

Exam Title: Comprehensive Fitness
Courses Assessed by this Exam: Comprehensive Fitness
(1501390)

Key Vocabulary: Cardio-respiratory, physical fitness, hip abductors, resistance, adduction, safety procedure, target heart rate zone, pedometer, heart rate monitor, pulse, respiratory rate, body fat, bioelectrical impedance, goniometer, spotting technique, Tennis (Scoring), Golf (hitting order) Yoga, Borg Scale, Body Mass Index (BMI), Principle of Overload, hypertension, atherosclerosis, dumbbell, cardiovascular fitness, agility, reaction time, muscular endurance

Student Tasks: Bulleted items using statements: Identify, define, be able to...

- Be able to create a cardio workout
- Knowledge of technology that will enhance fitness
- Be able to create weight workout routines for overall strength and particular body strengthening areas
- Knowledge of use and safety on workout machines and equipment
- Determine mechanical errors in athletics and make corrections
- Be able to calculate target heart rate zone
- Understand and apply spotting technique
- Be able to calculate body fat
- Know strategies to reduce body fat
- Utilize principle of overload to create a fitness plan
- Identify equipment needs and maintenance of equipment.