

Exam Title: Fitness Issues (1501320)

Courses Assessed by this Exam: Fitness Issues

- **Key Vocabulary:** Types of Stretches (dynamic/ballistic, various muscles targeted, etc.), Serotonin, Lactic Acid, metabolism, Cardiovascular (i.e. cardio), bpm, Target Heart Rate, resting heart rate, cardiorespiratory fitness, diet, personal fitness program, FITT, Personal Fitness Activity Plan, community activity programs, reps, Weight room etiquette, rehabilitation from sports related injury, peer pressure, safe behavior in physical activity, warm-ups (sprints, karaoke, backpedaling, shuffling), aerobic activities, aerobic training, plyometric, sprint training, resistance training, body composition, body fat, 5 components of fitness (Cardiovascular endurance, Muscle strength, Muscle endurance, Flexibility, Body composition), lactic acid, aerobic vs. anaerobic activities, workout intensity, overload principle (weight lifting), bioelectrical impedance, foot pods, pedometer, vertical jump apparatus

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

- Reasons and needs for warm-ups prior to physical activity, and specific skills for a given sport.
- Potential for injury from weight lifting due to body position.
- Identify best methods to meet Target Heart Rate.
- Types and rates of activity that lead to positive results in cardiovascular and cardiorespiratory fitness.
- Activities that increase physical and skill performance.
- Personal fitness plans, sequencing of fitness plans and tools used to reach personal goals.
- Modification of workout plan based on unforeseen circumstances.
- Health-related fitness to benefit over a lifetime.
- Properly identify the principles of training.
- Healthy practices related to dieting vs. physical activity.
- Determining best warm-up routines.
- Peer pressure and personal choices avoiding health related risks.
- Physical and emotional benefits of joining community physical activity programs.
- Including all participants while accounting for skill levels in team sports.
- Duration and calculations for a weekly vigorous physical activity plan.
- Safety and etiquette used in the weight room.
- Safety equipment for sports (basketball)
- Identify a facility to improve the 5 Health Components of Fitness.