

Module 6: Community Health

Topic 4 Content: Individual Sports


Introduction

Individual Sports

- Running
- Triathlon
- Archery
- Surfing
- Bowling
- Golf

Introduction

Many sports are available in your community, depending on location and resources. Click each of the tabs to learn more about several individual sports.



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Module 6: Community Health

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Running

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Running Running

Triathlon

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Surfing

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Golf

Have you ever looked out of a car window and seen a person "pounding the pavement," which in runner's terms means "running down the road"? That person is taking advantage of the community roads. Your community may even have sidewalks, trails, or a track on which you can run. Some communities have organized running groups, either through the recreational department, organizations, or your school. Organizational running groups may gather regularly to run together either for competition or leisure.

Running benefits all areas of health-related fitness, but it focuses on cardiorespiratory endurance and muscular endurance. As you continue to run, you might find that you are ready to compete in a race.

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Running benefits all areas of health-related fitness, but it focuses on cardiorespiratory endurance and muscular endurance. As you continue to run, you might find that you are ready to compete in a race, which will require training of your body and mind. A simple Internet search will show that running is a popular individual sport, and communities across the nation serve as hosts to thousands of races. Shown below are the most popular distances for running races. Keep in mind that distances can be measured in kilometers (indicated with the letter *k*) or in miles, and they take place on roads and trails, commonly referred to as cross country.

- Five kilometers equals 3.1 miles.
- Eight kilometers equals 4.9 miles.
- Ten kilometers equals 6.2 miles.
- Twenty-five kilometers equals 15.5 miles.
- Thirty kilometers equals 18.6 miles.
- A half marathon is 13.1 miles.
- A marathon is 26.2 miles.
- One hundred kilometers equals 62.1 miles. This distance and farther is considered ultrarunning.

If you decide to enter a race, you can compete for a place in the race or against your own predetermined time. The runner who crosses the finish line first is considered the overall winner. Some races determine winners based on age groups and gender.

Module 6: Community Health


Topic 4 Content: Individual Sports

Triathlon

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Triathlon



Have you considered a triathlon? A triathlon is a multi-sport event. It involves the completion of three sequential and continuous endurance events. There are several different types of triathlons, such as sprint distance, intermediate distance, the long course, and ultra distance. The most popular type of triathlon involves swimming, cycling, and running. The athlete begins with a swim, then switches to cycling, then running. The distances vary depending on which type of race you are participating in. The athlete to come across the finish line first is the winner. Just like in marathons, some races determine winners based on age groups and gender.

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To participate in a triathlon, you need to know good form in all three of the events, and you need the proper equipment. One way to gather the necessary knowledge and equipment is to seek help from local organizations. For instance, your local gym may have a trainer who can help you in one or all of the events. You might even find a triathlon organization in your community or nearby.

Module 6: Community Health


Topic 4 Content: Individual Sports

Archery

Individual Sports

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Archery



Archery is a sport that allows athletes to display their accuracy skills with a bow and arrow. It takes muscular strength, endurance, and focus to draw back a bow, hold it, aim it, and hit the target. In archery competitions, the athlete stands at a predetermined distance from the targets. The competition is judged by the accuracy in hitting the targets. Archers can gain points, too, for their consistency in hitting the same place on a given target. Archers can choose to compete with a variety of bows, including compound, recurve, and crossbows.

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Module 6: Community Health

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Surfing



If you live near a coast, you might already surf or be interested in it. Competitive surfing is a comparison sport where riders are allocated a certain amount of time to ride waves. Competitors are then judged according to how competently the wave is ridden, including the level of difficulty as well as frequency of maneuvers.

Check to see if your local coastal community has any surfing organizations or competitions available.

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Module 6: Community Health

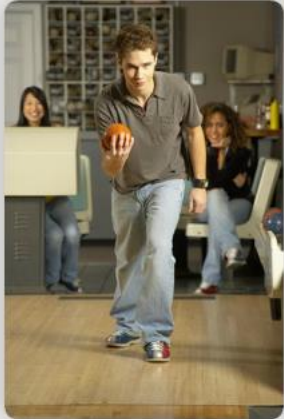
Topic 4 Content: Individual Sports

Bowling

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Bowling



Does your community have a bowling alley? If so, then you could possibly become a competitive bowler. Bowling is a sport in which a person rolls a bowling ball, which can be various sizes, down a wooden alley in order to knock down a triangular group of ten pins. The person with the highest score out of ten rounds is the winner.

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Module 6: Community Health


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Golf



Across the nation, many communities have at least one golf course or range. If yours does not, another nearby community may. Golf is a game played on a large outdoor course with a series of nine or eighteen holes spaced far apart. The object of the game is to hit a golf ball into the holes in as few strokes as possible. The player with the lowest score wins.

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