## **Health-Related Components**

## \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fitness

## \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Strength/Endurance

## Body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **Cardiorespiratory Fitness**

## The ability to do vigorous, \_\_\_\_\_\_\_\_\_\_\_\_\_ muscle exercise over a \_\_\_\_\_\_\_\_\_\_\_ period time.

# **Intensity vs. Duration**

## **Intensity** (how hard you should work during your cardio workout)

### \_\_\_\_\_\_% to \_\_\_\_\_\_\_% of Maximum Heartrate

## **Duration** (how long your workout session should last)

### \_\_\_\_\_\_ minutes minimum

## When intensity increases, what happens to the duration of an activity?

# **Muscular Strength/Muscular Endurance**

## Muscular Strength – the amount of force that can be exerted by a \_\_\_\_\_\_ contraction of the muscle (1 rep max)

## Muscular Endurance – the ability to \_\_\_\_\_\_\_\_\_\_ using certain muscles for a period to time (as many as you can)

# **Muscular Strength vs. Muscular Endurance**

## How do you measure intensity?

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## How does the intensity differ when you want to do the following?

### To improve Strength – \_\_\_\_\_\_\_\_\_\_ weight/ \_\_\_\_\_\_\_\_\_ repetitions

### To improve Endurance – \_\_\_\_\_\_\_\_\_\_\_\_ weight/ \_\_\_\_\_\_\_\_\_ repetitions

# **Free Weight vs. Machines**

## Which are safer? Why?

## Which takes less time to move from one exercise to another, free weights or machine?

## Which would strengthen both Right & Left Equally, free weights or machine?

# **Body Composition**

## The percent of body weight composed of \_\_\_\_\_\_\_\_\_ compared to the percent that is composed of tissue, bone and muscle.

# **Training for Fitness**

## **Principles of Training**

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **The Overload Principle**

## Placing \_\_\_\_\_\_\_\_\_\_\_\_\_\_ demands upon the body

## This causes the body to \_\_\_\_\_\_\_\_\_\_ or adjust which leads to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ physical condition.

## 

## **FIT (How you overload)**

## **F**requency – \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_?

## **I**ntensity – \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_?

## **T**ime (Duration) – \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_?

# **Progression**

## The gradual \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in exercise or activity over a period of time

## Can be in terms of frequency, intensity or time (duration)

# **Specificity**

## Improvements in a fitness area requires \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_kinds of activity.

## Training for one area \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ necessarily improve another.

## If you want to see your six-pack abs, what must you do along with all your crunches?

# **What are the Benefits of the Warm-up?**

## \_\_\_\_\_\_\_\_\_\_\_\_ the body

## Reduce \_\_\_\_\_\_\_\_\_\_\_\_\_

## Increase \_\_\_\_\_\_\_\_\_\_\_ sent to muscles

# **What are the benefits of the Cool Down?**

## Allows body to \_\_\_\_\_\_\_\_\_\_\_\_\_

## Prevents \_\_\_\_\_\_\_\_\_\_\_

## Prevents \_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Prevents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of blood

# **Cross-Training**

## Involves \_\_\_\_\_\_\_\_\_\_\_\_\_\_ two or more types of exercise in one workout or using different \_\_\_\_\_\_\_\_\_\_\_\_ alternately in successive workouts.

## What are some examples of Cross-training that we have used in class?

## What are some examples of Cross-training that you could use outside of school?

# **Overtraining**

## Occurs when a person participates in any physical activity at very high intensity levels or for unusually long periods of time.

## What are the dangers of overtraining?

#### Physical Exhaustion

#### Injuries

## What type of injuries can occur?