



### TERCERO MEDIO

El objetivo de esta guía es que los estudiantes comprendan importancia de la actividad física identificando información específica en textos sobre el tema. Para dudas que tengan pueden escribirme un correo a esta dirección: [yorka.sepulveda.pulmahue@gmail.com](mailto:yorka.sepulveda.pulmahue@gmail.com), escribiendo en el asunto el nombre de él o la estudiante y su curso, el horario para correos es de 9am a 4pm. Plazo de entrega: viernes 9 de octubre hasta las 2pm

#### **O.A: Identificar información específica en textos sobre actividad física.**

**READ THE FOLLOWING INFORMATION ABOUT THE BENEFITS OF PHYSICAL ACTIVITY, THEN, FIND SPECIFIC INFORMATION AND ANSWER THE QUESTIONS.**

**FIRST, AS INTRODUCTION OF THE TOPIC, ANSWER THE FOLLOWING QUESTIONS ACCORDING TO YOUR OPINION AND POINT OF VIEW.**

1. How many times a week do you do physical activity?
2. How can physical activity be beneficial for health?
3. What are your favorite sports or disciplines? Name 3, they can be team sports, martial arts, etc.

**READ THE TEXT.**

## The Multiple Benefits of Physical Activity

Increases	Reduces
<ul style="list-style-type: none"><li>• Fitness, stamina and energy.</li><li>• Lean muscle, muscle strength and bone density.</li><li>• Flexibility, coordination, and balance.</li><li>• Improved immune system.</li><li>• Healthy ageing, mobility, independence and quality of life in older adults.</li><li>• Mental health.</li><li>• Memory, behavior, and concentration.</li></ul>	<ul style="list-style-type: none"><li>• Chronic illness and disability.</li><li>• Mortality rates and risk of dying prematurely.</li><li>• Risk of coronary heart disease, cardiovascular disease and stroke.</li><li>• Risk of diabetes, high cholesterol and high blood pressure.</li><li>• Risk of colo-rectal and breast cancer.</li><li>• Risk of asthma.</li><li>• Risk of osteoporosis and symptoms of arthritis.</li><li>• Body fat, overweight and obesity.</li><li>• Falls and injuries in older people.</li><li>• Risk of developing dementia.</li><li>• Feelings of fatigue, depression, stress and anxiety.</li><li>• Risk of menstrual symptoms, constipation and back pain.</li><li>• Risk of postnatal depression.</li><li>• Demand on health services.</li></ul>

**AFTER YOU READ THE TEXT, ANSWER THE FOLLOWING QUESTIONS ACCORDING TO "THE MULTIPLE BENEFITS OF PHYSICAL ACTIVITY"**

1. IMAGINE THAT YOU MEET SOMEONE THAT HAVE SERIOUS HEALTH PROBLEMS, WOULD YOU RECOMMEND HIM/HER PHYSICAL ACTIVITY? WHY? NAME 3 REASONS ACCORDING TO WHAT YOU READ.
2. WHAT HEALTH PROBLEMS RELATED TO THE HEART THE PHYSICAL ACTIVITY REDUCE?
3. WHAT ARE THE BENEFITS OF THE PHYSICAL ACTIVITY IN MENTAL HEALTH?
4. WHAT THINGS PHYSICAL ACTIVITY REDUCE AND INCREASE? NAME 2 OF EACH.

READ THE FOLLOWING DEFINITIONS AND COMPLETE THE MIND MAP.

**WHAT IS YOGA?**

Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

In more recent years, it has become popular as a form of physical exercise based upon poses that promote improved control of the mind and body and enhance well-being.

There are several different types of yoga and many disciplines within the practice. This article explores the history, philosophy, and various branches of yoga.

**WHAT IS HIIT?**

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. Though there is no universal HIIT session duration, these intense workouts typically last under 30 minutes, with times varying based on a participant's current fitness level. The duration of HIIT also depends on the intensity of the session.

HIIT workouts provide improved athletic capacity and condition as well as improved glucose metabolism.

COMPLETE THE MIND MAP, YOU HAVE TO WRITE THREE CHARACTERISTICS OF EACH ONE.

