**Physical Education ll Study Guide**

**Health Related vs. Skill Related**

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

**5 Health related components and how we assess:**

**-Body composition** is the relative percentage of the body fat to muscle, bone, and other tissues. This can be assessed skinfold test, electrical impedance, and underwater weighting.

**-Muscular endurance** refe5rs to the ability of the same muscle or muscle group to contract for extended period of time without undue fatigue. We assess in class with the curl-up test.

**-Muscular strength** refers to the ability to exert a force one time. We assess in class with push-up test.

**-Cardiovascular** fitness is the ability of the heart, blood, blood vessels, and the respiratory system to supply oxygen and fuel to muscles during exercise. We assess in class with the pacer and can be done with the one-mile run.

**-Flexibility** is the range of movement possible at various joints. We assess in class with the sit and reach, which determines flexibly in lower back and posterior thighs.

**Skill Related Components of Fitness- the ability to perform well in carious games and sports**

**6 skill related components:**

**Agility-**The ability to change the position of your body and to control the movement of your whole body.

**Balance-** The ability to keep an upright posture while either standing still or moving.

**Coordination-** The integration of eye, hand, and foot movements.

**Speed-** The ability to do strength performances at a rapid pace.

**Reaction time-** The amount of time it takes to get moving once your senses signal the need to move.

**Exercise**

**Benefits:** enhanced self-esteem, stress reduction, improves academics and physical performance, increased life expectancy, higher level of functional health and fitness.

**F.I.T.T**

**F**requency: How often you exercise (3-5 Days/Week)

**I**ntensity: How hard you exercise (Moderate to vigorous is possible)

**T**ime: How long you exercise (Accumulate 20-60 minutes/session)

**T**ype: What activity you exercise (Walk, hike, jog, bike, stair climb, roller blade, dance jump rope, ect.)

**Overload, Specificity, Progression**

**Overload principle:** A rule of exercise that states that in order to improve your level of fitness, you must increase the amount of regular activity or exercise that you normally do.

**Specificity principle:** A rule of exercise that states overloading a particular component will leave to fitness improvements in the component alone.

**Progression principle:** A rule of exercise that states as fitness levels increase, so do factors of FITT.

**Calculating Target Heart Rate Zone**

220-age= Maximum Heart Rate (MHR)

MHR x 60% (.60) = Low end THRZ

MHR x 90% (.90) = High end THRZ

**Example:**

220-15=205

205x60%=123 Low end

205x90%= 184.5 High end

THRZ is 123-184.5 Beats per minute

**SMART Goal Setting**

**S**pecific

**M**easurable

**A**ttainable

**R**esults oriented

**T**ime bound

**Aerobic vs. Anaerobic**

**Aerobic-** with oxygen (brisk walking, jogging, cycling, dancing, ect.)

**Anaerobic-** without oxygen (sprinting, running stairs, swimming 100 meters, ect)

**Importance of Fitness Testing**

**Health related fitness standards:** Scores that determine satisfactory levels of flexibility, cardiovascular fitness, muscular strength and endurance, and body composition for good health.

**Pretests:** Helps identify your strengths and weaknesses and provide you with basics for setting personal fitness goals. To set goals you need to utilize the information regarding your present level of fitness.

**Periodic testing during the trimester:** Helps monitor your progress and can help you re-evaluate and update your previously set goals.

**Post Testing:** Determine gains that you had during class and help you determine future areas that need to be addressed.