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# UNIT 1 THE HEART RATE

# THE HEART RATE



It has more beats at resting, specifically above 100 bpm. It would be advisable to consult a doctor when our pulse is above this figure at resting.



The average heart rate at resting is between 50 and 100 bpm for a healthy person. The pulse is strong and rhytmic.



It has fewer beats per minute at resting than a regular person. it tends to be taken for having a bigger and stronger heart.





The pulse is not regular. Sometimes it speeds up and sometimes goes more slowly. If it goes with chest pain or shortness of breath... go to the doctor.

### AT EXERCISING 120-180<sub>BPM</sub>



Generally speaking, a healthy exercise should be between 120 and 180 bpm because all the benefits for health are achieved in this rate.

### AT EXERCISING (Generally Speaking)

#### FIND YOUR TARGET HEART RATE

STEP 1
Find your estimated
PEAK heart rate

Subtract your age from 220/226



STEP 2
FIND YOUR TARGET HEART RATE

Find your healthy interval training. Remember it is between 60 and 85% of the PHR.

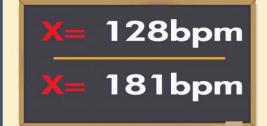


**EXAMPLE: GIRL, 13, WELL-TRAINED** 

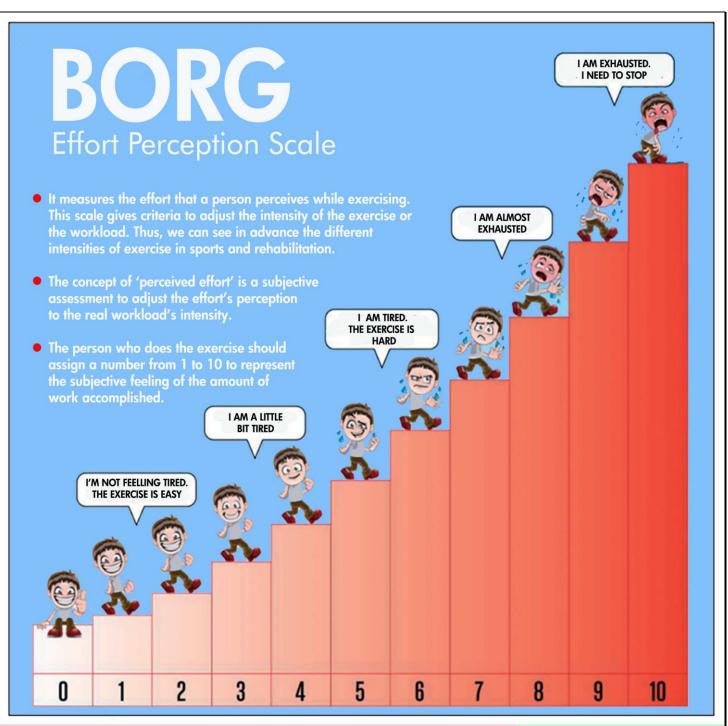
STEP 3

#### FIND YOUR TARGET HEART RATE

This is the interval of bpm in which you have to train in order to improve your health.



POOR FITNESS: 50-75% MHR AVERAGE FITNESS: 60-75% MHR





HOW
INTENSE
YOUR
EFFORT
HAS BEEN?

# WARM UP

The specific warm up starts as a general one to gradually adapt, through specific activities (related to the subsequent main activity), all body systems to perform more intense activities, fulfilling a number of aims.























**WE AVOID INJURIES** THANKS TO A **BETTER MUSCULAR** COORDINATION















#### **CARDIOVASCULAR SYSTEM**

The heart rate is increased and become more powerful. This leads that blood circulation is faster and O2 support is more effective.



#### CARDIOVASCULAR AND RESPIRATORY SYSTEM

Through mild aerobic exercises. In cold days, if you are injured (Tendinitis, overloads...) or with elder people, it is good to do joint mobility in the beginnig, then aerobic exercises and

then displacement exercises.



**Breathing rate** is increased (you breathe faster), so oxygenation is better.



#### **LOCOMOTIVE SYSTEM LOCOMOTIVE SYSTEM**

It increases muscular temperature and joints are more lubricated.



muscular elasticity exercises related to those limbs that are going to work harder. For instance:

Through joint mobility and

#### - Legs in cycling.

- Arms in handball.

#### **NERVOUS SYSTEM**

Greater intermuscular (between muscles) and intramuscular (into the muscle itself) coordination, which prevents muscle incoordinations that lead to contractures (pulls) and muscle tears.



#### **NERVOUS SYSTEM**

We have to do exercises more powerful gradually and technical gestures (with material) of the sport we are doing.

- Lay ups in basketball.
- Passes and shots in soccer.

# UNIT 3

# THE LOCOMOTIVE SYSTEM

SKELETAL 206 SYSTEM

#### FUNCTIONS SUPPORT

**MOVEMENT** 

**PROTECTION** 

They support the muscles and other soft tissues.

In locomotion, thanks to the muscles that are inserted in them through tendons and its contraction, movement is achieved.

They protect organs of possible injuries.

### **TYPES OF BONES**

#### **LONG BONES**

They are cylindrical and long. In the central areas of the bones, the medullary cavity houses a tissue well known by all: the bone marrow.



SHORT BONES

As the vertebrae and the bones of the carpus and tarsus. They are small and have irregular or cuboid form.

**VERTEBRA** 



FLAT BONE

As the skull, the sternum, the scapula, ribs or iliac bones (hip, sacrum, coccyx). They are thin, flat and wide. They have an outer layer of compact bone tissue and are filled with spongy bone tissue.

**SCAPULA** 

# THE JOINTSYSTEM THEY ARE THE LINK OF TWO OR MORE BONES

**TYPES** 

**IMMOVABLE** 



DO NOT ALLOW ANY MOVEMENT. BONES CONTACT EACH OTHER DIRECTLY.

ITS MAIN FUNCTION IS TO PROTECT THE ORGANS THAT ARE INSIDE.

SLIGHTLY MOVABLE



THEY ALLOW SMALL MOVEMENTS. EXAMPLES ARE THE JOINTS OF THE VERTEBRAL BODIES. THE SUM OF THE MOVEMENT OF ALL VERTEBRAE RESULTING IN A GREAT MOVEMENT.

FREELY MOVABLE



THEY ARE THOSE THAT PERFORM WIDE MOVEMENTS.
THEY ARE CHARACTERIZED BECAUSE THEY POSSESS A CARTILAGE,
JOINT LIGAMENTS AND SYNOVIAL FLUID (WHICH «GREASE»
THE JOINT).

# THE AUSCULAR 650 MUSCLES SYSTEM

#### FUNCTIONS

Allowing the body to move

Protection of It give inner organs to the

It gives shape to the body It helps to mantain the posture

#### TYPES OF MUSCLES

#### SKELETAL MUSCLE

They are called like this because under the microscope they present stretch marks. They are in charge of the movement of skeleton through a voluntary thought like, for example, bending the arm, the leg, crouch, sitting down...

#### **SMOOTH MUSCLE**

The smooth muscles form the walls of the viscera and are not under the control of the will. Its fibers do not contain stretch marks. The movements what these muscles do are, for example, peristaltics (where the viscera contract for pass the food and make him digest).

#### CARDIAC MUSCLE

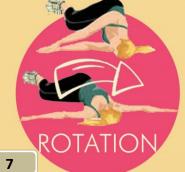
Is the only striated muscle of involuntary contraction. In fact, when someone suffers a heart attack, what happens is a kind of cramp like in any other body muscle in which the heart paralyzes its relaxation movement.

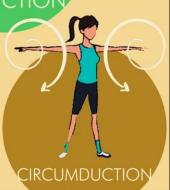
#### BASIC BODY MOVEMENTS



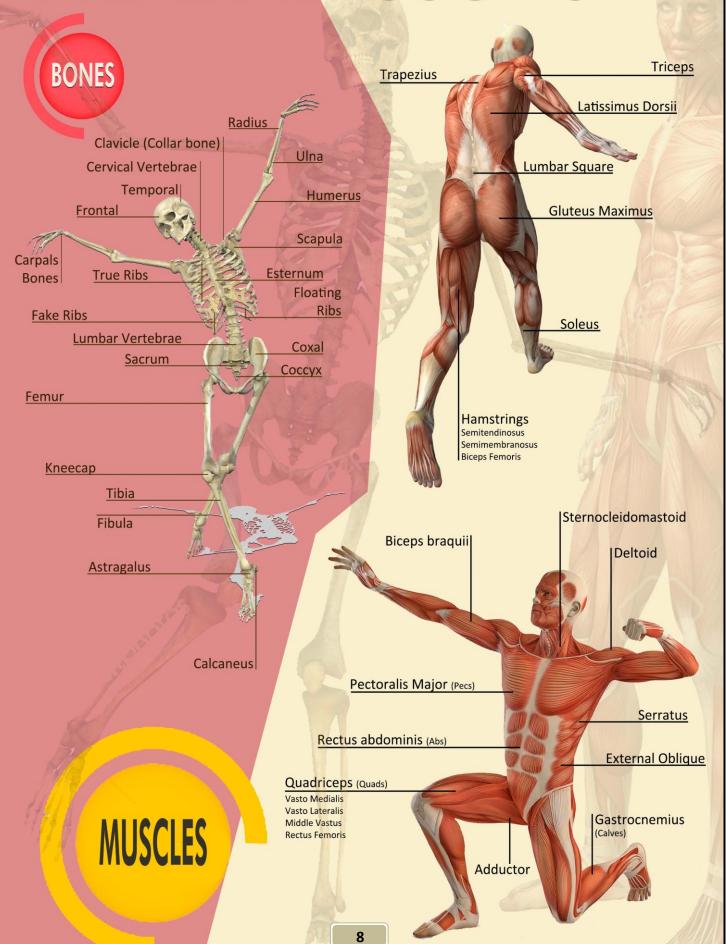








# MAINBONES AND MUSCLES



# BASIC PHYSICAL RIBUTES IT IS THE ABILITY OF SUPPORTING AN EFFORT EFFECTIVELY AS LONG AS POSSIBLE

**SUBCOMPONENTS** 

**AEROBIC** 

120

180bpm

Marathon

ANAEROBIC

MORE THAN 80bpm

> Short and inrtense efforts

LACTIC **ALACTIC** 

From 30"

to

1'30"

From 3" to 10"

100 m shuttle

STAMINA TRAINING SYSTEMS

CONTINUOS SYSTEMS (NON-STOP)

The workout is performed without pauses or stops. This system is usually quite long, ranging from 3 min to SEVERAL HOURS. WITHIN THESE SYSTEMS, WE FIND THREE METHODS

Steady Running

Run gently and steady for a while.

50-75% MHR

**Fartlek** 

FAFLIEK
60-85% MHR
lar to the steady running but
do changes of pace faster or
wer in a natural way (when
ning the field) or artificially
(accelerating myself).

Total Training 50-85% MHR It is a combination of running and

exercises designed to improve the strength and all the physical attributes.

FRACTIONAL SYSTEMS

THEY ARE THOSE SYSTEMS WHERE WORK CAN BE BROKEN UP INTO SEVERAL PARTS. THERE ARE WHAT ARE CALLED RECOVERY BREAKS. HERE WE HAVE TWO METHODS.

Interval Training
75% MHR
Where a particular number of repetitions are done
(more than 10) to reach 180 bpm including a
pause to recover incompletely (turns to start when
we are in 120bpm).

Example: 3x8x100 m. Resting: 30 s & 3m

Repetitions 85-100% MHR

nearly complete pause (beats of resting).

Example: 3x1000 m. Resting: 8'

MIXED SYSTEMS

Where, in addition to resistance, another component of physical fitness is worke out. There are two methods.

Slopes

Running uphill (to develop the power) or downhill (which improve the speed). 60-90% MHR

Example: 10x50m. Resting: 2-3m

Circuit training
50-85% MHR
It is passed through a series of exercises called

stations where we work by time or repeatitions, leaving a recovery equivalent to the effort.

Example: 3x8ejx30s. Resting: 30 s & 3 m

**HOW TO WORK IT OUT** 

**AEROBIC STAMINA** 

120-180 **BPM** 

**30 MIN TO 1 HOUR EACH** SESSION

START WITH CONTINUOS **SYSTEMS** 

ONE DAY OF TRAINING ONE DAY **OF RESTING** 

WORKING OUT **GRADUALLY** AND INDIVIDUALLY

**WORKING OUT FROM 250 TO 300 MIN SMOOTHLY PER WEEK HAS** EVEN BETTER EFFECTS FOR HEALTH. THE MORE, THE BETTER.

## SPEED

IT IS THE ABILITY OF DOING A MOVEMENT AS FAST AS POSSIBLE

#### SUBCOMPONENTS

#### REACTION SPEED

It is the ability to respond to a certain stimulus In the shortest possible time.



#### **GESTURAL SPEED**

It is the ability to perform a movement with one part of the body in the shortest possible time.

#### TRAVELLING SPEED

It is the ability to scroll through a space in the shortest possible time.



# IT IMPROVES ATTENTION

It increases attention to act in many daily activities.

## IT STIMULATES THE NERVOUS SYSTEM

In this way, the loss of coordination related to aging is delayed.

#### **MORE EASE**

You can carry out movements of daily life with speed and efficiency.

#### HOW TO TRAIN IT

PERFORM A GOOD WARMIMG UP TO AVOID INJURY AND IMPROVE THE RESULT. AEROBIC STAMINA STRENGTH (BOTH)

IF WE WORK
STAMINA-SPEED
(MORE THAN 60
METERS), RECOVERIES
MUST BE TO 120BPM.



IF WE WORK WITH
PURE SPEED (20-60
METERS), THE
RECOVERY WILL BE 3
MIN FOR NOT
STRAINING THE
NERVOUS SYSTEM.

INTENSITY MUST BE MAXIMUM (100%)

Example 2x6x60m R: 3m & 8m IN
COMPETITION,
FLEXIBILITY ACTS
AS A FACILITATING
QUALITY
OF THE OTHERS



WORKING OUT FOR COMPETITION
STAMINA STRENGTH SPEED

(BOTH)

STRENGTH (ALL OF THEM) SPEED (ALL OF THEM)



Fast people tend to be so by genetics. They have more amount of white (fast-twitch) fibers than red (slow-twitch).

# STRENGTH

IS THE ABILITY TO OVERCOME OR OPPOSE AN EXTERNAL WEIGHT THROUGH THE ACTION OF THE MUSCLES

### STRENGHT SUBCOMPONENTS

#### MAXIMUM STRENGTH

It is the greatest amount of strength that a muscle can produce without taking into account the speed. The most representative sport is weightlifting.



PROBLEMS OF WORK IT OUT 18
BEFORE YOU ARE

- Spine deviations if we carry weight in the backbone.
- Spine and joint compressions.
- Contractures by dismetrias.
- Torn meniscus.
- Joint overload.

#### EXPLOSIVE STRENGTH

It is the ability to move a load or the own body in the shortest possible time.

Characteristic sport gestures are jumps and shoots.



YOU CAN WORK IT OUT WITHOUT LOADS. IF LOADS ARE HEAVY, THEY CAN CAUSE:

- Low back pain and sciatica.
- Knee injures.
- Tendonitis.
- Periostitis.
- Lumbar contractures.

#### STRENGTH

#### ENDURANCE

It is the ability of supporting and repeat a movement of strength for a long time. Typical sports are rowing or cross country skiing.



- Work mainly with large muscle groups
   2 or 3 times a week on alternate days.
- Work with your own weight and with mild loads such as balls or bands.
- Movements must be controlled.
   1-2 sets of 8-12 repetitions.
- Work all parts of the body. Otherwise, injuries may appear. Vary these exercises avoid boring..
- Increase weight by 5-10% after a time and go to 2-4 sets of 6-12 reps (60-80%).
   Workout based on strength games is ok.

#### MUSCULAR CONTRACTIONS

#### CONCENTRIC

Muscle fiber contracts, shortening its length and going against gravity (upwards).



#### ECCENTRIC

Muscle fiber contract lengthening, slowing down the movement in favour of gravity (downwards).



#### ISOMETRIC

Where the muscle contracts but there is no shortening or stretching. There is no visible movement. Actually, the muscle is still.



### TRAINING MEANS



AUTOLOAD
THE WORK IS DONE
WITH THE OWN BODY
WEIGHT.



MULTITHROWS
WITH MILD LOADS
SUCH AS MEDICINE



MULTIHOPS THE LOWER BODY STRENGTH IS IMPROVED.

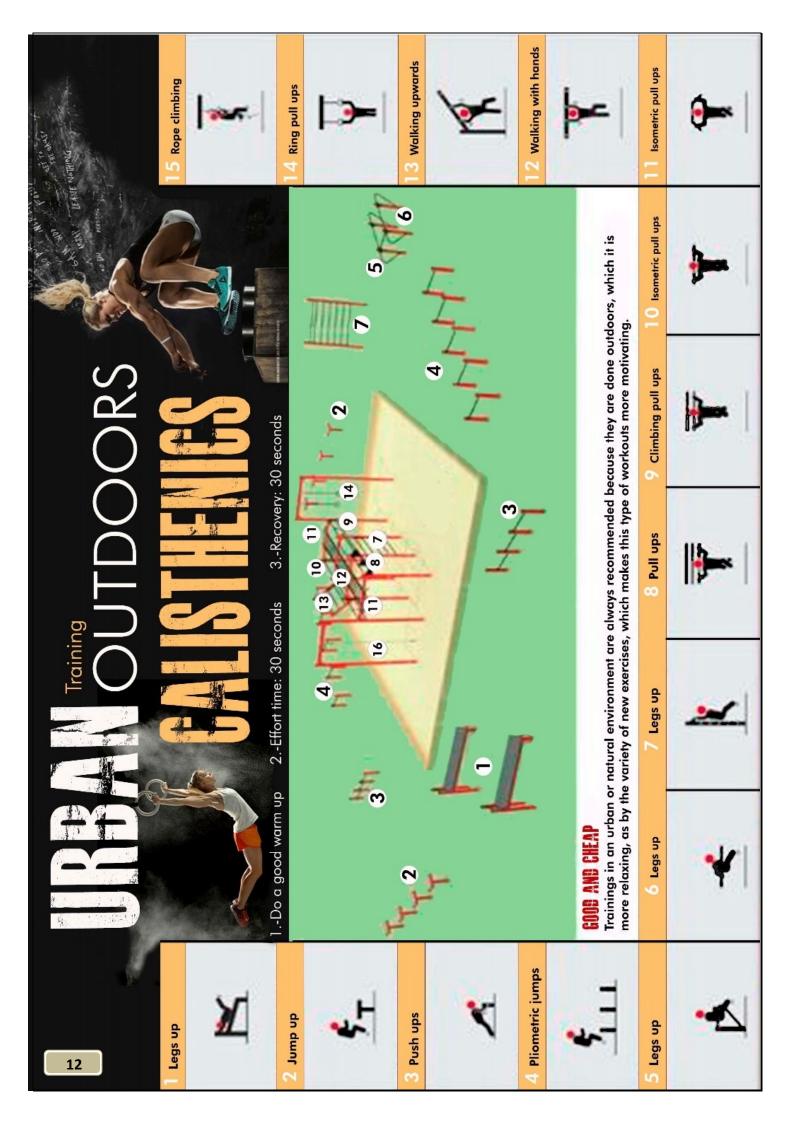


**OVERLOADS:** 

MIDDLE WEIGHTS (FROM 20-50% TO 60-80%) AND CONTROLLED MOVEMENTS IN ORDER TO AVOID INJURIES.



ISOMETRY
WITH CONTRACTIONS
NOT EXCEEDING
30 SECONDS.



### **FLEXIBILITY**

IT IS THE QUALITY OF DOING A MOVEMENT UNTIL THE END OF THE WAY

# SUBCOMPONENTS

#### **MUSCULAR ELASTICITY**

is the property of muscle tissue to be stretched until the end of its haul.

#### JOINT MOBILITY

It is the ability to move a joint to the end of its haul.



#### **AGE**

Flexibility is lost with age from birth. Training slows or prevents this loss and even improves it.

#### TEMPERATURE AND TIME

The colder the hour o day, the more difficult to stretch.
Early in the morning, the body is more rigid.

#### **FACTORS**

#### SEX

Women are more flexible than men because of their muscle tone. Their hip moves better because is wider.

#### **PSYCHOLOGY**

Shy and introverted people tend to have greater stiffness than the most extroverted ones.

### WARMING UP

A previously warmed up muscle stretches much better than other non-heated.

#### **ILLNESS**

Some diseases cause muscle stiffness, like some degenerative ailments or hipertonias.







Flexibility exercises that must be avoided are those in which acute pain signals appear, which indicates that we are about to exceed the limit of stretching and we could break the muscle fibers (muscle breakdown).

#### HOW TO WORK IT OUT



#### BENEFITS

It improves coordination. Thus, it improves the output and prevents probable injuries and muscles aches and pains.

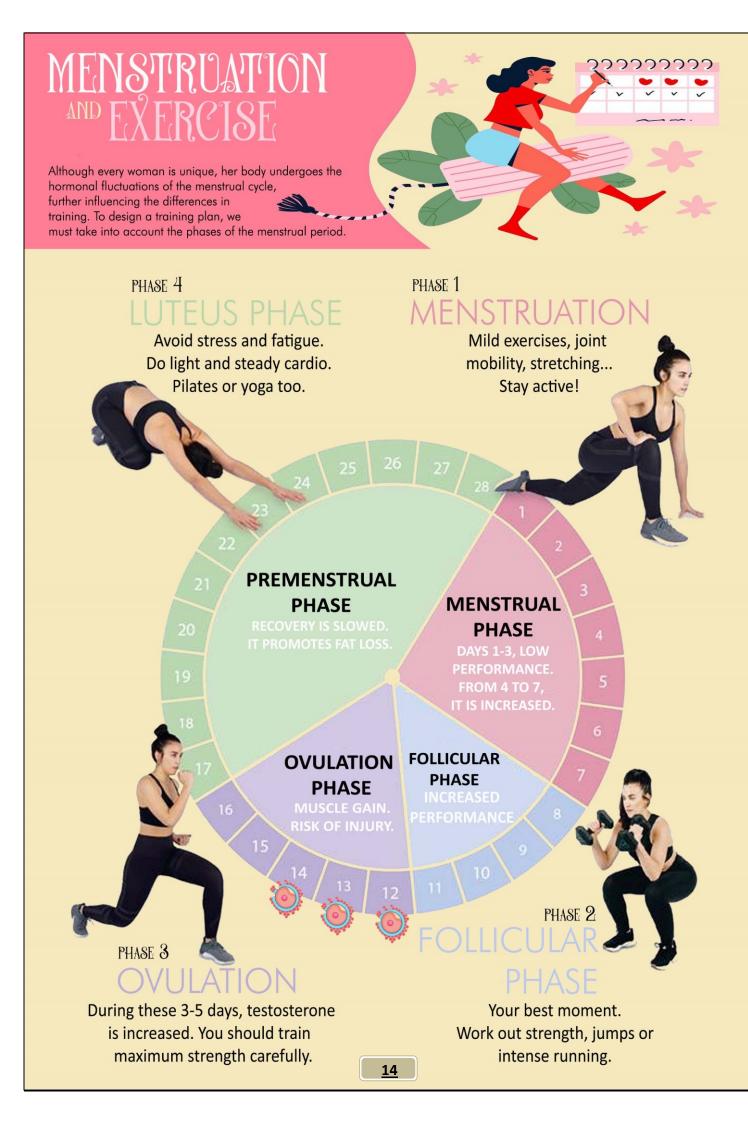
It delays muscle fatigue in an effort and improves recovery after him.

It prevents muscle and joint stiffness.

It delays the onset of degenarative joint diseases.

It makes us feel more loose and the movements are more affordable and effective.

It compensates bad body postures.



# UNIT 5 POSTURAL ATTITUDE

# TIPS TO HELP EASE YOUR BACK PAIN





















Lower back pain is an enormous burden on society with up to 80% of society being affected by lower back pain in their lifetime. If you are suffering from lower back pain the following tips will assist you in easing your pain. If pain persist please see your local health care provider.

Ten tips are:



DO SOME EXERCISE QUITE OFTEN. SWIM, RUN OR GO ON BIKE WILL PUT YOU IN GOOD FITNESS. GYM EXERCISES IMPROVE THE STRENGTH OF YOUR BACK MUSCLES, BESIDES THE STAMINA AND FLEXIBILITY. ANY EXERCISE IS BETTER THAN NONE.



WHEN YOU HAVE TO SIT, SUPPORT THE LOW BACK AGAINST THE BACK OF THE CHAIR. KEEP YOUR BACK RELATIVELY STRAIGHT AND THE ARMS OR ELBOWS SUPPORTED. KEEP THE HEAD STRAIGHT AND FEET ON THE GROUND.



HEAT YOUR MUSCLES BEFORE EXERCISE AND STRETCH THEM AT THE END.
IF YOU COMPETE IN SOME SPORT, FOLLOW YOUR TRAINER'S ADVICE TO AVOID HAVING BACK PROBLEMS.



SLEEP ON YOUR SIDE WITH A PILLOW BETWEEN YOUR LEGS, OR IF LYING ON BACK PLACE SOME PILLOWS UNDER THE KNEES OR HAVE DE KNEES BENT UP.



BE CAREFUL WITH AUTOMEDICATION IF YOU ARE IN UNBEREABLE PAIN. ONLY DOCTORS CAN PRESCRIBE MEDS.



KEEP ACTIVE AND AVOID BEING SITTED EVERY DAY. OTHERWISE, YOU WILL LOSE STRENGTH IN THE BACK MUSCULATURE AND INCREASE THE RISK OF HURTING YOU.



HAVING A GOOD POSTURE STANDING AVOID PAIN. TRY FOCUSING ON THIS AND WALK WITH STRAIGHT BACK AND DO NOT WALK HUMPY.



PLACE A STOOL UNDER YOUR FEET WHEN GOING SITTING IN YOUR STUDY OR WORK PLACE.



IF YOUR BACK HURTS VERY OFTEN, TALK WITH YOUR PARENTS AND WITH THE DOCTOR IN ORDER TO TAKE ACTION AND AVOID FORESEEABLE PROBLEMS.



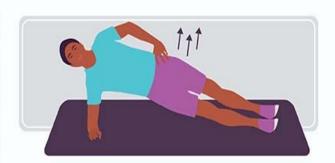
AVOID HIGH HEELS, THEY CHANGE PELVIC POSITION AND PLACE LOAD ON THE LUMBAR SPINE.

#### No Turning Back

#### Reduce Back Pain with These Spine-Stabilizing Exercises



Back pain affects 8 out of 10 people at some point during their lives.





When comparing core stabilization exercises to conventional strengthening exercises, a number of studies show that stabilization moves more effectively reduce low back pain and improve function.



Research shows yoga, stretching, and exercise (especially core-strengthening exercises) can significantly reduce back pain.



#### Opposite Arm/Leg Raise

Start on your hands and knees.

Extend one leg and lift the opposite arm until they are in line with the body. Return to the starting position and repeat on the other side.



#### **Reclined Supine Twist**

Lie on your back, bring your arms out to the sides, and bend both knees into the chest.

Drop both knees to one side and look over the opposite shoulder. Return to the starting position and repeat on the other side.



#### Cat Cow Stretch

Start on your hands and knees. Take your gaze up while tilting your pelvis back so the tail bone sticks up and the back arches downward. Then take your gaze toward your navel and round your spine.



#### Pelvic Tilt

Lie on the floor with your knees bent and feet flat on the floor. Keep a space between the floor and your low back. Tilt your pelvis down so the low back arches up, then engage your abdominals and press your low back into the floor.



#### Supine Hamstring Stretch

Lie flat on your back and extend one leg flat on the mat and the other leg straight up toward the ceiling. Gently pull on the back of the raised leg while keeping your shoulders on the mat. Hold for 30 seconds, then repeat on the other side.

# Twrong postures YOU SHOULD BE AUANE

2

#### HAND THE ARM THROUGH THE WINDOW

#### **PROBLEMS**

Shoulders and spine twisted, so pains occur in neck and spine.

#### SOLUTION

Both hands on the steering wheel. Back in straight position. Strengthen the abs.



#### **POORLY REGULATED CHAIR**

#### **PROBLEMS**

Cervical pain, low back pain, sciatica, and premature tiredness.

#### **SOLUTION**

Legs at 90°, feet on the floor and looking straight.



#### **CARRYING BACKPACKS ON ONE SHOULDER**

#### **PROBLEMS**

Dorsal pain and scoliotic attitud.

#### SOLUTION

Carry the backpack high and put it on both shoulders.

TO DO AT HOME



#### SHRUGGING

PROBLEMS
Cervical, dorsal and
lumbar overload.
Neck tension
and headache.

#### SOLUTION

Put the back straight and throw the shoulders back without arching your back.



#### DO NOT SUPPORT THE BACK

#### **PROBLEMS**

Cervical pain, low back pain, back pain and pain headlong

#### SOLUTION

Lumbar area leaning on the backrest without crossing legs.



#### PICKING UP WEIGHTS WITHOUT BENDING THE LEGS

#### **PROBLEMS**

Back pain, low back pain and sciatica.

#### SOLUTION

Take the weight through a deep flexion on knees.



#### **PROBLEMS**

Torticollis, low back pain and sciatica.

#### SOLUTION

Sleeping on your side with legs to the chest and back straight.



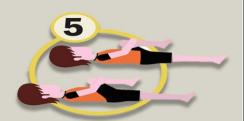














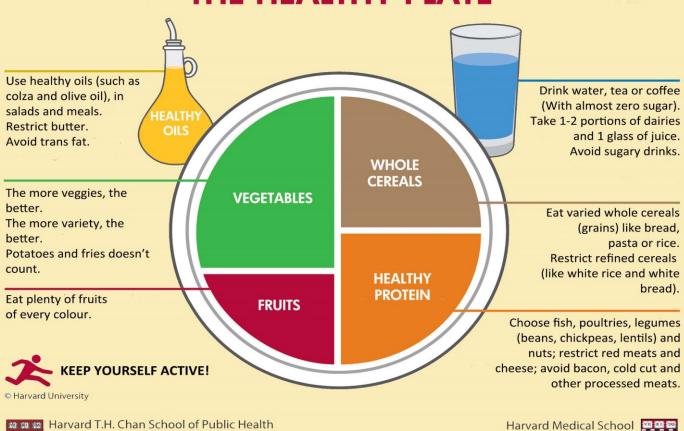




# UNIT 6

# BALANCED DIET

#### THE HEALTHY PLATE





The Nutrition Source

www.hsph.harvard.edu/nutritionsource

#### WATER AND OTHER DRINKS

Water should be the drink protagonist. Coffee, tea and other infusions, preferably without sugar.



#### **SUGARY DRINKS**

Harvard Health Publications

www.health.harvard.edu

Limit bottled juices and sodas as much as possible. Natural juice should be drunk one glass a day, no more.



03

#### DAIRY

Limit the intake to one or two portions a day. We talk about milk, yoghurts..



#### **FATS**

Opt for healthy fats like olive oil, avocados, nuts...

We must give our diet the importance it deserves, valuing the composition and the quality of the food we consume, its properties and the effects (positive or negative) that they will have on our health.

# One Food Diet





Only liquids are removed, so when quit this diet, what is lost is recovered.





### Carbohydrates



are drastycally REMOVED

#### **CONSEQUENCES**

Because of not having a direct source of energy, the body has to generate that energy in another way: LIPIDS and PROTEINS. It can cause gout and kidney

### Dissociated diet









#### ACCORDING TO ITS DEFFENDERS

Nutrients are not assimilated by the body if taken separately. In this way, you lose weight.

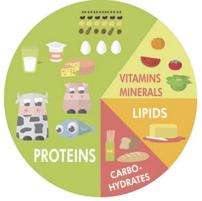








# Hyperproteic Diet



IT'S CHARASTERISED BY

high intake of

**PROTEINS** 

#### **SEVERE CONSEQUENCES**

- The absence of carbohydrates causes the formation of ketones that accumulate in the blood and they can cause nausea and fatigue.
- Liver and kidney overload.
  Uric acid levels increase.
- Weight loss is more from water than fat.

There are many people who sometimes in their lives go on a restrictive diet; but instead of going to a specialist, they embark on mindless and sometimes dangerous diets.

# **Restrictive Diet**

You must ingest 600-800 Kcal/day







#### **CONSEQUENCES**



#### **GET THINNER FAST AND WITH NO EFFORT**

Miracle diets do not exist. All of them are a fraud.

Diets must be monitored by specialists and they must be personalized.



#### SOME FOODS BURN FATS

None food has the gift of burning fat. None. Do not get trick by add, internet or piece of news.





Taking the equivalent to 6 little spoons of sugar is healthy. From 6 to 12 is harmless, except for your teeth. Above 12 is harmful. A soda has 10 little spoons os sugar.



#### CARBOHYDRATES ARE EVIL

CH should be 40-45% of the diet, including fibre and starch.
Our body needs them to make the brain and muscles work.

#### DO NOT EAT BETWEEN MEALS



There is no problem with eating between meals if these foods are healthy, such as fruit, yoghurt or low fat cheese.

## LOW FAT

#### EAT AS LESS FATS AS YOU CAN

Fats should be 20-35% of the diet, above all the monoinsaturated ones.

For instance, olive oil.

LIGHT PRODUCTS HELP YOU TO LOSE WEIGHT



Light products have more sugar or salt than recommended in order to make them more tasties.

Therefore, calories are the same or higher.



#### YOU HAVE TO EAT AL KIND OF FOOD

Yes and no.

You should eat from all main nutrients. It does not mean that you can eat a burger, fries, ice cream and pizza daily, for instance.

#### EATING AT NIGHT GET YOU FAT



The hour is indifferent.
You have to take into accounts the amount of calories you eat and burn off (Energy balance), nothing more.



#### YOU SHOULD DRINK 2 LITERS OF WATER A DAY

You have to drink when you are thirsty.
It is as simple as that.
Only elder people and babies have to be careful; and when summer is coming, even more.

# PHYSICAL ACTIVITY





Can't decide whether to take a brisk walk or do reps with hand weights? Both are beneficial, but the right choice for you depends on your fitness goals.



### AEROBIC EXERCISE

### STRENGTH TRAINING

If you want to build muscle



If you want to improve your cardiovascular fitness

If you want to lose fat



If you want to lower your blood pressure



If you have lower-back pain



If you want to reduce LDL ("bad") and total cholesterol



If you want to improve HDL ("good") cholesterol



If you want to build or maintain bone



If you have knee pain

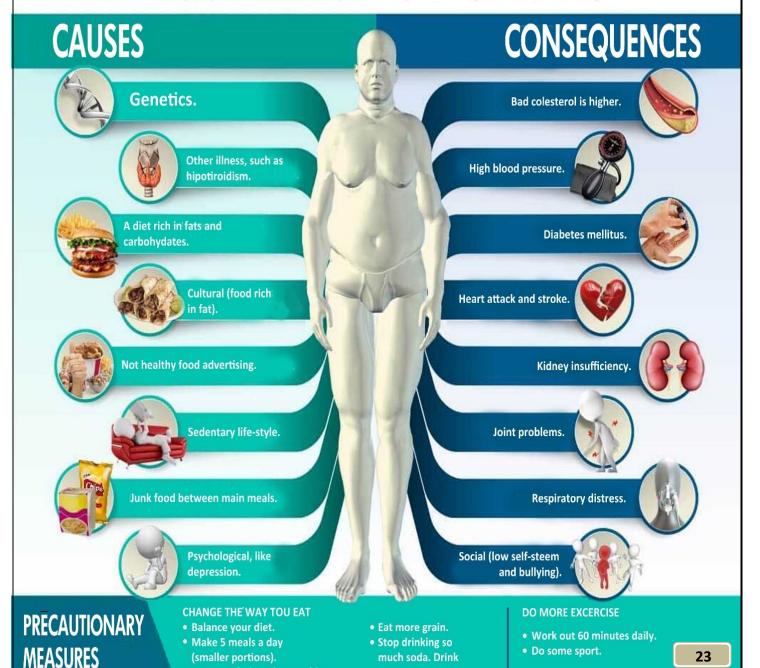


# UNIT 7. Eating disorders

# DID YOU KNOW THAT...? OVERWEIGHT AND OBESITY PEOPLE SUFFER

They are defined as and excesive accumulation of fat and it is a health problem due to it increases the risk of suffering other illness and mortality.

Nowadays, Spain is the second European country with the highest level of overweight.



more water.

• Eat more fruit and vegetables.



Bigorexia, formally known as muscle dysmorphia, condition which typically occurs in men, though women may also be affected.

Obsession for 'bulking up' and preoccupation with muscle size. People feel they are not muscular enough.

### SYMPTOMS

- Feeling muscular build is never good enough
- Excessive exercising
- Overlooking risk of injury
- Constant mirror-checking.
- Constant measuring.
- Avoiding social situations where more muscular people may be present.
- Extreme attention to diet.

- Exercising even when injured.
- Anxiety when a workout is missed.
- Neglecting employment and relationships.
- Use of steroids.
- Obsession with trying the latest muscle-building routines.
- Overdosing on supplements.
- Not admitting there is a problem.

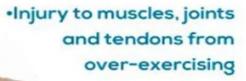


Self-loathing

Depression

Social Isolation

Eating Disorders



•Issues from steroids

Anxiety

Drug addiction

Financial Hardship



#### Eating disorder

# **ANOREXIA**

In medicine, the expression as symptom means the lack of appetite and it can be caused by some issues.

#### **ANOREXIA**

From Greek a-/an (negation) + órexis (appetite, hungry; desire)

Lack or appetite

#### **TYPES OF ANOREXIA**

#### **1** NERVOUS

Loss of weight self-induced with a distortion of the body image.

#### What is the trigger

- Anomalous concern for the shape and weight of one's body It is showed trough excessive
- control of the food intake

#### Age and Sex

**4** 14-18

**20-40** 

lt is more frequent in women

#### **Types**

#### Restrictive



There is an attempt to decrease weight with diet There is no self-induced vomiting or drug use

#### **Purgative**



In addition to diet and vomiting and use of medications

#### **CIRCUMSTANCES**







situations of everyday life

#### 2 SEXUAL

#### Inhibited sexual desire o anaphrodisia

where a person will not start or respond to the desire for sexual activity

#### What is the trigger

- Self-concept of little or null sex appealSuccess, pleasure and love denial

- Fear of rejection
  Difficulty at showing sexual desire

#### **SPAIN**

80.000 cases

die (100 per year)

Average age

**SEX** 





#### **ALARM SIGNALS**

#### **Eating disorder**

# \_IMIA

It is a disease in which people eats in excess or have episodes in which they eat too much, feel a loss of control and is accompanied by purging methods to avoid weight gain

#### **ETIMOLOGY**

From Latin bulimia, which comes from Greek (boulimia) It consists of bous (beef) and limos (hunger)

It means overeating or beef hunger

#### **CAUSES**



Genetics



**Psychological** 



**Purgative** 

Non purgative





50% 30%

Familiar

**TYPES OF BULIMIA** 

Compensatory vomit behavior,

laxatives, diuretics intake por removing the food from the body

6% and 8% lead to other

do nothing or fasting repetedly

Girls

beahaivors such as overexercsing,

**AVERAGE AGE** Children

Social and cultural

#### **NERVOUS BULIMIA**

Eating disorder thah consists of taking some behaviors

- Excessive food consumption in a short time
- Temporary feeling of well-being
- Removing excesive food trough fasting, vomit, purges and laxatives.

#### **FEATURES**

- Compulsive pig out episodes
- Guilty feeling
- Anxiety feeling
- Loss of mental control for eating too much
- fasting or low intake episodes
- Compulsive intake episodes

#### COMPENSATORY BEHAVIORS



Forcing



Immediate disappearance of physical discomfort and of gaining weight



Overexercising and

#### **HOW TO PREVENT IT**

- Not doing diets withoput medical advise
- 👉 Accepting your own body, take care of it and love it
- Try eating with the family
- Frejecting thinness like fashionable, success key and social approval
- 👉 Remembering that human values are more important

Average Age years

people of total amount of them









# Orthorexia?

Orthorexia, or orthorexia nervosa, describes an unhealthy obsession with healthy eating.

Orthorexia is a combination of two Greek words "ortho" and "orexi," which translate to "correct" and "appetite."

#### Signs of Orthorexia

- Consuming only a few types of food on a very restricted diet
- Compulsive behavior and concern about how healthy certain foods and ingredients are
- Following healthy food and lifestyle pages on social media
- Obsessively checking ingredients and nutritional labels

# What Are the Causes of Orthorexia?

- Social Media Influence
- Anxiety
- Genetic Pickiness
- Exposure to Abnormal Eating Habits During Childhood

#### **What To Do**

- If you notice that you are exhibiting signs of orthorexia, reach out to your primary care provider.
- Your physician will be able to assess your health, screen for malnutrition, and detect psychological abnormalities.
   Your physician can also refer you to behavioral therapy specialists.

# UNIT 8. BASKETBALL

#### What is basketball

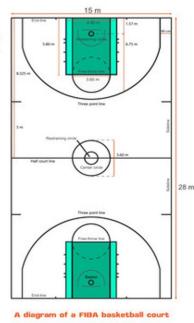
Basketball is a sport that is played by two teams of five players on a rectangular court.

The objective is to shoot a ball through a hoop 18 inches in diameter and mounted at a height of 10 feet to backboards at each end of the court. A team can score a field goal by shooting the ball through the basket being defended by the opposition team during regular play.

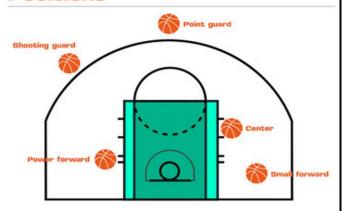
#### Basketball court

The basketball court is the playing surface, consisting of a rectangular floor with tiles at either end. In professional or organized basketball, especially when played indoors, it is usually made out of a wood, often maple, and highly polished. Outdoor surfaces are generally made from standard paving materials such as concrete or asphalt.





#### **Positions**



#### Scoring





#### Some rules

- Personal foul (falta personal): Any contact with a rival player is penalized as a personal foul.
- Travelling (pasos): A player who walks, runs without dribbling more than two steps or slides.
- Double dribble (dobles): A player catches the ball, dribbles, catches it again and dribbles again; do "carrying" (to put de palm beneath the ball) or dribbles with two hands at the same time.
- Backcourt rule (campo atrás): When the attacking crosses into the frontcourt they cannot move back.
- TIME RULES: 3-second rule (tres segundos): No attacker can spend more than three seconds inside the scoring area of the rival team. 5-second rule: No attacker can spend more than five seconds without passing, dribbling or throwing the ball. 8-second rule: A team has eight seconds to cross to the frontcourt. 24-second rule: A team has 24 seconds to score.

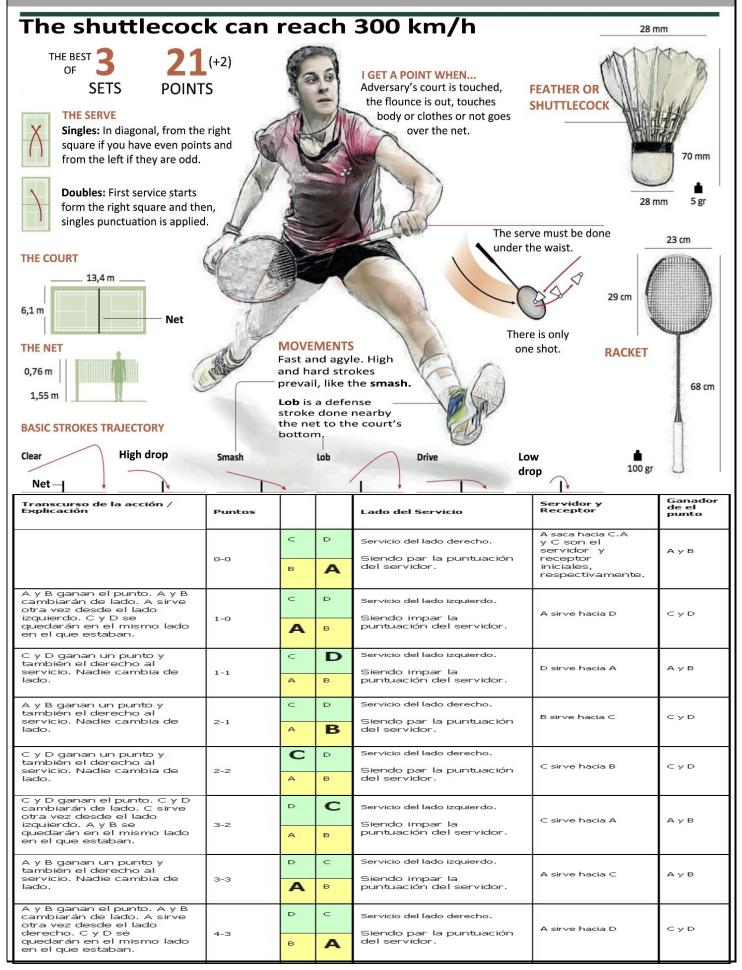
#### Some vocabulary

• Hoop/Rim: Aro

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- Basket: Canasta
- Backboard: Tablero
- Free Throw: Tiro libre
- Draw: Empate
- Out of bounds: Fuera de banda
- Dribbling: Botar
- Extra time: Prórroga

# UNIT 9. Badminton



# UNIT 10. Orienteering

# SUMATRA RALIMANTAN NE SUL

MAIN CARDINAL DIRECTIONS
SECONDARY CARDINAL DIRECTIONS

#### **ORIENTEERING**

It is advisable having basic notions of orienteering when we go hiking if we lost the signals of the path.

Orienteering is defined as the capacity of finding north and, therefore, the rest of cardinal directions or four points of the compass.

As it is known, there are four cardinal directions which appear in the wind rose.

So, imagine that you do not have a compass, the battery of your mobile phone is dead or there is no coverage. You do not have a map either, but you have nature.





#### ORIENTEERING BY NATURAL SIGNALS

IT IS DAYLIGHT AND THE SKY IS CLEAR. AT DAWN.

The sun rises in the East. East is on the right of any map, you have to put the sun to your right too. In this way, your body is oriented with reality.





IT IS DAYLIGHT AND IT IS THE SUNSET (OR TWILIGHT).

The sun sets in the west. West is on the left in any map, so you have to put the sun to your left too. In this way, your body is oriented with reality.

#### 12 IT IS D THE SI

IT IS DAYLIGHT, THE SKY IS CLEAR (MID-MORNING)

At 12 pm, when our own shadow is shorter, the sun is in the south in the northern hemisphere. If we were in the southern hemisphere, the sun would be in the N.



#### IT IS DAYLIGHT, THE SKY IS CLOUDY

We can use tree rings. The area where the rings are closer to each other points the north. On the contrary, the area where the rings are more separated points the south.



#### IT IS DAYLIGHT, THE SKY IS CLOUDY

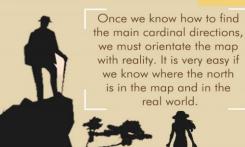
We can use the moss, which grows in shadow areas. In Europe it points to the north, but you have to be careful an not to choose an area which is completely in shadows.



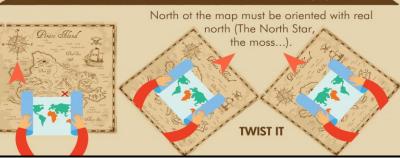
#### AT NIGHT WITH CLEAR SKY

We have to use the stars. Specifically, we have to locate the North Star (Polaris). It marks the north. How do we find it, then?

We have to measure the distance between Merak and Dubhe with our hand. They are in Big Dipper constellation. Then, we extend five times that distance from Dubhe towards outside. At some point, we find a bright star. That is the North Star, which is part of Little Dipper constellation (last star of the tail).



#### ORIENTEERING WITH A MAP



Orienteering is recognizing the situation of the north and, consequently, the rest of cardinal points. We will also need to know how to read a map.



Proportion

and realitiy.

between the map

In Orienteering, it represents a not very big surface. It could be the gym, the school or the neighborhood. It gives us better details of the zone we arre watching).

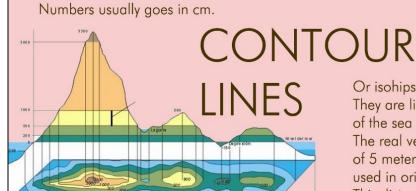
1 Kilomete

SCALE

Scale 1:25.000



It expresses through drawings and conventional signs those important details that we go to find in the map. For example, the water is represented in blue, vegetation in green and mountains in brown.



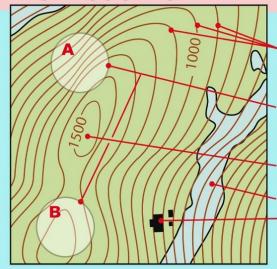
Or isohipsas.

They are lines that join points of same height on the level of the sea (altitude).

The real vertical distance between every line is in the range of 5 meters in the maps of small scale 1:15.000 (most used in orientation) and 10 meters in 1:25.000.

This distance is called equidistance or contour interval.

#### A simplified topographic map



#### **Topographic maps show:**

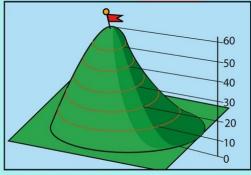
Contour lines, which represent changes in elevation, or height. The closer they are together, the steeper the land

Here, the map shows that Area A is steeper than Area B because there are more lines and they are closer together in A.

Elevation indicator, which tells the height in feet or meters.

Details such as water,

Buildings

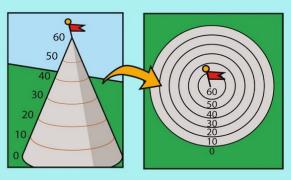


Contour lines show the elevation. Here the land is steeper on the left side and a gentler slope on the right.

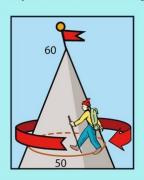


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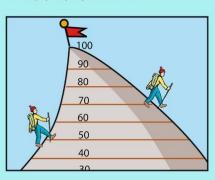
A topographic map of a cone is a series of circles.



If the hiker stays on the same contour line, he'll stay at the same elevation, or height.



If the hiker crosses contour lines, he'll either be climbing up or going down in elevation.





# COMPASS

Magnetic needle that always is aiming north.

**7 BASEPLATE** 

1 **AUXILIARY LINES** 

**3 NORTH-SOUTH LINES** 

**4 MAGNETIC NEEDLE** 

**6 DIRECTION ARROW** 

**5 ORIENTING ARROW** 

2 ROTATING HOUSING IN SPANISH, 'LIMBO'

#### How to Use It?

- 1.- Origin and destination must be joined with the compass auxiliary lines or the edge (1).
- 2.- Turn the rotating housing (2) until N-S lines (3) match with the lines of the map.
- 3.- All together, we turn around until the magnetic needle (4) matches with orienting arrow (5).
- 4.- We follow the direction pointed out by the direction travel arrow (6).

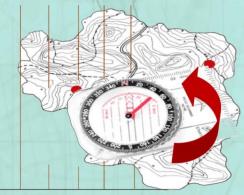
#### **AN EXAMPLE**

STEP 1: Origin and destination must be joined with the compass auxiliary lines or the edge.



STEP 3: All together, we turn around until the magnetic needle matches with orienting arrow.

STEP 2: Turn the rotating housing until N-S lines match with N-S map lines.

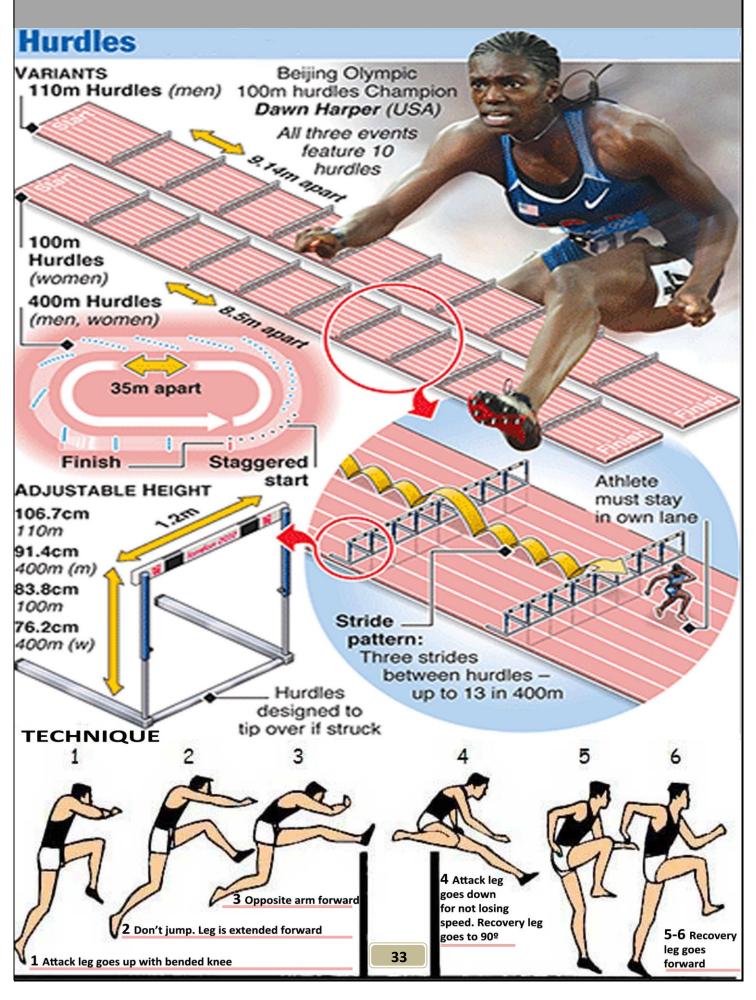


STEP 4: We follow the direction given by the direction travel arrow.





# UNIT 11. Hurdles



# UNIT 12. Kickball

understanding kickball Invented in the US during the World War II era, the soccer and baseball hybrid sport kickball is a game which continues to be played in playgrounds and schoolyards everywhere.

Children and adults enjoy the game for it's playful nature. Less competitive than more traditional sports, kickball provides an outlet where fun, exercise, and sportmanship can all strive.

While the rules of the game may vary depending on the level of competition, playing location, or time given for game, these principles and guidelines can be applied to almost all variations of the sport.



#### pitching

A roll of the ball from the pitcher's mound to home plate with the purpose of being kicked by the batter. Ball must be thrown so that batter can kick it, else it's counted as a ball.



#### getting an out

A fly out, a force out, a strike out, an indian rubber and a tag out are different means in which the defense can stop the offense. Three outs means the end to half of an inning.



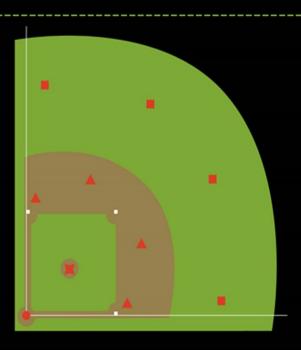
#### batting (kicking)

When up to bat, the batter may request a pitch from the pitcher. Once pitched, the ball can then be kicked anywhere on or behind home plate. Batter may also choose to bunt.



#### running

After you kick the ball, the batter must then successfully round the bases in order to score. All bases must be touched in order. No more than one runner may be on a base.



outfielders

The outfielders all play the furthest

out in the field. They must catch as

many fly balls as they can and get

infield as quickly as possible.

any outfield grounders back into the

#### catcher

The catcher plays at home plate and is responsible for returning all of the pitches to the mound. The catcher must also be ready for when a runner tries to run home



#### creating teams

In league games, teams must consist of at least four males and four females. In playground games, captains are chosen and must take turns alternating drafts until nobody is left.

#### pitcher

The pitcher plays in the center of the field on top of the pitcher's mound. The catcher plays at home plate and is responsible for returning all of the pitches to the mound.

#### ▲ infielders

The infielders consist of the first basemen, second basemen, short stop, and third basemen. They each cover their respected bases and do the best they can get runners out.



#### bunting

A bunt is performed by just kicking the ball hard enough so that is goes just in front of the batter. The kick is light and only makes the ball bounce just a few feet in front of homebase.



#### strike out

Striking out occurs when the batter misses too many three of the pitches during his/her time at bat. The strike out counts as an out and the next batter comes up to the plate.

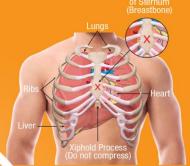
# UNIT 13. First Aid

# CARDIOPULMONARY RESUSCITATION

A life-saving technique everyone should know







knees slightly apart.



The chest should fully recoil (come all the way up) after





with a rate of 100-120 compressions per minute.



Place the heel of lower half of the sternum (breastbone).

> directly over the casualty's chest.



elbows and lock them in position.





# HOW TO PERFORM C P R ON AN INFANT

If an infant appears to be unresponsive:

ASSESS THE SCENE



 Quickly check the area for safety hazards, you can't help anyone if you become a victim yourself.



 Tap the victim on the feet and shout to check for a response.





- Yell for help.
- Instruct a specific bystander to call



#### CHECK THE VICTIM FOR BREATHING

Open the victim's airway.

Gently tilt the victim's forehead back with one hand, and lift the chin with the other.



 Scan the victim's head and chest for signs of breathing.
 Do this for no more than 10 seconds.

Gasping or gurgling is NOT breathing and CPR should be performed immediately.

#### CPR - Cardiopulmonary Resuscitation

 The victim must be on a firm and flat surface and facing upwards

#### 30 CHEST COMPRESSIONS

 Draw a line, with your hand, from the armpit to the center of the chest



From one hand, use two fingers for compressions, push down to give 30 chest compressions in 18 seconds or less. It helps to count out loud.



- Push down hard and fast, 1 1/2 inches (or 4 centimeters) deep at the rate of at least 100 compressions per minute.
- Lift your hands slightly off the chest between each compression to allow for full chest re-coil.

#### 2 GIVE 2 RESCUE BREATHS

 Ensure head is tilted back and the chin is lifted.



 Cover both the infant's mouth and nose with your mouth and give two small puffs of air.



- Blowing too hard can damage the infant's small lungs.
- Observe for signs of chest-rise and re-position if needed.

### REPEAT STEPS 1 & 2 AND CONTINUE THIS PROCESS UNTIL:

- The victim begins breathing.
- Another trained responder arrives and is ready to take over.



 You are physically unable to continue.

After 5-cycles of CPR, if help is not available and the victim has not resumed breathing, call:

1-1-2

### HOW TO PERFORM

### HEIMLICH MANEUVER

ON AN ADULT



#### **CHOKING**

This maneuver should be used in case of choking and if the person is:

- not coughing
- unable to speak or breathe
- signaling for help, typically by holding their hands around their throat

First, if there is a bystander, have them call 112 for emergency help. If you are the only person present, begin first aid treatment:

- Get the person to stand up.
- Position yourself behind the person.
- Lean the person forward and give five blows to their back with the heel of your hand.
- Place your arms around their waist.
- Make a fist and place it just above the navel, thumb side in.
- Grab the fist with your other hand and push it inward and upward at the same time. Perform five of these abdominal thrusts.
- Repeat until the object is expelled and the person can breathe or cough on their own.

#### ON AN INFANT

This maneuver is done in the same spot but only with two fingers. The baby is inclined downwards.





ON YOURSELF

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# What are STTOKE? signs of a STTOKE?

- Weakness
- Sudden loss of strength or sudden numbness in face, arm, or leg, even if temporary
- ✓ Headache
  Severe and unusual headache
- Dizziness
  Sudden loss of balance, especially with any of the above signs
- ✓ Vision problems
  Sudden trouble with vision, even if temporary
- Trouble speaking Sudden difficulty speaking or understanding or sudden confusion, even if temporary

If you are having these symptoms or are in doubt,



Do not drive yourself to the hospital.

When you arrive by ambulance, the hospital will be contacted and a team with a neurologist will be waiting, with the equipment ready to begin treatment immediately.

When it comes to treating a stroke,

Ötime is brain

# UNIT 14. Doping



The mainstream doping helps by increasing your blood flow or the size and the strength of the muscles or getting a better swap of oxygen and carbon dioxide or masking de pain.



Androgens (improve muscle strength and endurance), blood doping (improves oxygen transport and athletic endurance), peptide hormones (increase bulk and strength), stimulants (increase blood flow and heart rate), diuretics (they mask doping), narcotics and



cannabinoids (decrease the painful sensations of



#### **CAN IT BE** STOPPED?

Not always. Some advanced laboratories have more knowledge and money than the ones of anti-doping agencies.





Think about it and talk with your teacher during the lessons.

It is the use of a substance to illegally improve athletic performance.



#### **ANDROGENS**

Acne

38

- Liver Damage
- Breast tissue development in males
- Shrinking of the testicles and impotence
- Cessation of breast development in females



#### **BLOOD DOPING**

- Increased stress on the heart
- Blood clotting
- Strokes
- Heart attacks
- Pulmonary embolism



#### **HORMONS**

- Hypertension
- Heart attacks
- Thyroid problems
- Loss of vision
- Diabetes and tumours

#### **STIMULANTS**

- Insomnia and anxiety
- Dependence and addiction
- Increased heart rate and blood pressure
- Risk of stroke, heart attack, and cardiac arrhythmia.

# UNIT 15. Women and Sports

#### PIONEER SPORTSWOMAN

Women who changed sport history

1896 STAMATA REVITHI



the first of the modern era, but the women were not allowed to compete.

As a protest, the next day she 5 hours and 30 minutes, although her mark was not

#### KATHRINE SWITZER

1967

In 1967, the Boston Marathon admitted only Kathrine signed up as in the career as a common runner.



Reached the half way, one of the judges spotted her and jumped after her partner prevented it.

#### **BILLIE JEAN KING**

1973

Bobby Riggs, Wimbledon champion in the doubles category in 1939, was convinced that 34 years later he could win the Billie Jean King (he was



55 and she was 29). The tennis player proved that the "superiority of man" that Riggs boasted was not true and defeated him without too much trouble.

**LUSIA HARRIS** 

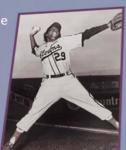


In 1977 NBA's draft edition, where each team chooses new players. the New Orleans Jazz chose Lusia Harris, the best player of the Harris had to refuse the team's offer because she was pregnant and could not join lip to workouts.

#### MAMIE JOHNSON

1953

Johnson couldn't even play in the women's baseball league. So when she found out that the Indianapolis Clowns of the Negro included black players) were looking for a new player, Johnson showed up to the



2001 JUTTA KLEINSCHMIDT

Only woman who won Dakar's Rally



After several years of trying, the German pilot became the first -and so far only- woman to win the Dakar Rally in 2001. He did it with a used the triumph by Kleinschmidt pars promoting themselves with a macho slogan and derogatory: "If a woman can run the Dakar

### UNIT 16. Gaelic Football

#### GAELIC FOOTBALL





#### **HISTORY**

- Comes from the ancient Irish football known as Caid. In 1597.
- It was founded in Novembre 1st 1884 by Michael Cusack.
- It started being popular at the end of XIX due to the creación of the G.A.A (Gaelic Athletic Association).
- Now the pesident of G.A.A is Aogán Ó Fearghaíl.
- GAA All-Stars refer to a group of elite Gaelic football players who are selected each
  year for their outstanding performances during the respective seasons.

#### OBJECTIVE AND DEVELOPMENT

• This is a team sport that mixes football and rugby. The objective of this game is to score points by kicking or hitting the ball with your hands or feet and putting it into the opponent's goal (3 points) or between the upper part of the "H" shape (1 point) with your feet. The team that finshes the match with most points wins.



#### STRATEGIES WITH THE

- Punch the ball with your Clenched fist to pass it to a teammate.
- Kick the ball with your feet to pass it to a teammate or to score a goal.
- Toe-tap: kick the ball with your feet and capture it again with your hands.
- Bounce: throw the ball with your hands to the field and capture it again as well with your hands.

#### FIELD AND EQUIPMENT

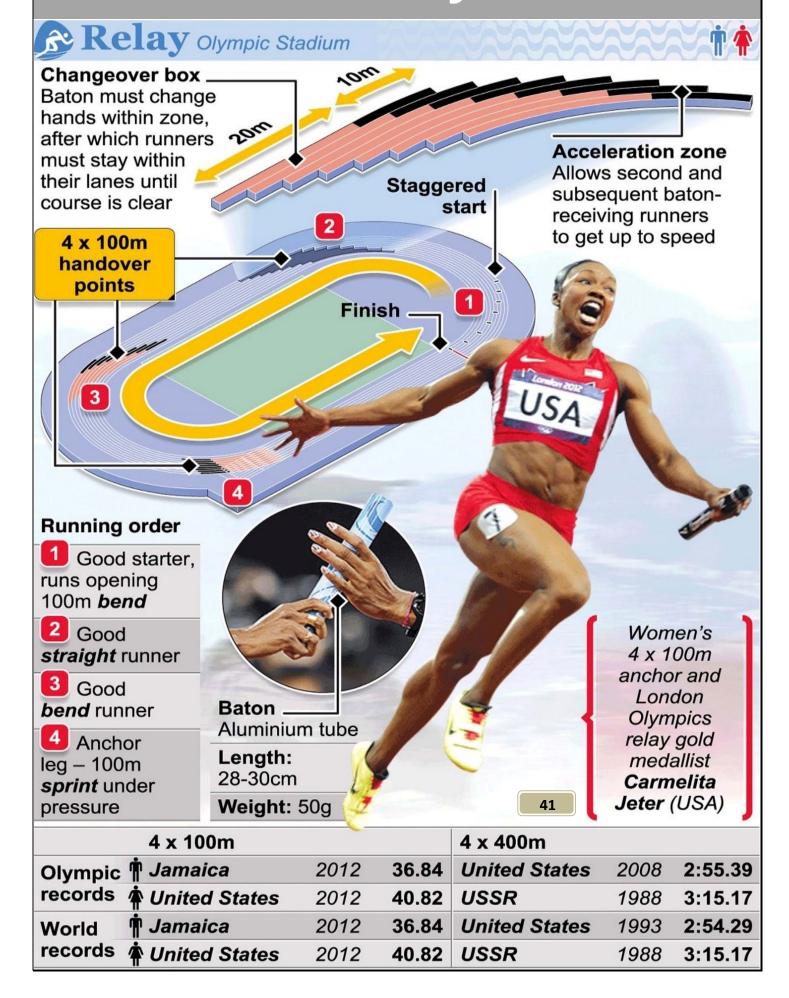
- It 's used a ball similar to football, but in this case is smaller and heavier. Its circumference goes from 68 to 75 cm, and weights 400gr aprox.
- The field measures 80-90x130-145m.
- There are two goals located in the wide part of the field. They have an "H" shape. It width is 6,4m and the stickers heigh 4,88m.
- In each team is required: 1 goalkeeper and 14 player each one with its own function and position.

#### RULES



- You can only run five steps, then you must pass the ball to another player or bounce/"toe tap" it if you want to continue running with the ball.
- You can only bounce the ball twice in succession.
- You can't pick the ball directly from the ground with your hands. You must lift the ball with your feet before taking it with your hands.
- Is not allowed hitting, grabbing or pushing.
- Played in two halves of 30-35 minutes with around 15 minutes break.
- There are 15 substitutes and it possible to make up to 5 player changes.
  - You can catch and block the ball in the air to change possession.

# TEMA 17. Relays



Physical Education
Department
El Escorial Secondary School
(Madrid) 42

## TASK 1. The Heart Rate

NAME AND SURNAME

**CLASS GROUP** 

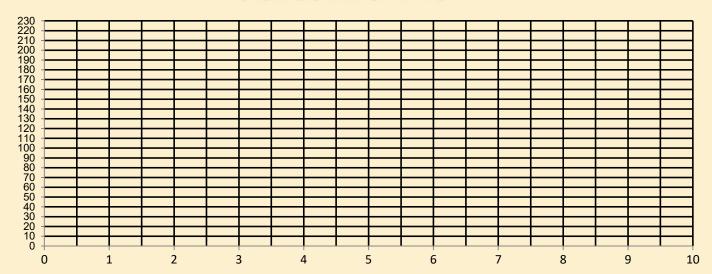
#### QUESTIONS





NUMBER	EXERCISE	BPM	NUMBER	EXERCISE	BPM
1	PO (RESTING)		6	RUFFIER - DI	CKSON TEST
2	WALKING FAST		7	P1	
3	1 MIN LATER		8	P2	
4	5 MIN OF S.R.		9	45s - 1min OF ANAEROBIC RACE	
5	3 MIN LATER		10	3 MIN LATER	

#### 6 SECONDS X 10



#### **RUFFIER-DICKSON TEST**



at resting

30 squats in 45 sec



HR 1 min later (P0 + P1 + P2) - 20010

**DO IT HERE** 

**EXCELENT FITNESS** -0 1 to 5 **VERY GOOD FITNESS** 6 to 10 **AVERAGE FITNESS** 11 to 15 NOT GREAT +16 BAD

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#### ANSWER THE NEXT QUESTIONS

(Firstly, you must choose your level and fill in the gasps)

Low	LEVEL	AVERAG	E LEVEL	HIGH LEVEL			
MHR=226-AGE	MHR=220-AGE	MHR=226-AGE	MHR=220-AGE	MHR=226-AGE	MHR=220-AGE		
TARGET HEART RATE ZONE	TARGET HEART RATE ZONE						
50% =	50% =	60% =	60% =	60% =	60% =		
75% =	75% =	75% =	75% =	85% =	85% =		

- 1.- WHAT IS YOUR M.H.R. THIS COURSE AND THE TARGET HEART RATE ZONE FOR YOU TO DEVELOP GOOD HEALTH? (YOU HAVE TO WRITE THE OPERATIONS DOWN SO THAT THE ANSWER IS RIGHT.)
- 2.- In activities 4 and 9, have you moved within the most healthy beats interval figured out in the previous questions? If not, why was that way? (Answer based on questions 1).
- 3.- WHAT LEVEL OF FITNESS DO YOU HAVE NOWADAYS BASED ON RUFFIER-DICKSON TEST? WHY DO YOU THINK IT IS? (LOOK FOR CAUSES IN YOUR DAILY HABITS).
- 4.- WRITE DOWN 4 FACTORS STUDIED IN PREVIOUS YEARS THAT CHANGE THE HR.

Name and surname \_\_\_\_\_\_\_Class Group

FINAL MARK

**POINTS** 

1.- 4 points. 2.- 2 points. 3.- 2 points. 4.- 1 point. (Fill in the graphic correctly will add 1 point).

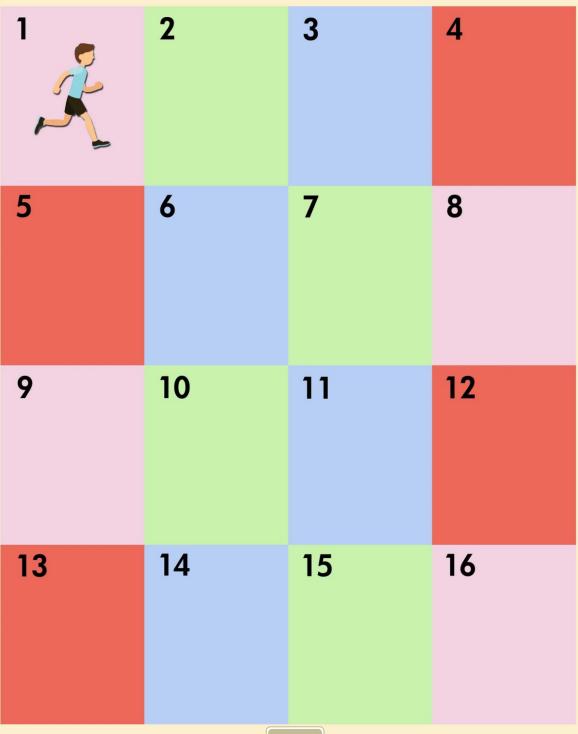
# TASK 2 THE SPECIFIC WARM UP

NAME AND SURNAME

CLASS GROUP

#### QUESTIONS

DRAW ON THIS TABLE A SPECIFIC WARM UP. DO NOT CHOOSE ANY EXERCISE DRAWN IN THE LESSON. SEARCH THEM ON THE INTERNET OR BASED YOUR ANSWER ON EXERCISES THAT YOU KNOW.



45

# TASK 3 THE SKELETAL AND JOINT SYSTEMS

NAME AND SURNAME

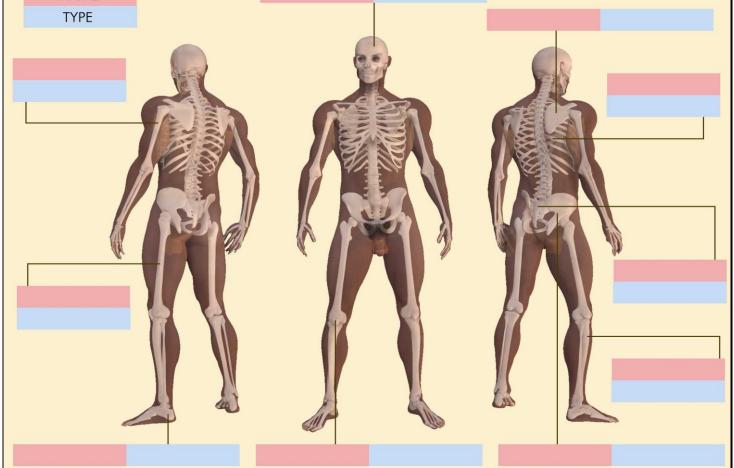
**CLASS GROUP** 

#### QUESTIONS

1.- WRITE DOWN THE NAME OF THE BONE AND WHICH TYPE IT IS. (1 POINT EACH BONE).



NAME



2.- WRITE DOWN WHICH BONES ARE LINKED IN THE FOLLOWING JOINTS AND WHAT TYPE OF JOIN IT IS.

KNEE

**ELBOW** 

**SHOULDER** 

ANKLE

HIP

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TYPE

# TASK 4 THE MUSCULAR SYSTEM

NAME AND SURNAME

**CLASS GROUP** 

#### QUESTIONS

1.- USING ARROWS, MARK THE FOLLOWING MUSCLES IN THE PICTURES. (0.5 POINTS EACH MUSCLE).

DELTOID

THAPEZIUS

LATISSIMUS DONSII

THICPES BRACHII

PECTOBALIS MAJOB



LUMBAħ SQUAħ€

SUPINATORS

EXTENDAL OBLIQUE

PALMAN



N€CTUS ABDOMINIS (ABS)

SENNATUS

ILIAC PSOAS

HAMSTRINGS

CALVES

**SOL€US** 

GLUT€US MAXIMUS (BOTTOM) **ADDUCTOR** 

QUADNICEPS

MUSCLE

SANTONUS

2.- WRITE THE NAME OF THE MOVEMENT THAT THE PICTURE IS DOING AND WHICH MUSCLE IS BEING USED.



2





MOVEMENT



3.- WHAT ARE THE MUSCULAR SYSTEM'S FUNCTIONS AND WHAT TYPES OF MUSCLES ARE THERE?

**FUNCTIONS** 

TYPES OF MUSCLES

# TASK 5 STAMINA

NAME AND SURNAME

**CLASS GROUP** 

#### QUESTIONS





#### WORKOUT: 2 X 8 minutes of aerobic stamina

	Method 1				Recovery			Method 2			Recovery			
	2 ′	4′	6′	8′	1′	2′	3′	2′	4'	6′	8′	1′	2′	3′
BPM														

#### **QUESTIONS**

- 1.- WHAT TWO METHODS OF STAMINA TRAINING HAVE WE USED AND WHAT TYPE OF SYSTEMS DO THEY BELONG TO?
- 2.- ¿DOU YOU THINK THAT THE LOAD OF TRAINING HAS BEEN INTENSE OR MILD FOR YOU? (REASON THE ANSWER).
- 3.- If in method 1 you reached anaerobic stamina levels, is it a good sign of is health? (Reason it).
- 4.- CLASSIFY THESE TRAINING METHODS DEPENDING ON WHAT TRAINING SYSTEM BELONG TO.
- 1.- 2x1000m R: 80BPM.
- 2.- 3x10x100m to 180ppm R: 120bpm and 5 min.
- 3.- 25 MIN RUNNING AT THE SAME PACE.
- 4.- 25 MIN CHANGING THE PACE.
- 5.- 2x15x100 to 180bpm R: 120bpm and 5 min.
- 6.- 1x2000m R: 80BPM.

1	4
2	5
3	6

- 5.- Answer as true (T) or false (F) the next sentences a wrong answer will subtract a correct one).
  - 5.1.- Trained People in Stamina have more heart rate at resting

\_\_\_\_

5.2.- NO-TRAINED PEOPLE IN STAMINA HAVE MORE BREATHING RATE

\_\_\_\_

5.3.- BETWEEN INTERVAL TRAINING REPETITIONS, WE MUST HAVE 120 BPM OR LESS

\_\_\_\_

5.4.- BASED ON THE PULSE, FARTLEK IS MORE INTENSE THAN REPETITIONS METHOD

\_\_\_\_

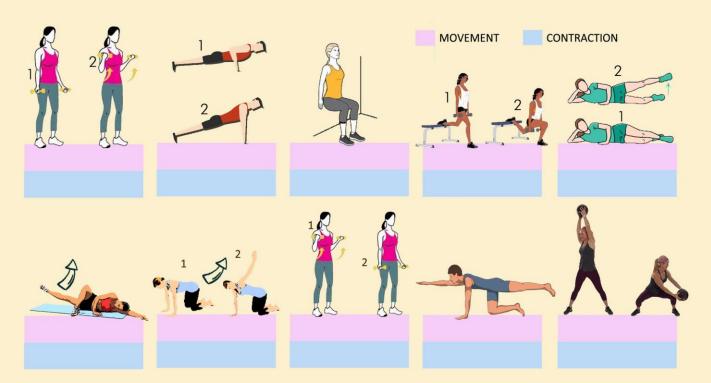
# TASK 6 STRENGTH

NAME AND SURNAME

CLASS GROUP

#### **QUESTIONS**

1.- WRITE UNDER THE DRAWING THE NAME OF THE CONTRACTION AND THE JOINT MOVEMENT THAT ARE DONE.



2.- WRITE UNDER THE DRAWING THE NAME OF THE MEAN OF STRENGTH TRAINING THAT IS BEING DONE.













# TASK 7 FLEXIBILITY

NAME AND SURNAME

C

CLASS GROUP



#### QUESTIONS

- 1.- WRITE BELOW OF EACH EXERCISE
  - A.- FLEXIBILITY SUBCOMPONENT DEVELOPED.

C

- B.- WHICH METHOD IS USED.
- C.- WHICH MUSCLE OR JOINT DOES THE MOVEMENT.



C

# TASK 8. Speed

NAME AND SURNAME

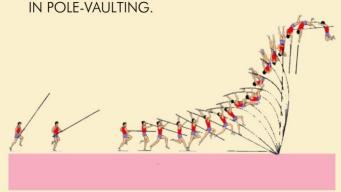
**CLASS GROUP** 



#### SPEED. QUESTIONS

1.- DESCRIBE THE TYPES OF SPEED.
ANSWER

3.- EXPLAIN WHAT TYPES OF SPEED ARE NEEDED



2.- CLASSIFY THESE SENTENCES AS T OR F.

2.1.- RELAY RACE IMPROVES REACTION SPEED WHILE DELIVERING THE BATON.

2.2.- STAMINA SPEED NEEDS THREE MINUTES OF RECOVERY BETWEEN SETS.

2.3.- STANDING JUMP TEST IMPROVES GESTURAL SPEED.

2.4.- WHITE FIBERS ARE FASTER TAN THE RED ONES.

2.5.- SPEED NEEDS TO BE TRAINED AT 85-100% OF THE MAXIMUM INTENSITY.

4.- WRITE OTHER FOUR EXAMPLES OF SPEED GESTU-RES AND WHICH TYPE OF SPEED IS USED.

1 2

3

4

5.- EXPLAIN WHAT BASIC PHYSICAL ATTRIBUTES ARE RELATED TO HEALTH AND WHICH ONES TO COMPETITION. FINALLY, SEARCH ON THE INTERNET WHAT MUSCULAR INJURIES SPEED CAN CAUSE.

### TASK 9. Postural Attitude

NAME AND SURNAME

**CLASS GROUP** 

#### QUESTIONS





NAME OF THE INJURY:

2.- DRAW FOUR STRENGTH EXERCISES IN ORDER TO PREVENT THE FORMER INJURY.



3.- WRITE DOWN FIVE TIPS TO HELP EASE YOUR BACK PAIN.

1
 2
 3
 4
 5

4.- CHOOSE THREE WRONG DAILY POSTURES AND WRITE PROBLEMS THEY CAUSE AND THE SOLUTIONS.

3

### TASK 10. Balanced Diet

NAME AND SURNAME

**CLASS GROUP** 

#### QUESTIONS

1.- CLASSIFY THESE FOODS BASED ON THE GROUP TO WHICH THEY BELONG.





- 2.- ANSWER AS TRUE OR FALSE (EACH WRONG ANSWER WILL SUBTRACT ONE CORRECT).
- BREAD, RICE, CEREALS AND PASTA IS WHAT WE SHOULD EAT MOST OF THE WEEK.
- IT IS BETTER TO EAT LIGHT AND LOW FAT FOOD IN ORDER TO LOSE WEIGHT.
- THE FUNCTION OF THE LIPIDS IS TO HELP GET ENERGY.
- IT IS MANDATORY TO DRINK TWO LITERS OF WATER A DAY.
- CARBOHYDRATES SHOULD PROVIDE 50% OF THE TOTAL DIET
- 3.- QUOTE THREE FRAUDULENT DIETS AND THE DANGERS THAT THEY CARRY.
- 4.- SEARCH ON THE INTERNET ANOTHER DIFFERENT FRAUDULENT DIET AND ITS DANGERS.
- 5.- FIND YOUR BMI. THEN, WRITE FIVE CAUSES AND FIVE CONSEQUENCES OF OVERWEIGHT.



5.1.- WHAT IS YOUR BMI THIS YEAR?



# TASK 11. Eating Disorders

NAME AND SURNAME



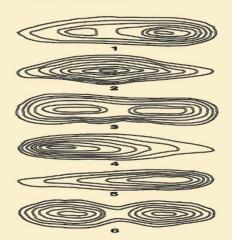
QUESTIONS	
1 ¿TRUE OR FALSE? (Each incorrect question will substraction a short way (4 points).	t a correct one). If it is false, write the correct answer
1.1 Bigorexia is an obsession with so-called healthy food.	Correct answer:
1.2 Diabetes and hypertension are typical effects of orthorexia.	Correct answer:
1.3 The average age of onset of bulimia is 15 years.	Correct answer:
1.4 High HC/protein and low fat diet is typical of bulimia.	Correct answer:
1.5 Loss of menstrual cycles is typical of anorexia.	Correct answer:
1.6Fasting and purging are typical of bulimia.	Correct answer:
1.7 Feeling superior to others is typical of vigorexia.	Correct answer:
1.8 Taking medication to lose weight is typical of bulimia.	Correct answer:
1.9 Compulsive binge eating (pigging out) is typical of obesity.	Correct answer:
1.10 Hypothyroidism is associated with orthorexia .	Correct answer:
<ul> <li>2 Imagine that you have a friend who never eats in compa he have? What other symptoms should you pay attention if the disorder is not treated? (2 points)</li> <li>3 Obese people often suffer ridicule from others. If a friend weight, what would you tell him about his eating habits?</li> </ul>	at to confirm it? Which could be the consequences
weight, what would you tell him about his eating habits? (2 points)  4 How would you prevent bulimia if you find out that a per	

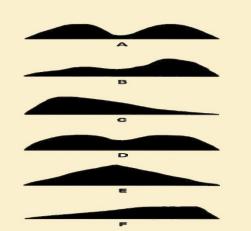
# TASK 12. Orienteering

NAME AND SUNNAME	NO.C.	CLASS GNOUP
	QUESTIONS	
1 Write around this win main and secondary points (1 point).	The state of the s	E DOWN WHICH CARDINAL IT IS POINTED (2 POINTS).
3 Answer the next ques	TIONS (3 POINTS).	
	THE GREEN PORTION OF THE MOSS. WEST IS UR LEFT, IN FRONT OF YOU OR BEHIND YOUF	
3.2 IT IS 12 PM AND THE SUN IS POINT IS LOCATED IN FRON	LOCATED AT YOUR RIGHT SIDE. WHICH CARD T OF YOU?	INAL
3.3 AT DAWN, WHICH CARDINA LOOKING THE SUN AHEAD?	L POINT IS LOCATED AT YOUR LEFT SIDA IF YO	DU ARE
3.4 IN THE SUNSET, IF YOU ARE I HAVE AT YOUR LEFT SIDE?	FACING THE SUN, WHICH CARDINAL POINT D	O YOU
4 ANSWER AS TRUE OR FAL	SE THE NEXT QUESTIONS (2 POINTS).	
4.2 ON EARTH, THE COURSE OF 4.3 AT 12 PM, THE SUN SHOWS THE HEMISPHERE WE ARE. — 4.4 THE NORTH STAR IS LOCATE	NORTH STAR ALWAYS SHOWS THE NORTH THE SUN IS ALWAYS: E-S-W A DIFFERENT CARDINAL POINT DEPENDING O D IN THE GREAT BEAR CONSTELLATION IE SUN ALWAYS SHOWS THE E	DN D
5 CIRCLE WHICH MAPS AR	e in the right direction regardin	G THE GROUND (2 POINTS).
GROUND	GROUND	GROUND
		0 0 0 0 C

#### QUESTIONS

1.- (1 POINT) MATCH THE CURVES OF THE GROUND WITH ITS REPRESENTATION THROUGH CONTOUR LINES.





5 6

2.- (1 POINT) MATCH THE DESCRIPTION WITH ITS CONTOUR LINE.







- 1.- IT IS BETTER NOT TO ASCEND THIS HILL BY THE E
- 2.- NORTH AND SOUTH FACES OF THIS HILL HAVE A GREAT SLOPE
- 3.- THE STEEP IS THE SAME EVERYWHERE
- 4.- THERE IS A VALLEY TO SE

56

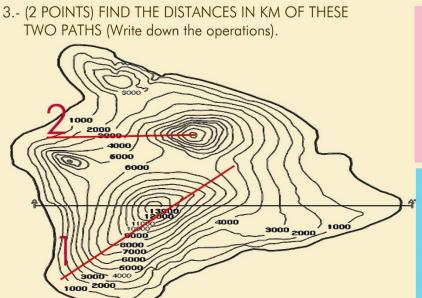
- 5.- NO FACE DOES NOT HAVE TO MUCH STEEP
- 6.- THIS HILL HAS TWO TOPS. THE SOUTHERN IS HIGHER



SCALE 1:50000







7

### TASK 13. First Aid

NAME AND SURNAME

CLASS GROUP

#### QUESTIONS

1.- DESCRIBE HOW TO PERFORM THE HEIMLICH MANEUVER.



2.- DESCRIBE THE CPR.

3.- WHAT ARE THE SIGNS OF A STROKE?.

# TASK 14. Doping

NAME AND SURNAME

**CLASS GROUP** 



#### QUESTIONS

2.- CLASSIFY THESE SENTENCES AS T OR F. 1.- WHICH DRUG IS USED THE MOST FOR BUILDING MASS AND STRENGHT? 2.1.- CANNABINOIDS ARE USED FOR RELAXING **ANSWER** BLOOD VESSELS. 2.2.- AMPHETAMINES IMPROVE MASS BUILDING. 2.3.- PROTEIN HORMONES MASK PAIN OR AN INJURY. 2.4.- BLOOD DOPING INCRFASE OXYGEN DELIVERY. 2.5.- SWIMMERS NORMALLY USE ANABOLIC STEROIDS. 3.- WRITE FIVE SOCIAL DANGER OF DOPING. **ANSWER** 4.- WRITE FIVE HEALTH DANGERS OF DOPING. **ANSWER** 

5.- SEARCH ON THE INTERNET THREE FAMOUS CASES OF DOPING AND WHAT WERE THEIR PUNISHMENT.

## TASK 15. Women and Sports

NAME AND SURNAME

**CLASS GROUP** 

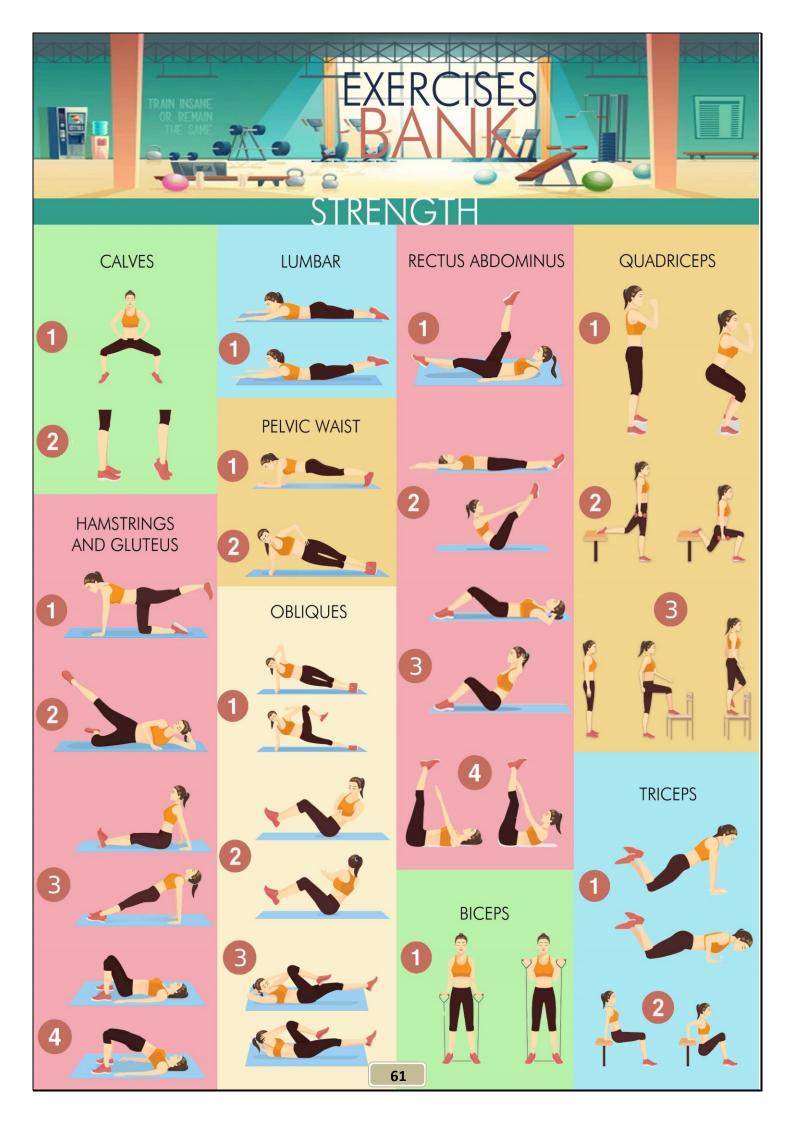


#### QUESTIONS

1.- SEARCH ON THE INTERNET FIVE WOMAN WHO HELP TO CHANGE SPORTS. NAME THEM AND WRITE WHAT WERE THEIR ACHIEVMENTS.

2.- WHY DO YOU THINK THAT FEMALE SPORTS ARE LESS APPRECIATED THAN MALE SPORTS? WRITE CAUSES, CONSEQUENCES AND SOME SOLUTIONS.





# ENTRENAMIENTO (LUNES)

# OBJETIVO: desamo la de la flexibilipad y de la fuerza resistencia (con aumenta del tono musculart).



# ENTRENAMIENTO (MARTES)

OBJETIVO: desamo a de la resistencia, flexibilitad y CORE Josn aumento del tano musculant.

# T CARRERA CONTINUA



SESIÓN 1: 3x5 min de carrera continua (c.c)

SESIÓN 2: 2x8 min de c.c.

SESIÓN 3: 2x10 min de cc.

SESIÓN 4: 3x8 minutos de c.c.

SESIÓN 5: 2x15 min de camera continua (c.c)

SESIÓN 6: 1x20 min de c.c.

SESIÓN 7: 1x25 min de cc.

SESIÓN 8: 1x30 minutos de c.c.

2 FLEXIBILIDAD. Mantener cada ejercicio un mínimo de 30 segundos respirando sosegadamente.













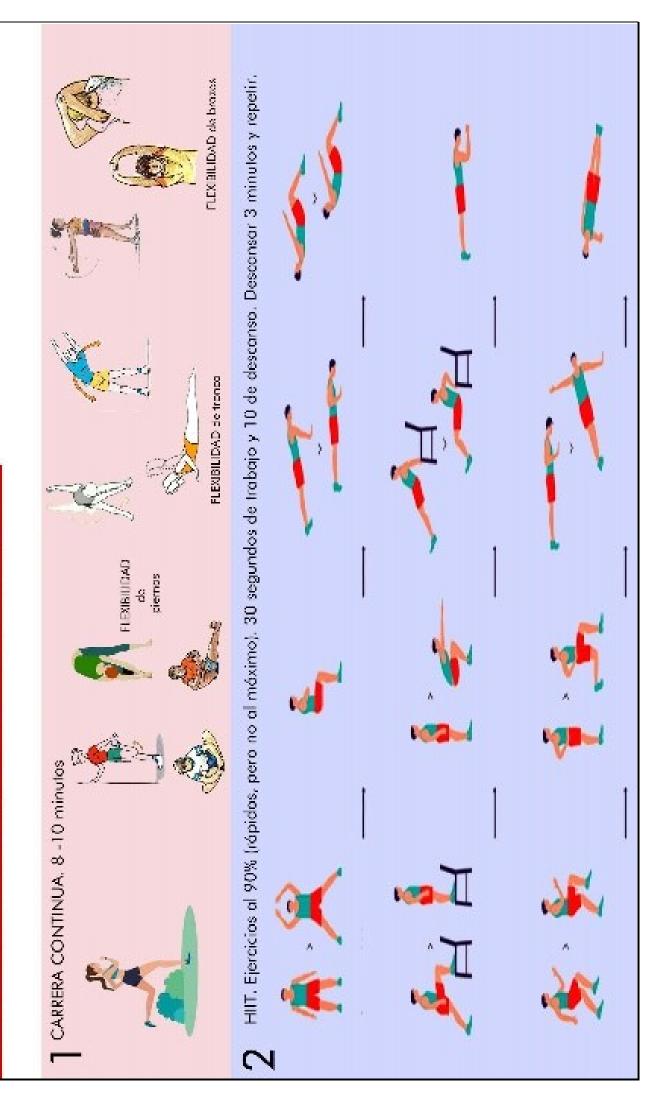
3 CORE. Mantener cada ejercicio un mínimo de 30 segundos.





# ENTRENAMIENTO (JUEVES)

# OBJETIVO: desarrol a de la fuerza resistencia y flexibilidad con cumento del tono muscular).



#### 1. NORMAS DE CONVIVENCIA

- 1. COMPAÑERISMO Y PROFESORADO: RESPETO A LOS COMPAÑEROS Y AL PROFESOR. SE VALORARÁ POSITIVAMENTE EL COMPAÑERISMO, GENEROSIDAD CON LOS QUE TIENEN DIFICULTADES, ACTITUDES DEMOCRÁTICAS Y SOLIDARIAS.
- 2. MATERIAL: RESPETO AL MATERIAL DE EDUCACIÓN FÍSICA. EL MAL USO POR PARTE DEL ALUMNADO SUPONDRÁ UNA SANCIÓN DISCIPLINARIA COMO LA REPOSICIÓN DE DICHO MATERIAL.
- 3. PUNTUALIDAD: EL ALUMNADO DEBERÁ ASISTIR PUNTUALMENTE A LAS SESIONES, VALORÁNDOSE NEGATIVAMENTE UNA IMPUNTUALIDAD RECURRENTE.

#### 2. VESTIMENTA

VESTIMENTA NECESARIA. LA INDUMENTARIA BÁSICA Y NECESARIA ES ROPA DE DEPORTE QUE PERMITA REALIZAR TODAS LAS ACTIVIDADES PROPUESTAS EN LA SESIÓN. CONCRETAMENTE:

- **a** Parte superior: Camiseta de manga corta, larga o sin mangas o *tops* deportivos.
- **b** Parte inferior: pantalón largo o corto de chándal. Mallas deportivas.
- C CALZADO: ZAPATILLAS ADECUADAS, CORRECTAMENTE ATADAS, ASÍ COMO EL USO DE CALCETINES.
- **d** Aseo: se permitirá al alumnado traer camiseta de repuesto y elementos de aseo personal.

#### 3. NORMAS DE SEGURIDAD

POR SEGURIDAD, SE HACE IMPRESCINDIBLE EVITAR:

- LLEVAR ANILLOS, PENDIENTES, CADENAS Y OTROS ACCESORIOS QUE PUEDAN ENTORPECER LA ACTIVIDAD FÍSICA.
- Masticar chicles, caramelos o cualquier objeto susceptible de ocasionar un colapso en las vías respiratorias.
- LLEVAR EL PELO LARGO Y SUELTO, YA QUE DIFICULTA LA VISIÓN Y LA PRÁCTICA DEPORTIVA.

LA FALTA DE ALGUNO DE LOS PUNTOS INCLUIDOS EN EL PUNTO 2 Y 3 PODRÁ IMPLICAR QUE EL ESE ALUMNADO NO PARTICIPE EN LA SESIÓN PRÁCTICA, VIÉNDOSE SUSTITUIDO EL TRABAJO PRÁCTICO POR UNO TEÓRICO O DE COLABORACIÓN EN EL BUEN FUNCIONAMIENTO DE LA CLASE Y, TAMBIÉN, VER PENALIZADA SU NOTA EN EL APARTADO DE ACTITUD.

#### CRITERIOS PARA LA REPETICIÓN DE UNA PRUEBA POR AUSENCIA DEL ALUMNO

SE LE REPETIRÁ LA PRUEBA EVALUABLE EN EL CASO DE QUE EL MOTIVO SEA UNA ENFERMEDAD Y EL JUSTIFICANTE PRESENTADO SEA OFICIAL. DADO QUE EL PERSONAL MÉDICO NO TIENE OBLIGACIÓN DE EMITIR JUSTIFICANTES, LA PROPIA CITA MÉDICA O EL INFORME MÉDICO SERÁN VÁLIDOS. EN EL CASO DE OTRO TIPO DE JUSTIFICACIÓN, VIAJE, EVENTO FAMILIAR, ENFERMEDAD DE UN FAMILIAR... SERÁ EL PROFESORADO EL QUE DECIDA SI PUEDE DE REPETIRSE O NO.

SI LAS JUSTIFICACIONES FUERAN REITERADAS O EL PROFESORADO SOSPECHARA QUE EXISTE MALA FE O NEGLIGENCIA EN LA JUSTIFICACIÓN DE LAS AUSENCIAS, ESTE PODRÁ TOMAR LA DECISIÓN DE NO REPETIR LA PRUEBA SI ASÍ LO DECIDIERA.

#### **C**RITERIOS PARA LA SANCIÓN POR DESHONESTIDAD EN PRUEBAS

SI EL PROFESORADO SOSPECHA QUE EL ALUMNADO NO HA SIDO HONESTO EN ALGUNA DE LAS PRUEBAS, PODRÁ OPTAR POR REPETIRLE LA PRUEBA EL DÍA QUE CONSIDERE OPORTUNO CON EL FIN DE CONSTATAR LA VERACIDAD DE SUS RESPUESTAS, EN EL CASO DE UN CONTROL, O HACÉRSELA REPETIR, EN EL CASO DE UN TRABAJO REALIZADO EN CASA.

EN EL CASO DE QUE TENGA PRUEBAS OBJETIVAS DE QUE LA PRUEBA NO ES ORIGINAL, PODRÁ INVALIDARLA SIN NECESIDAD DE REPETICIÓN Y LA NOTA SERÁ UN O EN EL APARTADO TEÓRICO.



En la siguiente ficha (de carácter confidencial y de uso exclusivo por el departamento de Educación Física), debe señalar SÍ o NO (solo si la respuesta es afirmativa debe contestar a las preguntas). iGracias por su colaboración!

¿Padece su hijo/a algún tipo de enfermedad o problema CARDIOVASCULAR?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de ALERGIA?

Sĺ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de ASMA o problema respiratorio?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de lesión en los músculos, huesos o articulaciones RECIENTE?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Padece su hijo/a algún tipo de DESVIACIÓN en la COLUMNA VERTEBRAL?

SÍ

NO

En caso afirmativo, señale cuál y de qué tipo.

¿Existe en la actualidad algún otro tipo de problema que haga que su hijo/a deba acceder a una adaptación curricular por parte del Departamento de Educación Física?

SÍ

NO

En caso afirmativo, lea el recuadro inferior.

En caso de respuesta afirmativa en alguna de las cuestiones enumeradas anteriormente, y con el objeto de acceder a una adaptación que permita al alumno/a cursar la asignatura en las mejores condiciones, debe presentar ante el departamento de Educación Física un certificado médico oficial en el que conste:

- Patología y/o enfermedad.
- Contraindicaciones hacia el ejercicio físico: qué tipo de ejercicios, qué deportes puede realizar, a qué intensidad...
- Duración de la patología que provoca la adaptación curricular.

En caso de no presentar dicha documentación, para evitar posibles problemas de salud y, al mismo tiempo, que el alumno pueda superar la asignatura, queda al criterio del profesor el cursar dicha adaptación. Recordamos de nuevo que la figura del alumno exento no es contemplada por la ley.

NOMBRE DEL PADRE/MADRE O TUTOR/A

DNI

EL ABAJO FIRMANTE CERTIFICA QUE TODOS LOS DATOS REFLEJADOS EN EL PRESENTE DOCUMENTO SON VERDADEROS.

EN A DE DE

**FIRMA**