

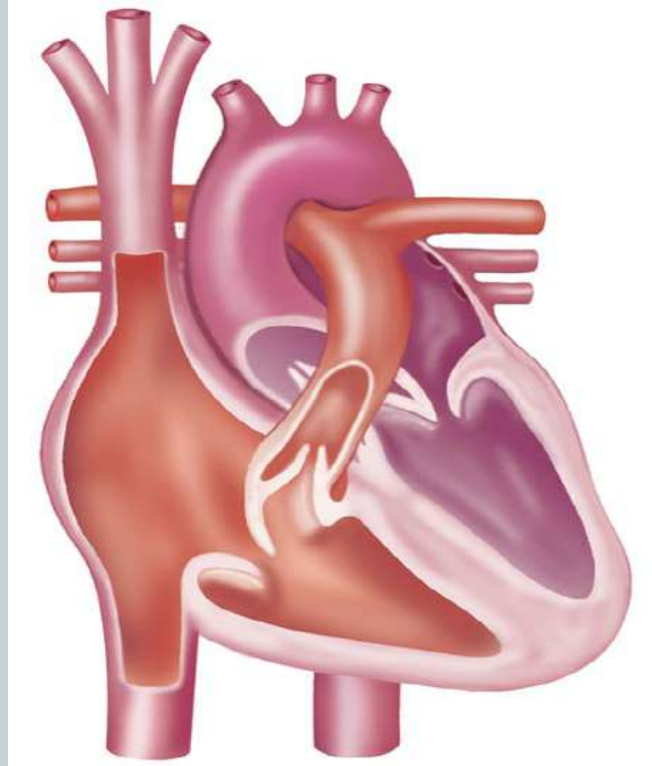
FITNESS FOR LIFE



UNIT THREE

STUDY GUIDE REVIEW

CHAPTER SEVEN



Cardiovascular Fitness

Question One



To improve your cardiovascular fitness requires fitness of the:

Heart, Lungs, Blood, Blood Vessels, Muscles

Question Two



Doing regular physical activity can help you look better by:

Controlling your weight

Building muscle

Developing good posture

Strengthening the heart muscle

Healthier blood vessels

Question Three



What makes up your cardiovascular system?

Heart, Blood, Blood Vessels

Question Four



What makes up your respiratory system?

Lungs and Air Passages

Question Five



Define resting heart rate?

The number of heart beats per minute when you are relatively inactive

Question Six



Why is a lower resting heart rate important?

It allows the heart muscle more rest per beat.

Example: A very fit person's heart beats approximately 9.5 million times less each year than that of an average person!

Question Seven



Scientists have found that people who exercise regularly develop extra?

Coronary arteries

Define the Following...



8. **Cholesterol**: A fatlike substance found in some foods that can cause fatty deposits along the artery walls.
9. **Low-density lipoprotein**: Bad cholesterol! Carry cholesterol that is most likely to stay in the body.
10. **High-density lipoprotein**: Good cholesterol! Carries excess LDL's out of the bloodstream and into the liver for elimination from the body.

Define the following...



11. **Arteries**: Carries blood away from the heart to other parts of the body.

12. **Veins**: Carries blood filled with waste products from the muscle cells back to the heart. Regular exercise helps the muscles squeeze your veins efficiently.

13. **Atherosclerosis**: A disease in which certain substances, including fats, build up on the inside walls of the arteries and blocks the blood flow. This can cause heart attacks!!

Define the Following...



14. **Aerobic Activity**: “With oxygen”. Activity that is steady enough to allow the heart to supply oxygen your muscles need.

Give the FITT formula for Active Aerobic Activity

(Level Two on P.A.P.)

F: 3 days a week

I: Target Fitness Zone

T: 30 – 60 minutes of continuous activity

T: Jogging, Swimming, Biking, Step Aerobics

15. **Anaerobic Activity**: “Without oxygen”. Activity so intense that your body cannot supply adequate oxygen to sustain it for long periods of time. Short bursts of activity!

Question Fifteen



Computing Target Heart Rate Zone...

Step One: $208 - (.70 \times \mathbf{age}) = \text{Max Heart Rate (MHR)}$

Step Two: $\text{MHR} (x) .65 = \text{Threshold of Training}$

Step Three: $\text{MHR} (x) .90 = \text{Target Ceiling}$

Discussion Question



You decide that you need to develop a program to improve your cardiovascular fitness. Make of list of five changes you should incorporate into your exercise program.

Answer



Exercise Regularly

Do Aerobic Activity every other day

Keep a fitness log

Self assess periodically for improvements

Eat right by following proper nutritional guidelines.

CHAPTER EIGHT



Active Aerobics and Recreation

Question One



What to types of activities are located on Level Two of the Activity Pyramid?

Active Aerobics & Active Recreation

Question Two



Why are active aerobic activities a good choice for lifetime fitness?

1. They do not require high levels of skill
2. They are not competitive
3. They can be done at home or near home
4. They do not require a partner or group

Question Three



List some examples of Active Aerobic Activities.

Aerobic Dance
Aerobic Exercise Machines
Bicycling
Circuit Training
Martial Arts
Jogging
Swimming
Water Aerobics.

Question Four



If you are going to stick with an activity over a long period of time, it must be _____!!

Enjoyable!

Question Five



List some examples of Active Recreation Activities:

Backpacking
Hiking
Orienteering
Skating & Skateboarding
Land Paddling
Rock Climbing,
Bouldering
Skiing

Question Six



List (5) safety tips when participating in activities from Level Two of the Physical Activity Pyramid.

1. Wear Proper Safety Equipment
2. Use safe equipment
3. Get proper instruction
4. Perform within the limits of your current skills
5. Plan ahead and be prepared!

Define the Following ...



7. **Active Aerobics**: Activities that are vigorous enough to elevate the heart rate into the THRZ.

8. **Active Recreation**: Activities that you do during leisure time that elevate your heart rate into your THRZ.

9. **Leisure Time**: Time free from work

Define the following...



10. **Recreational Activity**: Exercise done during leisure time that is not classified as sport or active aerobics

11. **Circuit Training**: A form of exercise routine in which you perform a group of exercises in sequence with brief rests in between each exercise.

Question Twelve



Why is it important to include in your activity plan choices from the active aerobics and active recreation part of the Physical Activity Pyramid?

Variety

This level on the pyramid focuses on activities that promote Cardiovascular Fitness

Question Thirteen



Name the four levels on the Physical Activity Pyramid...

Level One: Lifestyle Physical Activities

Level Two: Active Aerobics & Active Sport and Recreation

Level Three: Flexibility & Muscle Fitness

Level Four: Limit Sedentary Living (Rest)

Question Fourteen



Why might team sports not be good as an only choice for your lifetime activity plan?

As you get older, sports participation decreases and opportunities to exercise on your own increase. Fitness related activities are more affordable and accessible!

Question Fifteen



List (3) biomechanical principles for Jogging.

1. Proper Foot / Arm Action
2. Keep trunk tall / Engage Core
3. Breathe Easily

Discussion Question



According to the statistics, 72% of boys and 52% of girls are vigorously active 3x a week.

Why do you think girls are lower than boys? What suggestions do you have that might help change these statistics?

CHAPTER NINE



Active Sports & Skill Related Fitness

Question One



Define Skill-Related Fitness.

A part of fitness that helps person perform well in sports and activities requiring certain skills

Question Two



List the six skill-related fitness components:

Agility

Balance

Coordination

Power

Speed

Reaction time

Acronym: "***Any Body Can Practice Skill Related Techniques***"

Question Three



List the factors that affect your skill-related abilities.

1. **Heredity**: inherited traits from family
2. **Practice**: “practice makes perfect”
3. **Principle of Specificity**: better at one skill than another

Define the following...



4. **Agility**: the ability to change position of the body quickly and control body movements
5. **Balance**: the ability to keep an upright posture while standing still or moving
6. **Coordination**: the ability to use two or more body parts together

Define the following ...



7. **Power**: the ability to use strength quickly

8. **Speed**: the ability to perform a movement or cover a distance in a short time

9. **Reaction Time**: the amount of time it takes a person to move once they realize the need to act

Question Ten



What are the six guidelines to follow when choosing a sport?

1. Consider your skill-related abilities
2. Consider the health-related benefits of the sport
3. Consider a lifetime sport
4. Learn the skills of the sport
5. Be fit
6. Choose sports that you enjoy

Question Eleven



Why is it important to be physically fit when participating in sports?

Being physically fit will improve your performance

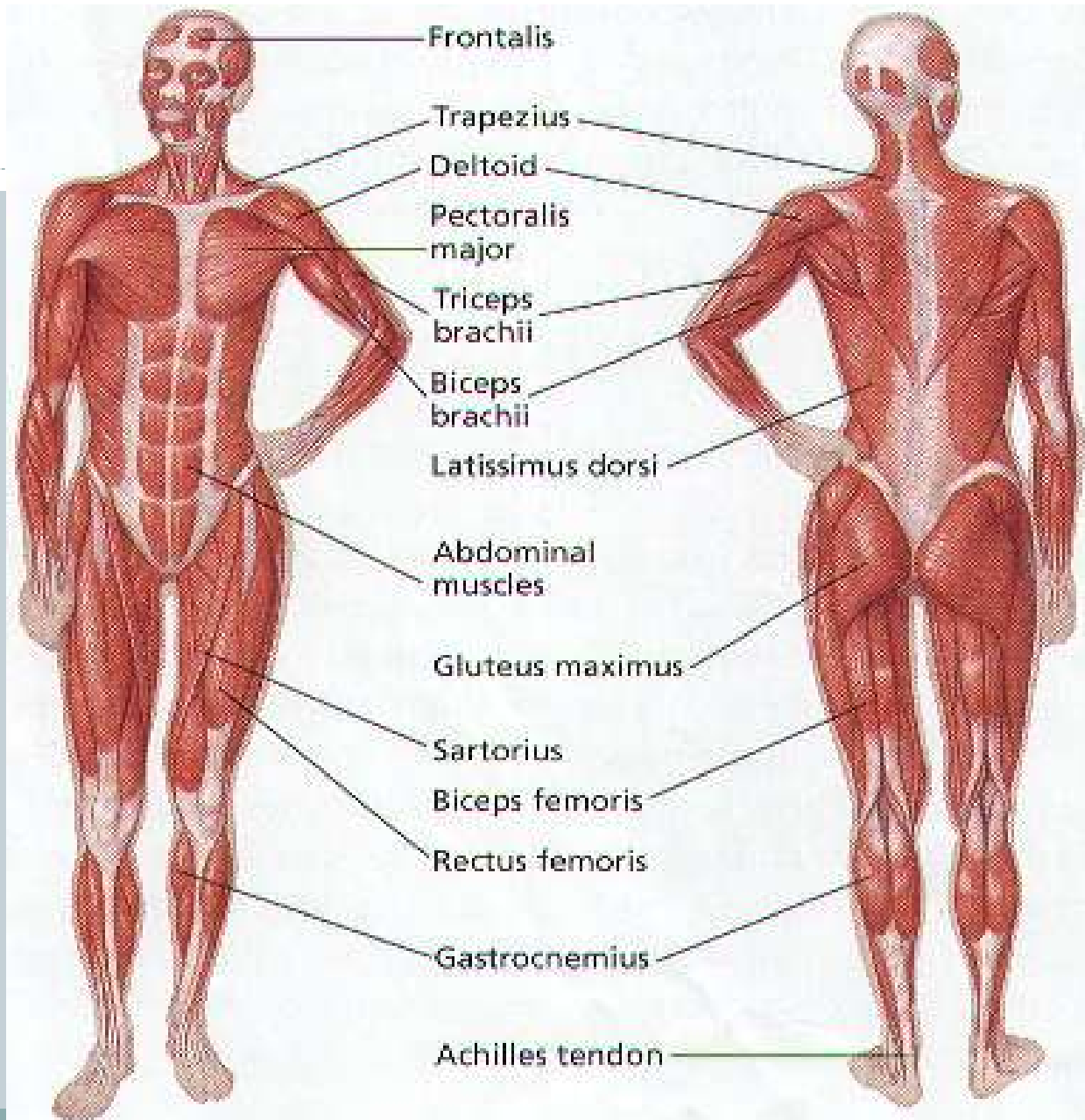
Decrease injury

Increase self-confidence

Muscle Diagram



For the Unit Test...Be able to identify the muscles on the following diagram!



Frontalis

Trapezius

Deltoid

Pectoralis
major

Triceps
brachii

Biceps
brachii

Latissimus dorsi

Abdominal
muscles

Gluteus maximus

Sartorius

Biceps femoris

Rectus femoris

Gastrocnemius

Achilles tendon