

Adventure Challenge

1. The 3 principles of training include:
2. The 3 ways a person can overload to improve fitness include:
3. The ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles is called:
4. The best example of aerobic activity is
5. The best example of anaerobic activity is:
6. To improve cardiovascular endurance you must chose activities that use large muscle groups, and large amounts of oxygen. They must be continuous and you must be able to regulate the pacing and still perform the activity. These activities are classified as:
7. Your Target Zone for cardiovascular activities is defined as:
8. The Polar Heart Rate Monitor is used to measure our exercise...
9. The numerical scale that allows you to determine the difficulty level of exercise
10. Which of the following is a true statement regarding the Polar Heart Rate Monitors?
11. If your average heart rate during your work-out was 160, then you have completed a:

** Student B does Yoga 3 times a week and lifts weights 2 times per week. She lifts lighter weights and does 3 sets of 10 repetitions.

12. What is the primary fitness component Student B is working on when she does Yoga?
13. What is the fitness component Student B is working on when she is lifting weights?
14. If Student B were to add a walking program to improve her Cardiovascular endurance this would be an example of applying which principle of exercise?

**Student C has not had instruction on how to train properly. For statements 15-17, check whether she should maintain, increase, or decrease overload.

a. Maintain overload b. Increase overload c. Decrease overload

15. She has been jogging for some time and is able to complete her 2-mile jog in 15 minutes with ease.
16. She added 10 pounds to the barbell because her friend was lifting this much and she experienced pain and difficulty in completing the lift.
17. She is doing 3 sets of 4 to 8 repetitions to increase leg strength, presently she is only able to do 5 repetitions for each set.

WORD BANK: (for questions 1-14)

Overload, progression, and specificity	Cardiovascular Endurance
Increase frequency, intensity, and/or time	Power Lifting
A 30 minute jog	Aerobic
60 – 80% of your maximal heart rate	Cardiovascular work-out
Intensity	Flexibility
Determines if we are working at a level that will improve fitness/Measures our cardio-respiratory endurance/Helps us understand the type of activity needed to reach your target zone	
Muscular strength	Specificity
Target Zone	

