

## Sports of Physical Activity in School

## Nutrition

Nutrition consist of eating whats right and when its neccessary. There are some food groups a healthy lifestyle consist of. These are; vegetables, fruits, grains, dairy and protein foods. Consequently, having these types of food groups, a meal plan can be done in order to maintain a well balanced diet. In some cases we might use what is known as a food pyramid. The purpose of the pyramid is to help students maintain a well balanced diet and live a healthy lifestyle reducing weight related diseases.

*Cupeyville School*  
*Physical Education Dept.*



*Physical Education;*  
*What is it?...*

Volleyball



Basketball

Soccer

Baseball



Track and Field

Tennis

Cross-Country



Swimming

Water Polo

Handball

Golf



### Links

[www.cupeyilleschool.org](http://www.cupeyilleschool.org)  
[www.aahperd.org](http://www.aahperd.org)  
[www.cdc.gov](http://www.cdc.gov)  
[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

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## Physical Education

Is the process by which changes in the individual done through movements and experiences with sports or physical activity. Physical education aims not only at physical development but is also concerned with the education of the whole person through physical activities.

It would not be wrong if we say that physical education is the play-way method of education.

Physical Education is also the means to encourage the development of motor skills, physical abilities, knowledge, reasoning, appreciation of the value and healthy lifestyle that leads to stimulate growth and balanced development.

Students will acquire a variety of expressions that are closely related with their personal impressions of fun as well as various expressions of creativity also having in mind the concept of physical fitness.

## Sports and Physical Activity

Sports and Physical activity can make an enormous contribution to the well being of people in developing countries. Exercise, physical activity and sport have long been used in treatment and rehabilitation of treatable and non-treatable diseases. It can be an effective method to improve public health across populations.

Extra curricular activities such as sports, conferences and other health programs in school can be used such as motivation for those students who haven't had the opportunity of knowing what physical activity and sport do to their lives.

Don't let the wonderful experience of physical education, healthy eating and sports activity pass you by. Start today and I assure you will feel better than you felt yesterday. Remember, a healthy mind is a healthy lifestyle.

## Physical Education Components

**Speed:** ability of a person to execute motor movements with high speed in the shortest period of time.

**Strength:** ability of a muscle to exert or release force by contraction enabling a person to overcome a resistance.

**Power:** ability of a muscle to release maximum force in a short period of time.

**Flexibility:** ability of a muscle to perform movements with a large range of motion.

**Agility:** ability of a person to change direction in a certain space.

**Balance:** maintain equilibrium under static or dynamic condition.

