PE I Fitness Review

1. Define fitness
2. List the **six** benefits of regular physical activity
3. List and briefly define the 5 health components of fitness
4. List 6 skill related components of fitness
5. **List** and **Define** F.I.T.T:

F-

I-

T-

T-

1. **List** and **Define** the 3 principles of training:

S-

O-

P-

1. Match the test to the fitness component:

Curl-Ups Cardio

Push-ups Body Comp

Pacer Flexibility

Sit and Reach Muscular Endurance

Skin fold test Muscular Strength

1. Optimal cardio workout 20-60 minutes \_\_\_\_\_\_\_\_\_ times per week

Optimal strength workout \_\_\_\_\_\_\_\_\_\_\_\_\_ times per week all major muscle groups

Optimal flexibility sessions \_\_\_\_\_\_\_\_\_\_\_ times per week all major muscle groups

Optimal total hours moving per week \_\_\_\_\_\_\_\_\_\_\_

1. List 3 Risk Factors one **CAN** control:

1.

2.

3.

1. List 3 Risk Factors one can **NOT** control:
2. **T** or **F**: With regular Aerobic/Cardio workouts your resting heart rate decreases.
3. **T** or **F**: It is important to overload in order to improve one’s fitness.
4. The relative percentage of Body fat to lean body tissue is defined as muscular strength T or F
5. To apply the specificity principle to improve strength one should jog in their THRZ T or F?
6. Excessive body fat promotes positive range of motion T or F