

Initial Information

Read carefully

- To carry out this project, you must visit the corresponding section (s) on this website, to be able to perfectly develop what you are asked for.
- In this second evaluation you will need to remember elements seen and worked on in the first evaluation (muscles, joints, physical capacities, etc).
- The units to be worked on in the second evaluation (apart from Rugby) will be gymnastic skills, postural hygiene (ergonomics) and acrosport, so, the elements of fitness (physical condition) and health are basic to have them in mind, to be able to pass this evaluation (which will be more demanding).
- This project will have a **value of 2 points** in the theoretical part.
Your **NO** delivery will suppose those **2 points less in the theoretical exam.**
- The **deadline** for delivery will be the week between **January 15th and 19th, 2018.**
- There will be no extra delivery time, under any circumstances.



**PLEASE, ANSWER THE FOLLOWING QUESTIONS,
ACCORDING TO THE VIDEOS THAT YOU CAN FIND IN
WEBSITE (search which is the proper section).**

**1) In the video on “Las ventajas de una buena postura”.
Answer (route = web - fitness and health - higiene postural):**

a) According to the video, what tensions cause us to have bad posture?.

b) According to the video, poor posture wears joints and ligaments. What can happen to us if we have bad posture?.

c) According to the video, what would be a good posture, in a frontal and lateral view ?.

d) According to the video, how should the correct posture be when we are sitting?.

e) What does the video say about how to carry a backpack, stay a long time on the couch ?.

2) In the Video: "Major Muscle Groups Of The Human Body", you will have to watch it and then do the following (route = web - fitness and health - condición física):

a) Draw or cut out a drawing of the human body (similar to the one in the video).

b) Point out and list all the muscles that are named in the video.

c) Once the muscles in the video are listed, tell me the actions of each muscle, with typical examples (for example: The deltoid helps us to lift a sofa to be able to vacuum.) As it comes in the video itself).