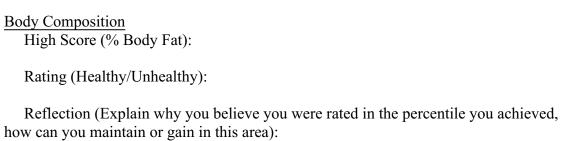
#### Basic Components of Physical Fitness Portfolio

<u>Flexibility</u>
High Score (cm):
Rating (percentile; category):
Reflection (Explain why you believe you were rated in the percentile you achieved, how can you maintain or gain in this area):
Muscular Strength
High Score (Difference in inches):
Rating (Percentile):
Reflection (Explain why you believe you were rated in the percentile you achieved, how can you maintain or gain in this area):
Muscular Endurance
High Score (# of steps):
Rating (Percentile):
Reflection (Explain why you believe you were rated in the percentile you achieved, how can you maintain or gain in this area):



how can you maintain or gain in this area):

#### **Cardiorespiratory Endurance**

High Score (Heart Rate):

Rating (Fitness Category):

Reflection (Explain why you believe you were rated in the percentile you achieved, how can you maintain or gain in this area):

## Developing a Physical Fitness Program

Desired Activity	
	_

Overload:	
Progression:	
Specificity:	
	Basics of a Fitness Program
Warm-up: 1:	
2:	
3:	

### Workout

1:

2:

3:

## Cooldown

1:

2:

# Counting Calories Expenditure vs. Intake (www.fitday.com)

Day One Expenditure: Day One Intake: Difference: Gain or Lose Weight:
Day Two Expenditure: Day Two Intake: Difference: Gain or Lose Weight:
Journal Questions
1. What is the difference between a sedentary lifestyle and non-sedentary lifestyle? (One picture to represent sedentary and one picture to represent non-sedentary)
2. What is the difference between metabolism and basal metabolism?
3. Explain how an individual gains, loses or maintains weight in regards to calories? (Be sure to explain how many calories = 1 pound of fat)
4. Give one example of anaerobic exercise and explain why that exercise is anaerobic? (Picture that represents anaerobic exercise)

	Give one example of aerobic exercise and explain why that exercise is aerobic? (Picture that represents aerobic exercise)
6.	Name and explain the three types of resistance training?
	What is the purpose of finding your resting heart rate as well as your maximum ite? Resting heart rate Maximum heart rate

#### **Physical Fitness Terms**

- 1. Physical Fitness
- 2. Body Composition
- 3. Flexibility
- 4. Muscular Strength
- 5. Muscular Endurance
- 6. Cardiorespiratory Endurance
- 7. Sedentary Lifestyle
- 8. Metabolism
- 9. Basal Metabolism
- 10. Calories
- 11. Aerobic Exercise
- 12. Anaerobic Exercise
- 13. Isometric Exercise
- 14. Isotonic Exercise
- 15. Isokinetic Exercise
- 16. Cross-Training
- 17. Overload
- 18. Progression
- 19. Specificity
- 20. Warm-Up
- 21. Work-Out
- 22. Cool-Down
- 23. Resting Heart Rate

	Name	Period
Basic Components of Fitness Flexibility Muscular Strength Muscular Endurance Body Composition Cardiorespiratory Endurance		/ 10 / 10 / 10 / 10 / 10
Developing a Fitness Program Overload Progression Specificity	m	/ 5 / 5 / 5
Basics of a Fitness Program Warm-up Work-out Cool-down		/ 5 / 5 / 5
Counting Calories  Day One  Day Two		/ 10 / 10
Journal Entries  1 2 3 4 5 6 7		/ 5 / 5 / 5 / 5 / 5 / 5
Terms $I-23$		/ 23
		/ 160

**Teacher Comments:**