- RAC -

#### Chapter 3. PHYSICAL FITNESS AND SELF-TESTING ACTIVITIES

#### LEARNING OUTCOMES

At the end of this chapter, the students are expected to:

- identify the different major muscles of the human body;
- explain the 8 dimensions of wellness and its importance in achieving better quality of life:
- identify the different tests that are appropriate to measure the different fitness healthrelated fitness components; and
- establish baseline data (pre-test score).

#### OVERVIEW

Though most of the people usually aim to be physically fit, to be healthy it is not the only basis to have a better quality of life. Thus, it should be looked into a bigger picture of developing the different dimension of wellness to have a successful and happy life. In this chapter, review on the importance of wellness in one's life will be tackled as well as the eight dimensions of wellness. In addition, the importance and the proper way of establishing base line data through safe selfadministered fitness testing will be the highlight of this section. It will provide baseline data as basis for developing future fitness program plans.

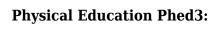
#### COURSE MATERIALS

It is very necessary to be familiarized to the different skeletal muscle and its basic function since it has a lot to do with exercise and physical activity. Skeletal Muscle, produces movement, maintains posture, stabilizes joints, and generates heat. It covers your skeleton, giving us our body shape. They are attached to our skeleton by springy tendons or are directly connected to rough patches of bone.



# **Physical Education Phed3**

**Tobias Bleicker** 



Unveiling the Power of Verbal Beauty: An Mental Sojourn through Physical Education Phed3

In a global inundated with displays and the cacophony of fast transmission, the profound power and mental resonance of verbal art often disappear into obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, set within the lyrical pages of **Physical Education Phed3**, a fascinating work of fictional splendor that pulses with fresh feelings, lies an unforgettable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that magical opus manuals viewers on a mental odyssey, lightly revealing the latent potential and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect its charming publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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