

EXAM STUDY QUESTIONS

Name each health-related component and identify at least one activity that will lead to improvement in each area.

1. Cardio _____
2. Muscular strength _____
3. Muscular endurance _____
4. Flexibility _____
5. Body composition _____

What is a fallacy? Give one example and tell why it is a fallacy.

List an activity for each of the skill related fitness components.

1. Agility _____
2. Power _____
3. Reaction time _____
4. Speed _____
5. Balance _____
6. Coordination _____

Name 2 warm up techniques.

1. _____
2. _____

Name 2 cool down techniques.

1. _____

2. _____

What is a mechanical principle?

List safety procedures that should be followed when engaging in activities to improve health-related components.

List one safety procedure for each health-related component.

1. Cardio _____

2. Muscular strength _____

3. Muscular endurance _____

4. Flexibility _____

5. Body composition _____

List 3 different types of heat illnesses associated with fluid loss.

1. _____

2. _____

3. _____

Describe one way each of the health related components is improved through the application of training principles.

1. Cardio _____
2. Muscular strength _____
3. Muscular endurance _____
4. Flexibility _____
5. Body composition _____

Describe the training principles of overload.

Describe the training principles of progression

Describe the training principle of specificity.

Name 3 activities that are aerobic.

1. _____
2. _____
3. _____

Name 3 activities that are anaerobic.

1. _____
2. _____

3. _____

Determine your personal heart rate zone. Take 220 and subtract your age _____

_____ % - _____ % of your maximum effort is your target range.

How long do you take your pulse? _____

What methods could you use to monitor your heart rate? Name at least 3.

1. _____

2. _____

3. _____

Determine ways to adjust the intensity level to stay within the desired range.

1. _____

2. _____

Name a vigorous physical activity you could participate in on a daily basis.

Name safety practices to avoid heat related illness.

List the FITT principles, what they stand for, and one example of each category.

F- _____

I- _____

T- _____

T - _____

Give an example of potential benefits of participation for physical health

1. Less injuries, sickness, cancer _____
2. Mental health-avoid stress and depression _____
3. Emotional wellbeing-have friends, meet people. More self-confidence.

4. Social well-being-more friends, handle stress at work. _____

Use the 5 components of fitness to answer the following questions.

1. _____ is the ability to maintain physical exercise for a long period of time without getting fatigued. (Fatigued means tired.)
2. Sit and Reach is an example of _____
3. Percentage of lean muscle mass in your body _____
4. Lifting a heavy weight for a low number of repetitions _____
5. Performing high repetitions with a lighter weight _____
6. Performing as many curl ups as you can for one minute _____