General Health Benefits of Physical Activity

Unit 1 Lecture II Foundations of HR Fitness:

Lesson Goal & Objectives

Lesson Goal: To summarize the key findings from the Surgeon General’s Report on Physical Activity and Health (USDHHS, 1996).

Lesson Objectives: Following the completion of this lecture the student will be able to discuss:
- a contemporary view of physical activity
- the major health benefits of regular physical activity
- current trends in physical activity among Americans
- physical educators’ role in promoting regular physical activity in adolescents and young adults

Lesson Advanced Organizer

- A New View of Physical Activity
- The Benefits of Physical Activity
- A Major Public Health Concern
- Adolescents & Young Adults
- Lesson Preview

A New View of Physical Activity

This report summarizes, for the first time, what we have learned about physical activity and health through decades of research:
- People who are inactive can improve their health and well-being by becoming moderately active on a regular basis
- Physical activity does not need to be strenuous to achieve health benefits
- Greater health benefits can be achieved by increasing physical activity:
  - Frequency
  - Intensity
  - Duration

What is a Moderate Amount of Physical Activity?

A moderate amount of physical activity is roughly equivalent to the physical activity that uses approximately 150 kcal of energy per day or 1,000 calories per week.

A moderate amount of physical activity can be achieved in a variety of ways. People should select activities that they enjoy and that fit into their daily lives.

Amount of activity is a function of frequency, intensity, and duration.

Less Vigorous, More Time:
- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Playing volleyball for 45 minutes
- Playing touch football for 30-45 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-45 minutes
- Walking 1 1/4 miles in 35 minutes
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Pushing a stroller 1 1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Wheelchair basketball for 20 minutes
- Basketball (playing a game) for 15-20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1 1/2 miles in 15 minutes
- Shoveling snow for 15 minutes
- Stairwalking for 15 minutes

More Vigorous, Less Time:
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The Benefits of Physical Activity

- "Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States" (USDHHS, 1996).
  - Premature death
  - Cardiovascular disease
  - Diabetes
  - Hypertension
  - Colon cancer
  - Depression & Anxiety
  - Obesity
  - Orthopaedic problems
  - Psychological well-being

A Major Public Health Concern

- "Given the numerous health benefits of physical activity, the hazards of being inactive are clear. Physical inactivity is a serious, nationwide problem. Its scope poses a public health challenge for reducing the national burden of unnecessary illness and premature death" (USDHHS, 1996).
  - More than 60% of adults do not achieve the recommended amount of regular physical activity
  - 40% of all adults are not active at all (HP 2010)
  - "Inactivity increases with age and is more common among women than men and among those with lower income and less education than among those with higher income or education" (USDHHS, 1996).

Adolescents & Young Adults

- Nearly 50% of American youths aged 12-21 years are not vigorously active on a regular basis
  - About 14% of young people report no recent physical activity
  - Inactivity is more common among females (14%) than males (7%) and among black females (21%) than white females (12%)
  - Participation in all types of physical activity declines dramatically as age or grade in school increases

Students: Grades 9 - 12

- 27% engaged in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days in 1999 (HP 2010)
  - Target: 35%

- 65% engaged in vigorous physical activity for at least 20 minutes on 3 or more days/week in 1999 (HP 2010)
  - Target: 85%
Daily Physical Education

- 17% Middle & Jr. High schools required daily physical education in 1994
- Target: 25% (HP 2010)

- 2% High schools required daily physical education in 1994
- Target: 5% (HP 2010)

- Baseline (1999): 29% 9-12 graders
- Target: 50%

What Can Communities Do?

- Provide quality K-12 physical education classes
- Provide enjoyable physical activity opportunities
- Provide appropriate physically active role models
- Provide access to facilities for safe participation
- Provide opportunities for extracurricular activity
- Involve health care providers in physical activity promotion

President’s Council on Physical Fitness and Sports Recommendations

- “Develop programs that focus on teaching lifetime activities and self-management skills necessary for an active lifestyle” Corbin & Pangrazi (1999)
  - Physical education does not need to be a regimented, physical training class
  - Physical education should promote out-of-school activity in addition to in-class activity
  - At the secondary level, physical education concepts should be taught in the classroom as well as in the gymnasium

Lesson Preview

- Read Corbin, Pangrazi, & Welk (1999). Toward an Understanding of Appropriate Physical Activity Levels for Youth.
- Lecture Topic: Children’s Physical Activity