



# Fitness Notes

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Date: \_\_\_\_\_

## Five Principles of Fitness:

1. Cardio Respiratory Endurance - the ability of your \_\_\_\_\_ to transport oxygen to working \_\_\_\_\_.
2. Flexibility - the ability of your \_\_\_\_\_ to move through it's entire \_\_\_\_\_.
3. Muscular Strength - the amount of \_\_\_\_\_ a \_\_\_\_\_ can exert. (How *much* a muscle can do)
4. Muscular Endurance - the ability of a \_\_\_\_\_ to \_\_\_\_\_ for a long period of time. (How *long* a muscle can work)
5. Body Composition - a ratio of \_\_\_\_\_ and \_\_\_\_\_.

## Principles of Training/Exercise:

6. F.I.T = \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_.
7. Frequency is how \_\_\_\_\_ you engage in regular \_\_\_\_\_ or \_\_\_\_\_.
8. Intensity is how \_\_\_\_\_ your exercise is.
9. Time is how \_\_\_\_\_ your exercise session is.
10. The ability to quickly change the position of the body and to control the body's movements is \_\_\_\_\_.

## Cardio Respiratory Fitness:

11. The number of times your heart beats per minute is called your \_\_\_\_\_.
12. The maximum number of times your heart can beat per minute is called your \_\_\_\_\_.
13. The recommended heart rate to exercise in is called your \_\_\_\_\_.
14. Long sustained exercise that elevates your heart rate and lasts longer than 1 ½ minutes is \_\_\_\_\_ exercise.
15. Short bursts of exercise that lasts no longer than 1 ½ minutes is \_\_\_\_\_ exercise.



# Weight Training

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Date: \_\_\_\_\_

## Principles of Weight Training:

Overload - to improve your physical fitness you must \_\_\_\_\_ the amount of F.I.T. activity or exercise you normally do.

Progression is \_\_\_\_\_ the amount of exercise over time.

Specificity - to build specific parts of physical fitness you must do \_\_\_\_\_

Repetition (Reps) - \_\_\_\_\_.

Set - \_\_\_\_\_

Power is the ability to exert force \_\_\_\_\_.

Free weight exercises require the use of multiple \_\_\_\_\_ groups to \_\_\_\_\_ the weights.

Weight machines assure you proper \_\_\_\_\_ and help create good weight training \_\_\_\_\_.

## Proper Techniques:

1. Delayed Onset Muscle Soreness (DOMS):

a. \_\_\_\_\_

b. \_\_\_\_\_

2. Range of Motion is the \_\_\_\_\_ movement a \_\_\_\_\_ can make.

3. Muscular Contraction -

4. A \_\_\_\_\_ contraction is a contraction of a muscle in which the muscle \_\_\_\_\_ as it contracts.

5. An \_\_\_\_\_ muscular contraction is a contraction of a muscle in which the muscle \_\_\_\_\_ as it contracts.

## Benefits of Weight Training:

6. Weight training helps improve \_\_\_\_\_ and \_\_\_\_\_ to become a better \_\_\_\_\_.

7. Weight training helps you burn \_\_\_\_\_ more efficiently.

8. A good weight program helps increase your individual \_\_\_\_\_.

9. Weight training reduces the risk of \_\_\_\_\_ and aids in recovery.