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FOREWORD TO PHYSICAL FITNESS TRAINING SECTION

1. Physical fitness is difficult to define as it is a relative term, having no real meaning unless related to particular tasks or requirements, such as fitness to fly, or to work, or to fight. It is the physical ability to work hard for long periods, possibly under adverse conditions; to perform tasks efficiently without excessive fatigue; and to recover quickly after the tasks have been performed.
2. Physical fitness is a combination of muscular power, physical endurance, mobility, agility and co-ordination; these factors can be improved by physical training. Physique and resistance to disease are also involved; these are related to inherited factors and general health.
3. There are many factors which affect physical fitness, such as heredity, diet, exercise, recreation, rest and sleep and personal habits. You should appreciate the influence of each factor when planning your training programme. You should recognize the relative importance of each factor by setting realistic aims, keeping the contribution which exercise makes to physical fitness in proportion with all other aspects. The fit man is more efficient, dependable and adaptable than the man whose physical ability is restricted.
4. It would be unrealistic and impractical to provide a series of lessons suitable for all occasions, but in order to provide you with material from which to choose when preparing training lessons, a wide variety of exercises and activities are detailed in this Section.

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