

Personal Fitness Essential Questions and Terminology

WEEK 1:

- What does it mean to be physically fit?
- What are the 5 components of fitness?
- What component does the mile run test measure?
- What component do push-ups measure?
- What component do curl-ups measure?
- What component does the sit and reach measure?
- How is BMI (Body Mass Index) measured?
- What disease do most Americans die of each year?

Fitness Terms: Define the following terms:

- Cardiovascular Fitness:
- Muscular Strength:
- Muscular Endurance:
- Flexibility:
- Body Mass Index:
- FITNESSGRAM TESTS: