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HEALTH QUEST PENTATHLON: THREE

OBJECTIVES

Read these objectives. The objectives tell you what you should be able to do when you have successfully completed this Health Quest LIFEPAK.

1. You will learn to define nutrition.
2. You will learn the importance of good nutrition.
3. You will learn to name the six different nutrients.
4. You will learn to list the basic food groups.
5. You will learn to define physical fitness.
6. You will learn what exercises that would promote fitness.
7. You will learn to explain why flexibility is important to your health.
8. You will learn to design an exercise program that improves your overall fitness level.

VOCABULARY

Study these new words. Learning the meanings of these terms is a good study habit and will improve your learning success in this LIFEPAK.

aerobic Requiring oxygen.

calorie The amount of heat needed to raise the temperature of one kilogram water one degree Centigrade.

carbohydrate The body's main source of energy.

component A part of something.

heredity Characteristics passed down from parents to children.

metabolism The means by which energy is made available to a cell.

nutrition The study of daily food intake and its effects upon the body.

Introduction. Welcome back to Health Quest Pentathlon camp. Chester and Esther are back and anxious to continue as your HQP guides through this third LIFEPAK. We're on to an event that many track athletes consider the most exciting and difficult: the hurdles! So far, you blew past us running the

100 meters and hurled the discus way beyond what Chester or Esther were able to do during their Pentathlon event.

Halfway through this LIFEPAK, you'll cross the Pentathlon midpoint. You'll be halfway round the track and headed toward the finish line!



The Hurdles. Hurdling events are dashes, which require athletes to clear a series of 10 barriers called hurdles. The hurdles are constructed of either metal and wood or metal and plastic. The length of the hurdling course varies from 100 meters (110 yards) to 400 meters (440 yards). The height of the

hurdles varies as well. Low hurdles measure about 2'6", intermediate hurdles measure 3' in height, and the high hurdles are 3'6". An average kitchen counter is 3 feet high.

Can you imagine the difficulty in learning to run a course as rapidly as possible while having to jump 10 times without

missing a step? Good hurdling requires an athlete to lean forward as far as possible while elevating just high enough to clear each hurdle smoothly without breaking his running rhythm. The first leg to approach and clear the barrier is brought back down to the track immediately. The trailing leg must clear the hurdle at almost a right angle to the body. The hurdler must develop running speed, incredible flexibility, and excellent coordination. The hurdler is a very agile athlete.

We can't help but point out that your life is very much like the track. God has allowed circumstances and situations in your life similar to these hurdles. If your life seems peaceful right now, you can count on the fact that there will be some hurdles up ahead. Just like the athletes who train to run the hurdles, God expects us to train in order to overcome the obstacles he allows in our lives.

The hurdles we face may be physical ailments, the rocky road of relationships, or the challenge of new situations. Our task, just like the athlete's, is to develop stamina to keep us from quitting, incredible flexibility to adjust to different situations, and excellent coordination so we don't end up *splat* on the track of life!

Throughout this LIFE PAC, we'll be concentrating on your own personal nutrition and exercise. These two factors affect every aspect of your life.

Just like in the first two LIFE PACs, before each HQP quiz you will find activities relating to what you've just learned. Finishing these activities earns you stickers to complete the hurdling event on your Health Quest Pentathlon poster.

So, are you ready? It's time to get training for the hurdles of a lifetime. On your mark, get set, GO!!

Just like any sporting or Olympic event, the Health Quest Pentathlon has guidelines for training. The training manual comes

straight from the Bible where God tells us about our bodies and gives us guidelines for its use and care.



Complete 1 Corinthians 6:12-13 and 19-20.

1.1 All things are _____ unto me, but all things are not expedient: all things are _____ for me, but I will not be brought under the power of any. Meats for the _____ and the belly for meats, but God shall _____ both it and them. Now the body is not for _____, but for the _____; and the Lord for the body.

What? know ye not that your _____ is the temple of the _____ which is in you, which ye have of _____, and ye are not your _____? For ye are _____ with a price: therefore _____

God in your body and in your _____, which are God's.

I. NUTRITION

Does it matter whether you eat a candy bar or a banana for a snack? It's only food, right? Food is more than just the stuff that stops you from feeling hungry. Food contains nutrients that supply the body with energy. Think of your body as a car. If you put bad fuel in, then it is not going to run very well. Choosing the banana over the candy is like choosing a more powerful gasoline. Eating foods with the right type of nutrients will help your engine run more efficiently. What you eat affects your overall health. Nutrition is the study of daily food intake and its effects upon the body.

Understanding your body's nutritional needs is essential to good health.

Nutrients provide your body with nourishment. They give your body energy and help it to function correctly. Scientists have concluded that there are 45–50 nutrients within your body. Your body can manufacture some nutrients by using the nutrients already present within your body. But the nutrients that your body cannot make are called essential nutrients. Essential nutrients include water, vitamins, minerals, proteins, carbohydrates, and fats.



"The modern hurdling event appeared in England around 1830, using heavy wooden barriers as hurdles."



Nutrients and Energy. Doesn't a candy bar provide more energy than a banana? Nutrients supply the body with energy. Energy enables the body to maintain a constant temperature and perform important functions. Without energy, you could not walk, talk, or even breathe. Your body temperature would drop to room temperature. Your skin would feel cool.

The amount of energy that food contains is measured by calories. A calorie is the amount of heat needed to raise the temperature of 1 kilogram of water 1 degree Centigrade. On food labels, calories are abbreviated *cal*. Carbohydrates and proteins

supply the body with 4 calories for each gram. Fats supply the body with 9 calories for each gram. A candy bar will provide you with more "energy" (or calories) than a banana. The candy contains more fats and carbohydrates, but a banana contains more vitamins and minerals. Vitamins and minerals help the body change food into energy. Nutritionists often call the calories found in candy bars "empty calories." Foods that contain these empty calories fill your body with fat and sugar. People that eat a lot of food with empty calories tend to be very unhealthy.