

# WEIGHTLIFTING STUDY GUIDE

Remember health related fitness is more important for LIFELONG health than skills related fitness components. Place each of the following in the correctly labeled box:

- Flexibility
- Coordination
- speed
- Muscular strength
- balance
- reaction time
- Body composition
- muscular endurance
- cardiovascular endurance
- Agility
- power

Health Related Fitness	Skill Related Fitness

**Match each fitness concept with its match by drawing a connecting line:**

- Aerobic activity
- Anaerobic activity
- Target heart rate zone
- Muscular endurance
- Muscular strength
- Frequency
- Intensity of a cardio workout
- lighter weights, more repetitions
- 4 days per week
- 30 min jog
- 60 – 80% of maximum heart rate
- 160 beats per minute heart rate
- power lifting
- heavier weights, fewer repetitions

The 3 principles of training are: \_\_\_\_\_,  
\_\_\_\_\_

The 3 ways to overload are: \_\_\_\_\_,  
\_\_\_\_\_

Match the correct work to its definition using the work bank:

- |                          |
|--------------------------|
| Intensity                |
| Frequency                |
| Muscular Strength        |
| Cardiovascular endurance |
| Aerobic                  |
| Time                     |
| Muscular endurance       |

The ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles is called:  
\_\_\_\_\_

To improve cardiovascular endurance you must chose an activity that uses 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: \_\_\_\_\_

How often a person works out is \_\_\_\_\_

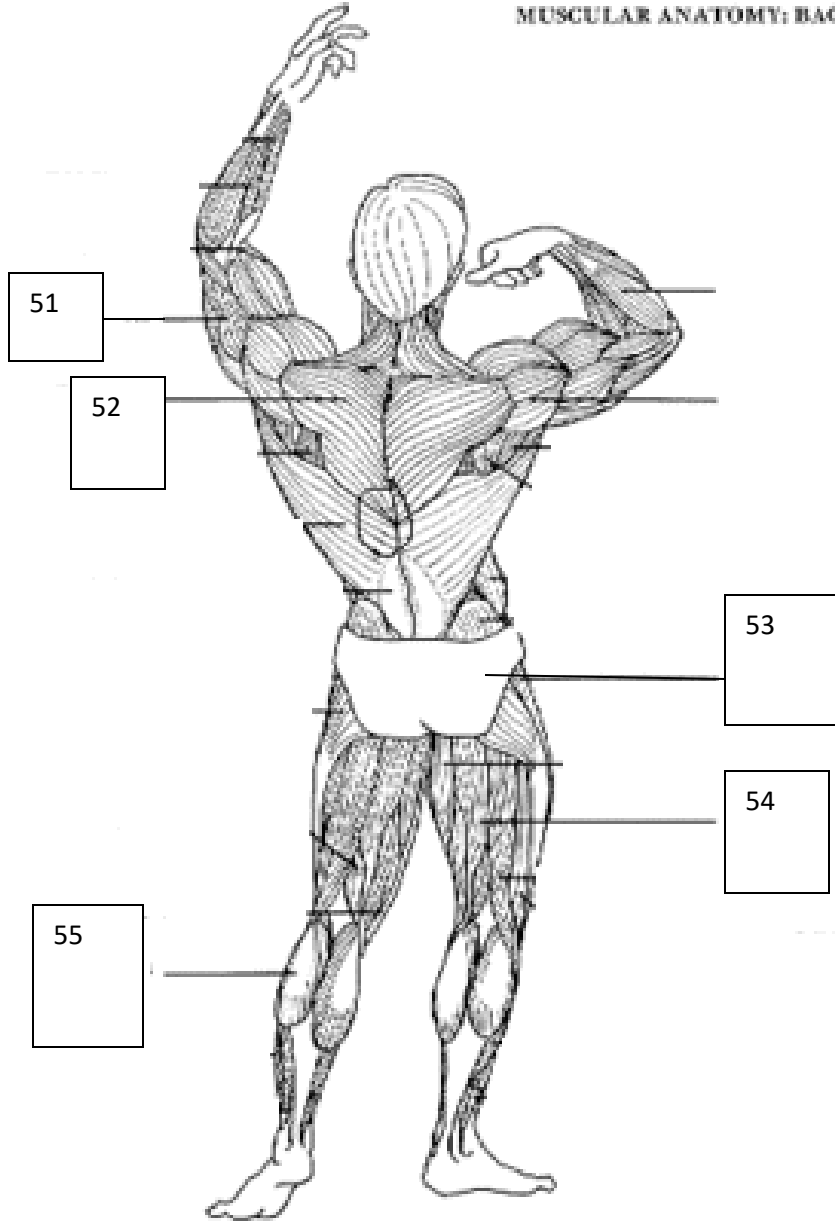
How hard a person works out is \_\_\_\_\_

How long a person works out is \_\_\_\_\_

The ability of the muscle to exert a force is called \_\_\_\_\_

The ability to efficiently use a muscle over a longer period of time is called \_\_\_\_\_

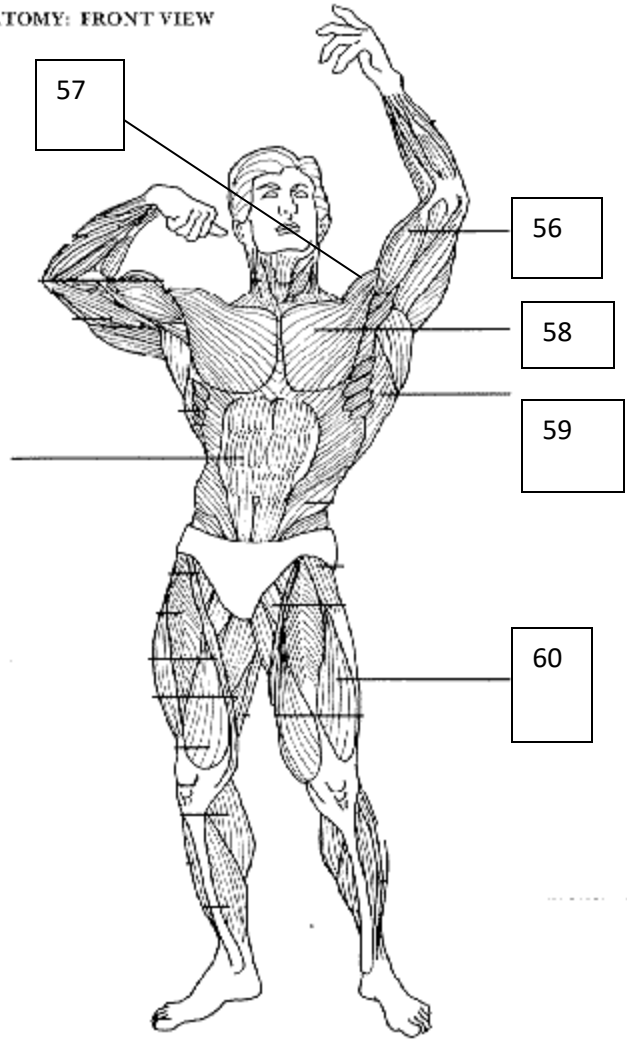
MUSCULAR ANATOMY: BACK VIEW



Word Bank

- A. Gluteus Maximus
- B. Triceps
- C. Gastrocnemius
- D. Trapezius
- E. Hamstring

MUSCULAR ANATOMY: FRONT VIEW



Word Bank:

- A. Deltoid
- B. Bicep
- C. Pectorals Major
- D. Quadriceps
- E. Latissmus Dorsi