Basic Components of Physical Fitness
Portfolio

Flexibility

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):

Body Composition

High Score (% Body Fat):

Rating (Healthy/Unhealthy):

Reflection (Explain why you believe you were rated in the percentile you achieved, 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)

5. 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?

7. What is the purpose of finding your resting heart rate as well as your maximum heart rate? 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	/ 10
Muscular Strength	/ 10
Muscular Endurance	/ 10
Body Composition	/ 10
Cardiorespiratory Endurance	/ 10
Developing a Fitness Program	
Overload	/ 5
Progression	/ 5
Specificity	/ 5
Basics of a Fitness Program	
Warm-up	/ 5
Work-out	/ 5
Cool-down	/ 5
Counting Calories	
Day One	/ 10
Day Two	/ 10
Journal Entries	
1	/ 5
2	/ 5
3	/ 5
4	/ 5
5	/ 5
6	/ 5
7	/ 5
Terms	
1 – 23	/ 23

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Teacher Comments: