

# Lifetime Fitness Study Guide

## Yoga and Pilates

### History of Yoga

Evidence has been found that Yoga dates back to 4000 BC. There are carvings depicting Yoga postures in caves in what is now Afghanistan. The language of Yoga is Sanskrit. The postures or asanas have Sanskrit names that have been translated into English. The history of Yoga goes through different stages from the Vedas, to Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga, on to Yoga practice in recent decades. These are still in practice today all around the world.

Modern Yoga arrived in the United States in the late 1,800's. Yoga gained popularity in the 1960's and has been growing strong since. Today Yoga can be practiced traditionally and in a health club atmosphere. It is up to the individual in how he or she wants to practice Yoga.

The Yoga we practice is Hatha. There are four different types of Hatha Yoga: Ashtanga (Power), Bikram (Hot), Iyengar (Props), and Kundalini (Fast). The purpose of Hatha Yoga is to connect the mind and body, to balance the spinal column. The spine is looked at as the staff of life. A healthy spinal column should keep the rest of the body functioning well. Everything stems from the spinal cord. Its health is crucial. When practicing Yoga consider these things: Show up, mentally and physically, and be open to the outcome. Respect yourself and those around you during Yoga practice.

### Yoga Vocabulary

**Asana** - exercise posture or pose  
**Pranayama** - breath control  
**HA** - sun, solar, heat  
**Ashtanga** - power Yoga  
**Kundalini** - fast Yoga

**Namaste** - the spirit in me salutes and respects the spirit in you.  
**Savasana** - Relaxation  
**THA** - moon, lunar, cool  
**Bikram** - hot Yoga  
**Iyengar** - Yoga with props

### Exercises and Poses

**Warm-up** - Warm-up hips, spine, neck and shoulders, Sun Salutation 6 to 12 times through

**Power Poses** - Chair, Warrior sequence, Plank, Flying Cobra, Side Plank, etc.

**Balancing Poses** - Tree, Dancer, Shooting, Star, Leg Extension, Crane, etc.

**Floor Poses** - Down Dog, Cobra, Up Dog, Bird, Bow, Boat, Fish, Runner's Stretch, Child's, Rabbit, etc.

**Lying Poses** - Leg Extension, Spinal Twist, Dead Bug, Starfish, Right side and Relaxation.

### History of Pilates

Pilates was created in the early 1900's by Joseph Pilates (1880 - 1967). Pilates combines the Eastern philosophies of exercise with Western methods of exercise. It is the "Art of Contrology." Concentration and focus on the muscles being exercised is crucial for effectiveness.

Pilates works the "Powerhouse" which consists of the stomach, hips, lower back and gluteus muscles. There are three important steps in Pilates: 1. Tuck your chin. 2. Scoop your belly. 3. Breathe. The breath is an inhalation through the nose and a force exhalation while contracting the abdominal muscles. The goal in Pilates is to lengthen and strengthen the muscles. There are different types of Pilates. We practice mat or floor Pilates.

### Pilates Exercises

The Hundred  
Single Leg Stretch  
Double Straight Leg  
Single Leg Kicks

The Roll-Up  
Double Leg Stretch  
The Saw  
Side Kicks

Single Leg Circles  
Spine Stretch Forward  
The Roll-Over  
Teaser

Rolling Like A Ball  
Single Straight Leg  
Swimming  
The Seal

# Fitness For Life Study Guide

**Bob Davis**



## **Fitness For Life Study Guide:**

*Fitness for Life* Philip E. Allsen,1993 *Fitness for Life* provides more than just the facts about cardiovascular endurance muscular strength weight control nutrition and relaxation techniques it provides students with the tools to apply what they ve learned to their own lifestyle *Fitness for Life* ,1989 **Resources in Education** ,1997 *Scott, Foresman Fitness for Life* Charles B. Corbin,1993 **Dynamic Physical Education for Secondary School Students** Heather Erwin,Timothy A. Brusseau (Jr.),Paul W. Darst,Robert P. Pangrazi,2020-07-30 *Dynamic Physical Education for Secondary School Students* provides PETE students a solid conceptual foundation for creating healthy learning environments and quality physical education programs This resource offers a wide variety of units and activities that enhance learning [Physical Education and the Study of Sport](#) Bob Davis,2000 This edition is designed for the new A level syllabuses and is also suitable for HND sports studies covers anatomy physiology and biomechanics skill acquisition and sport physiology contemporary and historical aspects of sport [Dynamic Physical Education for Secondary School Students](#) Timothy A. Brusseau,Heather Erwin,Paul W. Darst,Robert P. Pangrazi,2024-02-23 DPE emphasizes the skill development activity promotion and physical fitness behaviors that are the foundation of physical education DPE advocates instructional practices designed to create a learning environment where students are free to experiment learn and experience physical activity in a positive climate DPE goes beyond physical education classes by promoting physical activity throughout the school day and beyond [The Literary Guide and Rationalist Review](#) ,1925 **Fitness for Life** Charles B. Corbin,Guy C. Le Masurier,2014-03-25 *Fitness for Life* is a comprehensive fitness education program that helps students take responsibility for their own activity fitness and health Through *Fitness for Life* students are prepared to be physically active and healthy throughout their adult lives This evidence based and standards based program follows a pedagogically sound scope and sequence to enhance student learning and progress What s new in the Sixth Edition New to this book are three chapters Strategies for Active Living The Science of Active Living and Lifelong Activity that will help students transition from being active in school to sustaining the skills and motivation to remain active and fit for their lifetime These chapters reinforce the Stairway to Lifetime Fitness concept created by author Chuck Corbin to serve as a guide for physical education standards nationwide Some specifics include the following The New Physical Activity Pyramid for teens Photos and art to illustrate concepts and engage students Video that illustrates self assessments and exercises Information about the sciences on which physical education and fitness education are based Information on scientific analysis of human movement using biomechanical principles Information on simplified scientific method for use in decision making Web icons and content Technology features encouraging application as well as understanding Science in Action feature that provides in depth coverage of fitness health and wellness innovations Exercise photos with art illustrating the muscles used Taking Action feature that applies concepts and principles in physical activity Planning activities for all activities in the Physical Activity Pyramid In addition the authors went through an exhaustive

process in revising and updating all the chapters to reflect current research and the new national physical education standards and fitness education standards The entire book has been reorganized and completely rewritten Award Winning Text Evidence Based Approach The evidence based Fitness for Life text earned a Texty Award for excellence from the Text and Academic Authors Association It is based on scientific evidence and meets national and state physical education standards and national health and physical education guidelines Materials have been field tested and used throughout the United States and the world This comprehensive interactive new resource will help students in the following ways Meet the national state and local grade level standards and outcomes developed for K 12 physical education by SHAPE America based on the new standards outlined in Healthy People 2020 and published in 2014 Learn the values and benefits of lifelong physical activity through the HELP philosophy which specifies the goal of promoting health for everyone with an emphasis on lifetime activity designed to meet personal needs Become informed consumers on matters related to lifelong physical activity and fitness Learn self management skills that lead to adopting healthy lifestyles Recognize and overcome the barriers to reaching activity and fitness goals Use technology to promote healthy living Separate fitness facts from fiction Take personal responsibility for program planning and setting individualized goals This best selling text written by internationally renowned authors and educators Charles B Corbin and Guy C Le Masurier and contributing author and educator Karen McConnell is suited for use in a general physical education or personal fitness class It will help students meet national and state physical education standards not only those focused on health related fitness and physical activity but also those related to movement skills and concepts diversity and social responsibility Fitness for Life can be modified to fit any schedule including block and accelerated block It can be taught as semester long yearlong or multiyear courses The HELP philosophy on which the book is based health for everyone with an emphasis on lifetime activity designed to meet personal needs teaches the value of lifelong physical activity as well as the idea that physical activity can and should be fun The authors use the Stairway to Lifetime Fitness concept to show the importance of learning decision making and problem solving skills that enable students to develop their own health related fitness programs and maintain a physically active lifestyle into adulthood Special Features in Every Chapter Every chapter of Fitness for Life Sixth Edition includes self assessments for the students to perform including Fitnessgram assessments and lessons on self management skills such as reducing risk factors resolving conflicts setting goals managing time and overcoming barriers to success The book devotes multiple lessons to personal program planning implementation and evaluation The chapters have a series of prominent features Lesson objectives direct student learning Lesson vocabulary helps students understand multiple uses of words definitions in glossary and online New art includes a version of the physical activity pyramid for teens New photos and design give the chapters a refreshing student friendly look with its dynamic four color design Muscle art identifies the muscles used in each exercise Fit Facts give quick information about relevant topics Quotes from famous people reveal their thoughts on fitness health and wellness Fitness

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