

# LESSON NOTE FOR WEEK THREE

SUBJECT: P.H.E

CLASS: J.S.S 3

TEACHER: Dr. Mgboduru H.E

TOPIC: BODY TYPES AND EXERCISES.

**Performance Objectives:** By the end of the lesson, the students will be able to:

1. Explain what body types are.
2. Mention and explain the characteristics of various body types.
3. Mention exercises helpful to those body types.

## STEP 1:

**What is body type?** Body type can be described as the grouping of human bodies according to the relative predominance of inherited or acquired qualities. The body types is genetically determined and can be enhanced by nurture and this in turn can determine the type of sporting

activities one can engage in. The body types are classified into three:

**1. ECTOMORPH body type:** These body types are characterized with long, lean, delicate frame. They have thin bones, small muscles, small heads and faces, slender necks and waist. They have round shoulders and lack upper body strength and power, flat abdomen with small buttocks and long thin legs. They find it difficult to build muscle fats and they experience fast metabolism.

### **SPORTING ACTIVITIES:**

They focus on compound movements that will help them use more muscle groups and they include body weighting, gym weight lifting, power lifting, weight lifting, strong man, middle and long distance races, racket games eg, Tennis, field events and cycling etc. as opposed to isolated movements.

**2. MESOMORPH body type:** They have the following characteristics: massive muscles, large bones, fairly long neck, short powerful arms and legs, the shoulders are wider than the buttocks. They have well defined bodies.

### **SPORTING ACTIVITIES:**

They are good at athletics both field and track events, body contact sports like basketball, soccer etc. They lift moderately and do aerobic exercises to get the heart rate up and increase blood pumping.

**3. ENDOMORPH body type:** They possess the following characteristics: rounded bodies, short necks, soft bones, large heads, smooth body contours, fatty spots, the width of their buttocks are wider than that of the shoulder, they have short tapering limbs, have more muscles and the best strength. They have slow metabolism. They are fat.

## **SPORTING ACTIVITIES:**

Their activities are targeted to loose weight and improve health. They engage in field events or throwing events which include Discus, Shot put, Javelin, Hammer, Swimming, Combat games like wrestling, judo, karate etc.

## **EVALUATION:**

1. What are body types?
2. Mention and explain the body types classifications and their characteristics.
3. Mention the sporting activities for each body types.

## **ASSIGNMENT:**

Draw the body types in your notes.

## **REFERENCES:**

1. New Age Physical and Health Education for Schools.
2. Essentials of Physical and Health for Junior Secondary Schools .

**GOD BLESS YOU ALL!**