

Exam Title: Personal Fitness (1501300)

Courses Assessed by this Exam: Personal Fitness

Key Vocabulary: Types of Stretches (dynamic, various muscles targeted, etc.), Muscle groups, voluntary/involuntary muscles, physiological, Serotonin, blood supply, Cardiovascular (i.e. cardio), bpm, Target Heart Rate, various tools to measure heart rate, cardiorespiratory fitness, regimen, calories, diet, healthy lifestyle, personal fitness program, Weight lifting activity (squats and lunges), disease (hypertension, atherosclerosis, asthma, peer pressure, "I" messages, injury (cramping, muscle strain, heat related), warm-ups, cool-down, vigorous, heredity, aerobic activities, plyometric, sprint training, resistance training, body composition, fitness components (agility, flexibility, endurance, and strength), lactic acid, communicable diseases, sportsmanship, pickle ball, and responding to heat related emergencies.

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

- Be able to identify the best way to communicate to peers the desire to avoid drug/alcohol participation.
- Expression/communication of personal emotions as they relate to personal situations.
- Reasons and needs for stretching prior to physical activity. Also related to personal injury.
- Potential for injury from weight lifting due to body position.
- Types and rates of activity that lead to positive results in cardiovascular and cardiorespiratory fitness.
- Activities that increase physical performance.
- Personal fitness plans, their sequencing, and technology used to reach personal goals.
- Health-related fitness to reduce common injury.
- Properly identify the components of fitness.
- Healthy practices related to food intake (caloric and food groups).
- Habits and the affects of body systems
- Sedentary lifestyle and choices to help improve overall health conditions.
- Community health issues and best decisions to remain healthy.
- Reduction of personal and communicable disease related to healthy lifestyles.
- Determining best warm-up routines.
- Public pressure and personal choices through advertisement.
- Best practices related to sportsmanship and etiquette.
- Best practices to respond to heat related illness.