

## **Lecture 1**

### *Several definitions for different terms*

#### **Activity**

An activity is something that you spend time doing.

#### **Sport**

Sports are games such as football and basketball and other competitive leisure activities which need physical effort and skill.

#### **What is Physical Activity?**

Physical activity can be defined as any movement of the body that requires energy expenditure. This includes any motion you do through the day excluding sitting still or lying down. For example, walking to class, taking the stairs, mowing the lawn, and even cleaning your house can be considered physical activity. Exercise is a type of physical activity but not every physical activity is exercise. Exercise is a planned, structured, and repetitive activity for the purpose of improving or maintain physical fitness.

#### **Why should I be physically active?**

The fight against obesity:

Pulmonary disease

Cancer

Stroke

Gall bladder disease

Diabetes

And many more.

#### **What the experts say:**

Performing physical activity on a regular basis will help to improve overall health and fitness, as well as decrease the risk for many chronic diseases (Center for Disease Control, 2010).

HEALTH: The World Health Association defines it as, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

HEALTH-RELATED FITNESS: The American Academy of Sport Medicine defines health-related fitness as a set of attributes one already has or works towards. This develops through physical activity and aids in the performance of daily function with vigor and without fatigue.

CHRONIC DISEASES: A condition that impairs daily living, decreases longevity and quality of life. Some examples include cancer, heart disease, diabetes, and Alzheimer’s disease.

### **What does this mean for you?**

#### **Benefits of Physical Activity**

Reduced risk for cardiovascular disease, type II diabetes, certain cancers, and other chronic health conditions

Help with weight control

Strengthens bones and muscles

Improves mental health, mood, and energy level

Better quality life