



## Physical Education by Muscular Exercise (1904), by Luther Gulick (Physician) (Paperback)

By Luther Halsey Gulick

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Luther Halsey Gulick, Jr. MD (18651918) was an American physical education instructor, international basketball official, and founder with his wife of the Camp Fire Girls, an international youth organization now known as Camp Fire. Types of Physical Activity  
 Aerobic light to vigorous intensity physical activity that requires more oxygen than sedentary behavior and thus promotes cardiovascular fitness and other health benefits (e.g., jumping rope, biking, swimming, running; playing soccer, basketball, or volleyball).  
 Anaerobic intense physical activity that is short in duration and requires a breakdown of energy sources in the absence of sufficient oxygen. Energy sources are replenished as an individual recovers from the activity.  
 Anaerobic activity (e.g., sprinting during running, swimming, or biking) requires maximal performance during the brief period.  
 Lifestyle physical activity typically performed on a routine basis (e.g., walking, climbing stairs, mowing or raking the yard), which is usually light to moderate in intensity.  
 Physical activity play activity that requires substantial energy expenditure (e.g., playing tag, jumping rope).  
 Play activity with flexible rules, usually self selected, for the purpose of having fun.



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