

NCFE Level 1 Award in Exercise Studies



Unit 1: Understand the principles of exercise and fitness

Welcome to NCFE's Level 1 Award in Exercise Studies

We hope you find all of the information contained in this resource pack interesting and informative. These learning resources and assessments have been approved by NCFE as a great way to meet the learning outcomes for this qualification. (A complete list of the learning outcomes can be found on **page 52.**)

There are three main units to this course. This is the **first** of the three units.

As you start to read through each page you will be able to make notes and comments on things you have learnt or may want to revisit at a later stage.

This unit has a number of small sections. At the end of each section you will be asked to go to your assessment booklet and answer the relevant questions. Once you have answered the questions go to the next section and continue studying until all of the assessments have been completed.

Unit 1: Understanding the principles of exercise and fitness

This unit contains **three** sections.

Section 1: Exercise

In this section we will look at types of exercise and consider why we exercise.

Section 2: Nutrition

In this section we will look at the food we eat and consider how nutrition can affect our health and fitness.

Section 3: Anatomy and Physiology

In this section we will look at anatomy and physiology (our bodies and how they work).



Please make sure that you set aside enough time to read each section carefully, making notes and completing all of the activities. This will allow you to gain a better understanding of the subject content and will help you to answer all of the assessment questions accurately.

Good luck with your study – Now let's begin!



SECTION 1: EXERCISE

Types of Exercise

Exercise plays an important part in maintaining general health and well-being. Regular exercise can maintain and improve joint mobility, muscle mass and cardiovascular fitness. It can also boost the immune system and help prevent many lifestyle diseases such as coronary heart disease, diabetes and cancers. Exercising regularly can have a positive impact on a person's confidence and self esteem, due to an improved feeling of well-being.

i There are many types of activities that will cause the body to work harder and improve health and fitness. Examples of such activities are:

General Cardiovascular (CV) Fitness:	Aerobics, step aerobics, spinning, cycling, walking, running, swimming, dancing
Resistance Training:	Weights, circuits
Flexibility Training:	Pilates, yoga
Sports Coaching:	Football, netball, rugby, cricket, hockey
Game Sports:	Football, netball, rugby, lacrosse, dodgeball
Racket Sports:	Badminton, squash, tennis, racquetball
Field Sports:	Hunting, shooting, fishing
Martial Arts:	Ju-jitsu, judo, karate, kick boxing
Outdoor Activities:	Horse riding, canoeing, climbing

Other activities that can also cause the body to work harder. These include walking the dog, gardening, cleaning and other household chores.

Reasons for Exercising

The effects of regular physical activity will vary from person to person, and there are many different reasons why individuals take part in regular activity. These include:

- General health
- Weight loss
- Mental well-being
- Specific sports training (e.g. improve game skills/competition)
- Enjoyment
- Social and recreation



Can you think of any other reasons for exercising?

General health

Regular, moderate exercise can help protect you from many lifestyle diseases such as heart disease, obesity, high blood pressure, cancer, stroke, back pain, osteoporosis and depression.

Weight loss

Activity and exercise uses energy. By increasing our energy output, we burn more calories. Not only do we burn more calories during the activity itself, research has shown that we continue to burn more calories for several hours after exercise too.

Mental well-being

Being fit and active can make you feel good. Exercise improves your mood by releasing chemicals called endorphins into the body which create a feeling of well-being.

Specific sports training (e.g. improve game skills/competition)

Exercise may be in the form of football practice or netball drills. Regular practice of specific skills can improve your game which can also increase motivation.

Enjoyment

Exercising is fun. There are many different types of activities that cause the body to work harder. Finding the right activity is important as it will aid motivation and success.

Social and recreation

You don't have to exercise alone! Activities are often shared with family or friends and health clubs are a great place to meet new friends.

A Activity: Reasons for Exercising

Use the checklist below to help identify what motivates you to exercise.

- Specific health reasons
- A place to meet friends
- Weight loss
- Weight gain
- Mental well-being
- Enjoyment – it's fun
- It's a part of your social scene
- To enjoy your free time
- To fulfil your competitive nature
- It increases your self-esteem
- To improve specific game skills
- To meet a challenge (half marathon/charity event)
- In preparation for a personal event (wedding/holiday)
- To relax or de-stress
- To feel good
- To tone up
- Improve fitness levels (stamina, strength, speed, suppleness)
- Rehabilitation from injury/illness
- Achieve a target or goal
- Social contact
- For a bit of 'me' time
- To beat a personal best
- Following pregnancy

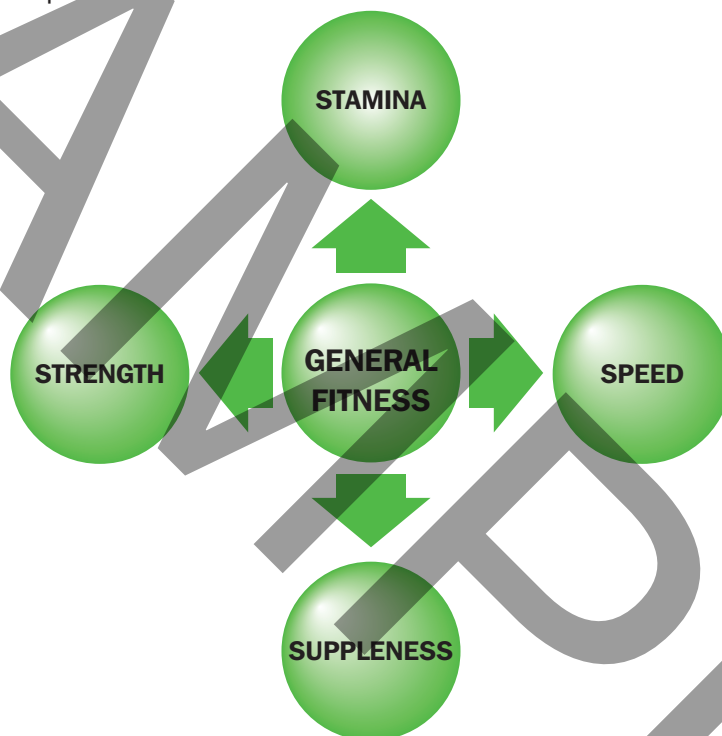
What is 'Health' and 'Fitness'?

According to The World Health Organisation, health is defined as **'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'**.

Fitness can also be defined as **'having the capacity to comfortably carry out a day's work and pursue recreational activities'**.

Components of Fitness – The four 'S's

General fitness is made up of different components. These can be described as **stamina, strength, speed** and **suppleness**. Each component requires its own type of activity or training technique in order to improve it.



Now we have identified the four 'S's, let's look at each one individually.



Can you memorise the definitions to 'health' and 'fitness'?

Try to write them from memory here.