



## WhiteWater World's Healthy Habit Attack

Student Name: .....

School :.....

# Health Related Fitness

## MISSION

You have the chance to put on your detective hat and ride the wave of excitement at WhiteWater World. Together you and your class mates will be part of the **ACTIVE WHITEWATER WORLD CHALLENGE** and investigate ways in which we can live more healthy lives.

**GET INVOLVED, BE ACTIVE AND HAVE FUN!!!**

# Health Related Fitness

Until roughly 100 years ago, people lived more active lives. People had to walk or ride horses to get to where they needed to go. How things have changed! Today we sit down a lot!!! We watch television, ride in the car, we order home delivery pizza and there are a lot more jobs available that require us to sit down for long periods of time.

Obesity has increased as a result of today's lifestyle. On one hand, some people are replacing exercise in the streets and schools with home computers and video games, while on the other, families have deserted wholesome home cooked meals for snacks and fast foods.

- FACT:** 25% of Australian children are overweight.
- FACT:** 40% of Australian children are inactive.
- FACT:** Australian children on average watch 2 hours of television per day; this equates to **one full month** per year spent watching television.

David Crawford (2007) Children Living in Active Neighbourhoods, Centre for Physical Activity and Nutrition Research Annual Report, Deakin University

**WE WANT TO HELP COMBAT THIS ISSUE AND WITH YOUR HELP  
WE CAN MAKE A START!!!**



## **PRE - TRIP EXERCISE**

1) In our quest to become healthier citizens and enjoy a healthy lifestyle we will look at the areas that we need to develop to enjoy a healthy lifestyle: **Health-Related Fitness** has four components. Find the definition for the following terms.

- aerobic capacity \_\_\_\_\_  
\_\_\_\_\_
- flexibility \_\_\_\_\_  
\_\_\_\_\_
- muscular strength /endurance \_\_\_\_\_  
\_\_\_\_\_
- body composition \_\_\_\_\_  
\_\_\_\_\_

- 2) We are constantly told that it is important to exercise and that health-related fitness is good for us. In each box illustrate or write a sentence on the benefits of regular physical activity using the prompts provided.

<b>Physical Health – Your Body</b>	<b>Social Health - Friendships</b>
<b>Mental Health – Your Mind</b>	<b>Physical Health – Your Body</b>

- 3) What lifestyle choices in today's society make it important for people to include health-related fitness activity into their daily lives?

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- 4) We don't just have to play organised sport to improve our health-related fitness. List as many non-competitive sport activities that would increase health-related fitness?

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- 5) True or false – which of the following activities you think burns more kilojoules?

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|--|--------------|
| a) Walking to school with your friends for 30 mins burns more kilojoules than competing in a 50m Freestyle swimming race | TRUE / FALSE |
| b) Skipping with a rope for 10mins burns more kilojoules than washing or waxing a car for 60mins                         | TRUE / FALSE |
| c) Cycling with your friends on the weekend for 1hr burns more kilojoules than competing in a 100m running race          | TRUE / FALSE |
| d) Playing a game of softball burns more kilojoules than rollerblading for 1hr   | TRUE / FALSE |

6) Brainstorm reasons why people participate or avoid participating in physical activity.

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7) Find the Fitness related words below in the puzzle and colour them in. Can you find them?



## FITNESS MANIA – WORD FIND



I	R	A	L	U	C	S	U	M	W	H	P	F	U	N
N	A	E	N	I	T	U	O	R	R	O	L	O	O	T
D	L	R	O	W	R	E	T	A	W	E	T	I	H	W
S	U	O	B	O	O	T	T	E	X	G	T	E	E	X
D	C	B	E	R	R	R	R	I	C	A	A	C	S	S
A	S	I	N	A	O	I	B	I	N	L	N	T	I	A
R	A	C	E	F	D	I	B	I	T	A	R	Y	C	F
U	V	H	F	A	L	O	D	H	L	E	Y	T	R	E
C	O	E	I	I	R	R	N	A	N	R	I	I	E	T
E	I	D	T	E	O	F	B	G	E	V	G	S	X	Y
C	D	Y	A	O	W	N	T	V	I	I	L	N	E	T
C	R	N	C	E	M	H	O	T	L	U	L	E	U	I
A	A	E	Y	R	A	C	Y	B	P	E	E	T	E	L
U	C	T	D	D	E	C	N	A	R	U	D	N	E	I
N	N	F	T	R	R	U	T	R	A	I	N	I	N	G
E	S	P	E	E	D	F	I	T	N	E	S	S	W	A

Activity  
Balance  
Endurance  
Fitness  
Heart  
Power  
Safety  
WhiteWaterWorld

Aerobic  
Benefit  
Exercise  
Flexibility  
Intensity  
Pulse  
Speed

Agility  
Cardiovascular  
Effort  
Fun  
Lung  
Recovery  
Strength

Anaerobic  
Coordination  
Dreamworld  
Health  
Muscular  
Routine  
Training



# AT WHITEWATER WORLD

Swimming is one of the most popular sports in Australia. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends.

- 1) After you swim into the Cave of Waves and splash around with your friends, fill in the missing gaps of the Health benefits of swimming paragraph. Use the words in the box below.

## HEALTH BENEFITS OF SWIMMING

Swimming is a great workout because you need to move your whole body against the .....of the ..... Swimming is a good all-round activity because it:

- Keeps your ..... up but takes some of the impact stress off your body
- Builds endurance, .....strength and .....fitness
- Helps maintain a healthy weight, healthy ..... and .....
- ..... muscles and builds strength.

Swimming has many other benefits including:

- Being a .....form of exercise
- .....relief
- Improving ....., flexibility, balance and .....
- Providing good low-impact therapy for some ..... and conditions.

lungs	Tones	muscle	resistance	coordination	water	relaxing
posture	heart	cardiovascular	Stress	heart rate		

- 2) **WhiteWater World Stair Challenge**

Did you know if you run 30 minutes per day, the same workout intensity could be achieved with 15 minutes of stair climbing? Stair climbing especially builds muscle mass in the legs, including the quadriceps and calves. It is an aerobic activity as it works the cardio-vascular lung package.

- a) Whether your challenging you friends on the on the Green Room or the B.R.O or getting ready to ride the RIP, throughout your day at WhiteWater World you will have to climb many stairs. In the table below list all of the rides that require you to climb at least one flight of stairs.

Ride	Number of stairs climbed	Number of times on the ride	Total
<b>Total Steps climbed</b>			

b) Name the major muscle groups that you use to climb the stairs?

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c) List some of the health benefits of climbing stairs?

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**Did you know? A person that weighs 50kg will burn 700 kilojoules after 35mins of moderate stair climbing. That's only enough to burn the kilojoules in one can of Cola!**

### FACT

The amount of exercise it takes to burn off food treats depends on a number of things; the kilojoules contained in the food, the exercise undertaken and the intensity, and finally your body weight (heavier bodies burn more kilojoules).

If we look at some of the most popular food available today, we can see just how much medium to moderate exercise is required to burn off the calories consumed.

Food	Serving	Energy (kJ)	Distance (Meters)
Cola Flavoured Soda	1 can (375mL)	680	2707
Milk	1 glass (250ml)	690	2747
Chocolate	1 medium block (150g)	3320	13219
Soft bread	2 thick slices(72g)	740	2946
Orange juice	1 bottle (300ml)	550	2190
Waffle cone with ice cream	ice cream 1 vanilla	880	3504
Fruit smoothie	1 regular (650ml)	1850	7366
Fresh fruit salad	2 cups (410g)	790	3150

Toby Heap (2005) Diet and Exercise: getting the right balance, Mikibo Pty Ltd

**EXTENSION ACTIVITY**

Before WhiteWater World opened a safety committee had to identify potential safety hazards that may occur and implement procedures and protocols to reduce the likelihood of that risk occurring.

As you walk around the park fill in the Safety Hazard Check list below. Record all the **potential safety hazards that you think could occur in column A**, and in **column B, record the procedures or systems WWW has in place to reduce the likelihood of that risk occurring.**

RISK	COLUMN A POTENTIAL HAZARD	COLUMN B WWW PROCEDURE

