a field event which involves throwing a missile called discuss for a horizontal distance. A competitor is allowed three trials; the throwing is made from within a throwing circle of 2.50m in diameter to a landing sector of 40o.Table of Specification for DiscusSEXWEIGHTMEN2 KGWOMEN1 KGBasic Skills and Techniques in Discus(i) Grip/Hold(ii) Stance(iii) Swing(iv) Turns(v) Release(vi) Follow through the sector(vii) RecoveryNote: The discus must land within the landing sector which is 40o and both legs must be behind the metal rim.Execution of Basic Skills and Techniques in Discus(i) The hold: The discus is placed on the palm and the spread fingers curl over to hold it.(ii) The stance: The thrower stands at the rear of the circle with the feet slightly apart and backing the landing sector.(iii) The swing: The discus is swung to meet the other hand near the shoulder to gather(iv) The turns: It is the movement of the body towards the direction of throw.(v) The release: This is done at shoulder level.(vi) The follow through: This is the position an athlete assumed after the release of the missile.(vii) Recovery: It is the quick and prompt action taken by an athlete which signifies the end of an action. Note:- All students are expected to draw the throwing sector.Rules and Regulations Governing Discus Throw(i) The throwing sequence must begin within the sector and ends within the sector.(ii) The thrower must not step beyond the step board before and after the throw.(iii) The competitors are credited with the best of their trials(iv) The missile must land within the throwing sector.(v) All throwers are expected to back the spectators during the throw.(vi) Missiles are to be rolled back to the sector after throw and not to be thrown.EVALUATIONDifferentiate between discus and shot put.State two similarities between shot put and discus.Explain execution of discus throw.RULES AND REGULATIONS GOVERNING SHOT PUT AND DISCUS THROWCONTENTRules and Regulations Governing Shot Put and Discus ThrowSafety Precautions in Shot Put and Discus ThrowRules and Regulations Governing Shot Put and Discus ThrowThe following are the rules and regulations governing shot put and discuss throw:(i) The throwing sequence must begin within the sector and end within the sector.(ii) The thrower must not step beyond the step board before and after the throw.(iii) The competitors are credited with the best of their trials(iv) The missile must land within the throwing sector.(v) All throwers are expected to back the spectators during the throw.(vi) Missiles are to be rolled back to the sector after throw and not to be thrown.Safety Precautions in Shot Put and Discus ThrowThe following safety precautions are to be observed in shot put and discus throw:(i) All officials and spectators must stay clear of throwing sector during the throw.(ii) Adequate warm up must be ensured by all athletes.(iii) Before and during the throw, all official and non -official movement must be suspended.(iv) The throwing sector must not be slippery or water lodged(v) Equipment must be well inspected before use.(vi) The participants must have thorough knowledge of the event.(vii) Athlete must wear suitable/smart dress for effective and efficient movement.EVALUATION State five (5) safety measures in shot put and discus.As an athlete, mention five reasons why you cannot ignore the rules and regulations of discus throw.Explore Further

Health and physical education in schools. What is physical and health education course all about. What is the difference between health and physical education. What's physical and health education.