

Final Exam Fitness Notes Review Sheet

5 Health Related Fitness Components

1. Body Composition
2. Cardiovascular Endurance
3. Muscular Strength
4. Muscular Endurance
5. Flexibility

Cardiovascular Endurance

Tested by the Pacer Test

Can be improved by 3-7 days a week of 30-60 minutes of cardiovascular activity

Examples include: running, swimming, soccer, basketball

Heart Rate= # of beats per minute

Maximum Heart Rate= $220 - \text{Age}$

Target Heart Rate= $(220 - \text{Age}) \times \%$ you want to work in decimal form

Arteries transport blood high in oxygen away from the heart and to the muscles

Veins transport blood low in oxygen from the muscles back to the heart

Muscular Strength

Is a one time maximum force exerted by your muscles

Typically is improved by a lower amount of reps and a higher amount of weight

Examples Include: Standing Vertical Jump, Shot put, Max out bench press

Reps= The number of times you lift the weight in a row without stopping

Sets= The number of times that you start the weight lifting activity.

Muscular Endurance

Muscular Endurance is the muscle's ability to work for long periods of time

Muscular Endurance is tested in class by sit ups and push ups

Typically is improved by a higher amount of reps and a lower amount of weight

Examples Include: 15 bench presses, Wall Sits, Wrestling

Overload is the concept of safely challenging your body when you are exercising

Progression is the concept of gradually increasing the difficulty of the workouts

Resistance Training is lifting weights that you can lift 7-10 times

Flexibility

Can be improved by static stretching and ballistic stretching

Static stretching is traditional style stretching where you hold the stretch for 10-30 seconds

Ballistic stretching is controlled sport related movements

Flexibility is measured in PE class by the sit and reach

3 parts of a safe work out are the warm-up, the intense activity, and the cool down

Tendons connect muscle to bone

Ligaments connect bone to bone

FITT Principle

F stands for Frequency and relates to the number of times per week you do the activity

I stands for Intensity and relates to how intense the work out is

T stands for Time and relates to the amount of time that you do the work out

T stands for Type and relates to the specific type of work out that you do