

FRESHMEN WELLNESS SEMESTER 1

FINAL EXAM REVIEW PACKET

1. Physical fitness is best described as the ability to complete _____ without fatigue.
2. _____ - related components of fitness are associated with how well the systems of your body operate.
3. The ability to use muscles for long periods of time is called: _____.
4. The ability of the muscles to exert a force at one time is called: _____.
5. The ratio of fat to muscle, bone, and other lean tissues in a person's body is called _____.
6. The ability to change the position of your body and to control the movement of your whole body is called _____.
7. The ability to keep an upright posture while either standing still or moving is called: _____.
8. The ability to do strength performances at rapid pace is called: _____.
9. The integration of eye, hand, and foot movements is called _____.
10. The ability to cover a distance in a short period of time is called: _____.
11. Time it takes to get moving after a signal _____.
12. _____ is the ability to move body joints through a full range of motion.
13. _____ is the ability of the heart, blood, blood vessels, and the respiratory system to supply oxygen and necessary fuel to the muscles during exercise.
14. How many days a week you exercise is called: _____.
15. How hard you exercise is called _____.
16. Time is: _____.
17. Type is: _____.
18. The three basic principles of exercise that should be followed while developing your personal fitness program are: _____, _____, and _____.

WORD BANK

| | | | | | |
|------------------|------------------------------|-------------------|----------------------------------|--------------------|-----------|
| Daily Tasks | Agility | Balance | Power | Muscular Endurance | Health |
| Body Composition | Coordination | Muscular Strength | Speed | Flexibility | Intensity |
| Reaction Time | Cardiovascular Endurance | Frequency | How long you exercise | | |
| | What type of exercise you do | | Progression/Overload/Specificity | | |

19. What training principle states that specific exercises will only improve specific body parts is _____.
20. The principle of progression states that you should increase _____ when your body adapts
21. Overload refers to working harder than is _____ for you.
22. What four ways you can apply the principles of OVERLOAD:

and _____.
23. While exercising, if your pulse rate falls below 60% (~150 bpm) you should INCREASE the _____ of your work out!
24. Electrical impedance machine is an adequate way to measure _____
25. The weight at which you look good and feel the most comfortable is _____
26. Exercise and diet combined is the best way to control _____.
27. Warming-up involves _____ as well as some _____, such as jogging.
28. A _____ - _____ helps prevent sore muscles, may help prevent feeling light-headed, and prevents blood from pooling in lower body.
29. What can be used to test cardiovascular fitness: _____ and the _____.
30. To improve cardiovascular fitness, you must:
- Exercise _____ - _____ days a WEEK!
 - Exercise using large _____ groups.
 - Exercise for ATLEAST _____ - _____ minutes at a time.
31. You can make your heart stronger because it is a _____.
32. Where you want your heart rate while exercising is the target _____
33. The target heart rate zone is _____ - _____% of heart rate max.
34. A **HIGH** resting heart rate indicates a _____ level of aerobic fitness
35. While using the heart rate monitors, the average target heart rate zone is _____ - _____.
36. What skills/abilities do Team Building activities allow you to work on, that will help you throughout your lifetime? The ability to...
- _____
 - _____
 - _____
37. The _____ method of assessment (the fitness testing) is used because it shows satisfactory levels of the five health-related fitness components necessary for good health (it measures health-related fitness components).
38. When jogging, you are improving your _____ fitness.

WORD BANK

| | | | | | | |
|-------------------|--------------------------------|-------|-------------|-----------------------------------|-------------------------------|-------------|
| | Overload | | Specificity | | Frequency/Intensity/Time/Type | |
| Body Composition | Muscle | | Intensity | Cool-down | Pacer/Mile Run | 150-180 |
| 3-5 | 20-30 | 60-80 | | MuscleStretching/Aerobic Activity | Weight | |
| Ideal Body Weight | | | Muscle | Normal | Heart Rate Zone | Low |
| | Listen/cooperate/work together | | | Cardiovascular | | FITNESSGRAM |

39. The health-related fitness component that best relates to soccer is _____.
40. An activity that would most increase muscular strength would include _____.
41. The physical fitness test we use to measure muscular strength is _____ - _____.
42. The physical fitness test we use to measure muscular endurance is _____ - _____.
43. The physical fitness test we use to measure flexibility is _____ and _____.
44. The best places to take your pulse are the _____ and _____.
45. The skill-related fitness components are _____ important to your overall health compared to the health-related fitness components.
46. Identifying the goal and planning the reward are steps to _____.
47. Three smaller "stepping stone" (short term) goals may help you achieve your _____ - _____ goal.
48. The fitness components we test during the FITNESSGRAM here in Plainfield School District are _____ - _____.
49. To reach an adequate level of cardiovascular fitness, you should engage in aerobic activity a minimum of _____ days per week.
50. The body's inability to replenish oxygen as quickly as it is used OR short bouts of exercise is called _____.
51. _____ increase range of motion by stretching a muscle further than the muscle currently allows.
52. An example of an aerobic exercise would be _____.
53. During cardiovascular exercise, intensity is measured with _____.
54. _____ is the health-related fitness component that strengthens bones, helps with posture, and allows you to work for longer periods of time.
55. If you are lifting weights to improve your muscular strength, you are applying the principle of _____.
56. More energy is a benefit of _____.
57. Improving concentration and focus benefit the _____ from physical activity.
58. You should increase your _____ if during exercise your heart rate drops below the target heart rate zone.
59. If you are having difficulty finding the signal while wearing your heart rate monitor, you should:
- _____
 - _____
 - _____

WORD BANK

| | | | |
|---|--------------------------|-----------|----------------------|
| Cardiovascular Endurance | Weight training | Push-ups | Curl-ups |
| Sit & Reach | Cardiovascular Endurance | Less | Goal Setting |
| Long-Term | Health-Related | Anaerobic | Stretching Exercises |
| Heart Rate | Specificity | Exercise | Brain |
| Wetting the monitor/tightening the strap/stepping away from others with a monitor | | | |
| Neck and Wrist | | | |

FITNESS NOTES

Physical Fitness-The ability to carry out daily tasks without fatigue. Being well enables you to reach your fullest potential.

Health-Related Fitness Components-Associated with how well the systems of your body operate.

1. Muscular Strength-The ability to exert a force at one time. Example: push-ups
2. Cardiovascular Fitness-The ability to exercise your entire body for long periods of time, which requires a strong heart, healthy lungs and clear vessels. Example: Pacer/Mile Run
 - a. To improve CV fitness, you must engage in exercise that involve large muscle groups, exercise for at least 20 minutes, and take in as much oxygen as you consume.
3. Body Composition-Ratio of fat to muscle, bone, and other tissues in a person's body.
 - a. Physical activity combined with health food choices is the best way to maintain or lose body fat. Example: Bioelectrical Impedance Machine
4. Muscular Endurance-The ability to use muscles for long periods of time. Example: Sit-ups
5. Flexibility-The ability to use your joints through a wide range of motion. Example: Sit & reach

Skill-Related Fitness Components: (Less important as health-related components.)

1. Reaction Time-The amount of time it takes to move once you realize that you need to act.
2. Speed-The ability to perform a movement or cover a distance in a short period of time.
3. Power-The ability to do strength performances at a rapid pace.
4. Agility-The ability to change position of your body quickly and to control your body's movements.
5. Balance-The ability to keep an upright posture while standing still or moving.
6. Coordination-The integration of eye, hand, and foot movements.

Heart Rate: You can make your heart stronger because it is a muscle.

While exercising, if your pulse rate falls below 60% of your heart rate zone, you should increase the intensity (how hard you work) of your workout.

High resting heart rate indicates poor levels of aerobic fitness.

FITT Principal- (Frequency, Intensity, Time, and Type)

Frequency-How many days a week you exercise.

Intensity-How hard you work.

Time-How long you exercise.

Type-What type of exercise/activity you do.

Training Principals-The three principles of training that should be followed in developing your personal fitness program are overload, progression, and specificity.

Overload-Working harder than is normal for you. Three ways that you can apply the overload principle are: frequency, intensity, time, and type.

Progression-States that you should increase overload when your body adapts.

Specificity-States that specific exercises will only improve specific body parts.

Team Building-Skills that are learned in the Team Building Unit are: the ability to develop leadership skills, ability to cooperate with others, and the ability to problem solve.

Goal Setting-Stating 3 or more specific behaviors to achieve your goal can be most important in achieving your goal.

Three smaller short-term goals may help you to achieve reaching the long-term goal.