Physical Activity and Fitness

1. As you work, fill in the chart listing how physical activity benefits other areas of wellness.

|  |  |  |
| --- | --- | --- |
| Physical Wellness | Mental/Emotional Wellness | Social Wellness |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

2. What is the difference between physical activity and wellness?

3. How has your level of physical activity changed since you were younger?

4. Name 3 body systems that benefit from regular physical activity?

How does each system benefit from regular physical activity?

5. Define sedentary?

6. What are some activities that take very little physical energy to do?

7. Name 3 health problems that may arise from being sedentary?

8. Teens should aim for \_\_\_\_\_\_\_\_ minutes of physical activity ever day, or most days.

9. If a person doesn’t think they have time to devote an hour to physical fitness in their daily schedule, what advice could you give them to fit physical activity into their day?

Physical Activity and Fitness

Lesson 2

Improving Your Fitness

1. ELEMENTS OF FITNESS

|  |  |  |  |
| --- | --- | --- | --- |
|  | Define | Measure | Improve |
| Cardiorespiratory  Endurance |  |  |  |
| Muscular  Strength |  |  |  |
| Muscular  Endurance |  |  |  |
| Flexibility |  |  |  |
| Body  Composition |  |  |  |

2. What are 2 basic categories of physical exercise and activities?

3. Define aerobic exercise and give 2 examples.

4. Define anaerobic exercise and give 2 examples.

5. Improving muscular strength and endurance:

Define:

isometric exercises

isotonic exercises:

isokinetic exercises:

6. Where do you check your pulse?

7. Pulse in calculated in heartbeats per \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. Calculate your target heart rate during aerobic activity: pg. 329

**Minimum heart rate for moderate intense activity:**

1) multiply your age by 0.7

2) 208-\_\_\_\_\_\_(previous answer)

3) Multiply this # by 50% (.50)

**Maximum heart rate for moderate intense activity:**

4) multiply the answer for step 2 by 70% (.70)

**Maximum** **target heart rate for physical heart rate:**

5) multiply the answer for step 2 by 85% (.85)

9. How do you figure out your heart rate during exercise?

10. Name 4 weight-bearing exercises?

11. How does exercise help your bones?

Physical Activity and Fitness Ch 12

Lesson 3 Planning a Personal Activity Program

1. Do you have a physical activity *goal* right now?

2. What factors affect your activity choices when planning a personal activity program?

3. What types of activities should you include in a fitness journal? **Give 2 examples of each**.

4. Create a personal wellness plan for yourself.

5. Name and describe four key principles you should focus on when building a fitness plan?

6. Name and define the 3 stages of a workout?

7. Explain the FITT formula for workouts.

F:

I:  
  
  
T:  
  
  
T:

8. What are the benefits of warming up before exercise and cooling down after exercise?

Physical Activity and Fitness

Ch. 12, lesson 4: Fitness Safety and Avoiding Injuries

1.

|  |  |
| --- | --- |
| Risks | Prevention |
| Frostbite |  |
| Hypothermia |  |
| Heat exhaustion |  |
| Heatstroke |  |
| Windburn |  |
| Sunburn |  |
| Blisters |  |
| Muscle cramps |  |
| Strains |  |
| Dehydration |  |

2. Define a concussion and the potential risks.