

LIFE SKILLS STUDY GUIDE FOR FINAL EXAM

Remember Health Related fitness is more important for LIFELONG health than Skill 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
Flexibility Muscular Strength Body Composition Muscular Endurance Cardiovascular Endurance	Agility Coordination Balance Power Speed Reaction Time

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

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

The 3 principles of training are: Progression, Overload,

Specificity

The 3 ways to overload are: Frequency , Intensity , Time

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

Intensity
Frequency
Muscular strength
Cardiovascular endurance
Time
Muscular endurance
Aerobic

The ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles is called Cardiovascular endurance.

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 Aerobic

How often a person works out is Frequency.

How hard a person works out is Intensity.

How long a person works out is Time.

The ability of the muscles to exert a force is called Muscular Strength.

The ability to efficiently use muscles over a longer period to time is called Muscular Endurance.

Strength Training

Match the major muscle groups to their location on the body.

Quadriceps	Back of upper leg
Rectus Abdominals	Back of upper arm
Oblique Abdominals	Front of upper leg
Hamstrings	Front of upper arm
Biceps	Center stomach("Six Pack Abs")
Triceps	Sides of stomach("love handles")
Gluteus Maximus	Butt

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

Flexion	Rotation	Abduction
Extension	Adduction	

The movement of a bone toward the midline of the body is **Adduction**.

Abduction is the movement of the bone away from the midline of the body.

To turn the moving bone about its axis is **Rotation**.

To bend or decrease the angle between the bones of a joint is **Flexion**.

Extension generally means to straighten a joint.

Nutrition

What is basal metabolic rate?

Number of calories required each day to maintain normal body function.

For the following food nutrients fill in primary function and source (what food provides the nutrient)

Lean meat, fish, eggs	Provides insulation and energy	Avocados, coconut oil, almond butter
Provides Energy	Fruits, vegetables	Growth and repair of tissue/muscle

	Function	Examples of Good Sources
Carbohydrate	Provides energy	Fruits, vegetables
Protein	Growth and repair of tissue/muscle	Lean meat, fish, eggs
Fat	Provides insulation and energy	Avocados, coconut oil, almond butter

Remember it is more important to count toxins than calories. Concentrate on what your body needs! Read the label!

Stress/Meditation

Match the following types of meditation:

Affirmation

Indian yoga-7 centers of energy

Chakra Meditation

Learning to monitor and control the state of muscle tension by relaxing muscles one at a time

Visualization

Statements you repeat silently or out loud, over and over

Progressive Muscle Relaxation

Imagination to create picture or state of mind being

Yoga

Sun Salutation is a series of yoga poses performed in a continuous flowing sequence from a standing pose to the ground and back to a standing pose. Intended to improve the strength and flexibility of the muscles.



Downward Facing Dog



Warrior I



Child's Pose



Mountain Pose



Cobbler



Easy Pose



Corpse



Bridge



Tree



Warrior II

Label the following yoga poses using the word bank below.

Mountain Pose	Child's Pose	Cobbler's Pose	Corpse Pose	Easy Pose	Bridge
Downward Facing Dog	Tree Pose	Warrior I	Warrior II		

Pilates

As in yoga, remember the quality of the methods is more important than the quantity. The Golden Rule-all of these elements must be present when practicing Pilates. Match each term to its description.

Control	Important for maintaining neutral spine: inhale-nose, exhale-mouth
Center/Core	How movements are performed; requires patience, practice
Concentration	Muscle control; maintain correct postures and alignments
Precision	The “Powerhouse”
Flow	Requires focus, not mindless repetition
Breath	Smooth, no jerky movements
The Hundred	First and most common warm-up move

Self Defense

List 5 Self Defense “Steps to Safety”

1. Be vocal (yell Fire! Stop!)
2. Face the attacker
3. Be balanced –wide low stance
4. Make an escape!-when contact is broken, RUN
5. Don’t allow attacker to take you to Point B-FIGHT!

List 5 Pain Points

1. Eye
2. Nose Strike
3. Pointer finger
4. Pinky
5. Ankle/Foot Stomp
6. Pinch Under Arm

Self Defense Moves

Punches- 1) Power comes from the core

2) Right hand jab involves extending the right hand while balanced with right foot forward.

3) The thumb is outside of the fist