

LIFE ORIENTATION LEVEL 3

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After completing this lesson, you will be able to:

- ▶ Define physical wellbeing
- ▶ List the benefits of physical fitness
- ▶ Discuss nutrition
- ▶ Avoid risks
- ▶ Practice safe sexual behaviour

Explore the principle of a balanced lifestyle in a workplace context

Explain with examples, what physical well-being means

Explain with examples, what physical wellbeing means

- ▶ **Physical wellbeing** refers to the health and wellness of your body.
- ▶ It means that you feel comfortable and your body functions advantageously.



Physical Fitness

- ▶ A regular exercise needs to take place in order to be physically fit.
- ▶ For example, jog every 2 days.
- ▶ Do aerobic dancing frequently.
- ▶ Play at least 1 sport regularly.



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Benefits of being physically fit

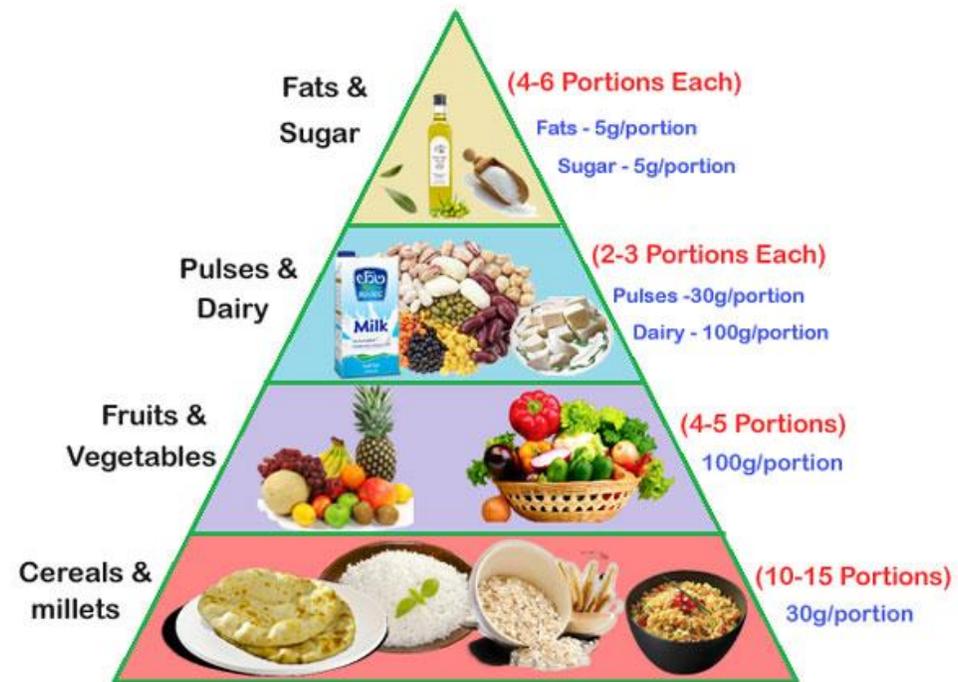
- ▶ Reduce your risk of a heart attack
- ▶ Manage your weight better
- ▶ Have a lower blood cholesterol level
- ▶ Lower the risk of diabetes and some cancers
- ▶ Feel better-with more energy, a better mood, feel more relaxed and sleep better

Aspects of physical fitness

Aspect of Physical Fitness	Definition	Fitness Test
Speed	The Ability of the whole body or part of the body to move fast	50m Sprint
Strength	This is the maximal force that a muscle can exert as it contracts	Grip Strength
Muscular Endurance	This is the ability of a muscle or group of muscles to maintain repeated contractions over long periods of exercise	30 second sit up test Harvard step test
Cardio Respiratory Endurance	This is the body's ability to keep working for long periods of time	12 minute cooper run Bleep Test
Power	This is the combination of strength and speed	Standing broad jump Standing Vertical Jump
Flexibility	Flexibility is the range of movement at a joint	Sit and Reach Test Trunk extension

Nutrition

- ▶ Nutrition refers to the range of foods you eat and the drinks that you drink



According to National Institute of Nutrition INDIA

HealthySystem.in



Manage lifestyle diseases

- ▶ **Lifestyle diseases** are illnesses that you can avoid by living a healthy lifestyle, for example eating healthy and getting regular physical exercise.
- ▶ Life style diseases include:
 - ▶ Heart disease
 - ▶ Stroke
 - ▶ Obesity
 - ▶ Diabetes

Refer to your textbook- Page 100

Risk avoidance

Avoid risky or dangerous behaviour

Alcohol, drugs and the use of tobacco products decrease your lifespan
Your liver, heart and lungs are harmed

Reduce risk: Prevent accidents at work

Wear safety gear
Follow all safety rules
Never use machines or tools if you are drunk or taking drugs/medication that can make you sleepy

Sexual behaviour and reproductive health

- ▶ Your reproductive health refers to the health of your sexual processes, functions and systems at all stages of your life.
- ▶ Maintain or improve your reproductive health
 - ▶ Have a stable sexual relationship
 - ▶ Abstain from sex if you don't have one faithful partner
 - ▶ Always use a condom correctly
 - ▶ Avoid getting pregnant while you're still too young
 - ▶ Avoid having sugar daddies
 - ▶ Avoid having sex with stranger

An activity to do

► Activity 1-page 102

QUESTION 4

Read the following scenario and then answer the questions that follow:

Lucky Radebe is a 21-year-old student at an FET college. He was emotionally and physically abused by his father. His father refused to allow him to attend school. His father passed away five years ago. This gave Lucky an opportunity to attend college. He had a part-time job at a restaurant and worked there for some time. He later became sick.

He went to a clinic and requested an HIV test. Lucky tested positive. He decided to inform the manager. The manager informed employees about his status. Employees started to keep away from him. Some believed that he deserved being HIV positive. They accused him of having many sexual partners. A week later the manager told him that employees did not feel safe and comfortable about his condition. As a result he was fired.

- 4.1 Lucky needs to join a support group. Give TWO disadvantages of not being in an HIV/AIDS support group. (2 × 2) (4)
- 4.2 A balanced diet plays an important role in fighting HIV/AIDS. What advice would you give Lucky regarding his diet? Mention THREE suggestions.(3 × 2) (6)
- 4.3 Do you think that Lucky's dismissal (being fired) was fair? Give ONE reason for your answer. (3)
- 4.4 List THREE of Lucky's rights which are being violated, according to the scenario. (3)
- 4.5 What do you think of Lucky's colleague's attitude and behaviour towards him? Give TWO points/responses. (4)

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