FITNESS
UNIT REVIEW

Heart Rate

- What 2 things does the Heart pump throughout the body?

    - Oxygen & Blood

- Does your Heart Rate increase or decrease during exercise?

    - Increase

- What 2 fingers do we use to find our Heart Rate?

    - Index & Middle

- What are 2 locations on the body where we can find our Heart Rate?

    - Neck & Wrist

- What is the artery on our wrist called, that we find our Heart Rate at?

    - Radial artery

Exercising & Stretching

- What are the 3 ways of exercising?

  - Free Weight Exercising, Body Weight Exercising, Machines

- What are the 2 types of Stretching?

  - Dynamic & Static

- What type of stretching do we do during the warm-up?

  - Dynamic

- What type of stretching do we do during the cool-down?

  - Static

What are 3 Benefits of Regular Physical Activity?

1) INCREASES STRENGTH

2) INCREASE SELF-ESTEEM

3) BOOST ENERGY

4) HELPS LOWER STRESS

5) DECREASES CHANCE OF INJURIES

6) DECREASES CHANCE OF DISEASES

What are 3 Benefits of Stretching?

1) Improves flexibility

2) Improves balance and coordination

3) Decreases risk of injury

4) Minimizes muscle stiffness/soreness after a workout

What are 3 purposes of a Warm-up?

1) Increases circulation/heart rate

2) Increases body temperature

3) Mental preparation

4) Prevents injuries

5) Improves performance

What are 3 purposes of a Cool-down?

1) Slowly lowers Heart Rate.

2) Prevents dizziness.

3) Minimizes muscle stiffness/ soreness.
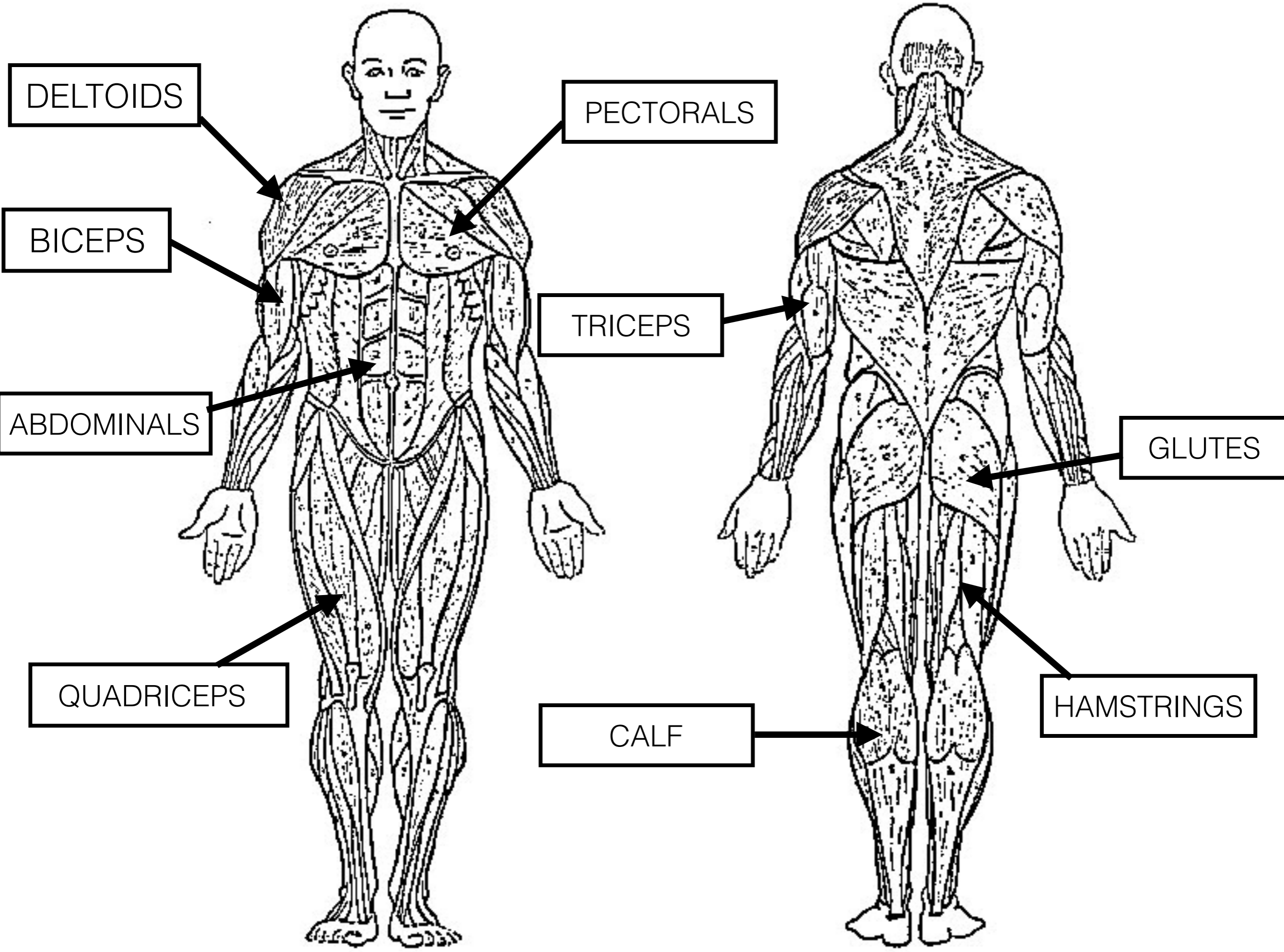
DELTOIDS

PECTORALS

BICEPS

TRICEPS

ABDOMINALS

GLUTES

QUADRICEPS

HAMSTRINGS

CALF

MATCH THESE 4 Health-related Fitness Components

Cardiovascular Endurance

Muscular Endurance

Flexibility

Muscular Strength

1) ability of the muscles to exert force over a longer period of time without getting tired

2) ability of the heart & lungs to get oxygen to the working muscles during longer exercise

3) amount of force that can be exerted by the muscles in a single effort

4) the range of motion of a joint

WHAT DO THESE LETTERS STAND FOR IN F.I.T.T.?

- F = Frequency

- I = Intensity

- T = Time/Repetitions

- T = Type