CARDIOVASCULAR FITNESS VIDEO WORKSHEET

Name ___________________________  Period __________

1. Write the definition of CARDIOVASCULAR FITNESS.
   The ability of the ______________, ________________,
   ________________ and blood vessels to pump blood to the various systems of
   the body.

2. The benefits of a strong cardiovascular system include;
   a. ______________________________________
   b. ______________________________________
   c. ______________________________________
   d. ______________________________________
   e.  Decreased risk of heart disease

3. What does it take to have cardiovascular fitness?
   a. ______________________________________
   b. ______________________________________
   c. ______________________________________
   d. ______________________________________
   e.  Fit Muscles

4. List a variety of tests to determine your cardiovascular fitness.
   a.  VO2 max
   b. ______________________________________
   c. ______________________________________
   d. ______________________________________
   e. ______________________________________
   f. ______________________________________

5. Fill in the components of the FIT formula.
   a.  F_______________________________
   b.  I_______________________________
   c.  T_______________________________
6. Complete the FIT formula for level 1 and level 2.

Level 1 FIT formula.

F=________________________
I=___________________________
T=___________________________

Level 2 FIT formula.

F=________________________
I=___________________________
T=___________________________

7. Fill out the PHYSICAL ACTIVITY PYRAMID

8. Name the two arteries used to take your pulse to determine your heart rate.
   • neck or _____________________________
   • wrist or _____________________________

9. Name the three basic components of a cardiovascular fitness program. Describe what is included in each component.
   • Warm-up = _____________________________
   • _____________________________ =
   • _____________________________ = slow walking and stretching
MUSCLE FITNESS VIDEO WORKSHEET

Name ___________________________  Period ____________

1. What is Muscle Fitness?

2. Define Muscular Strength. – __________________________

3. Define Muscular Endurance. – __________________________

4. How does muscular strength differ from muscular endurance?
   a. Strength is the ability to lift ________________________.
   b. Endurance is the ability to lift ________________________.

5. List the benefits of muscular fitness.
   a. ____________________________________________________________________________.
   b. ____________________________________________________________________________.
   c. ____________________________________________________________________________.
   d. ____________________________________________________________________________.
   e. ____________________________________________________________________________.
   f. ____________________________________________________________________________.
   g. ____________________________________________________________________________.

6. What are the dangers of steroid use?
   a. ____________________________________________________________________________.
   b. ____________________________________________________________________________.
   c. ____________________________________________________________________________.
   d. ____________________________________________________________________________.
   e. ____________________________________________________________________________.
   f. ____________________________________________________________________________.
   g. ____________________________________________________________________________.
7. What is a “repetition”? ________________________________________________.

8. What is a “set”? ____________________________________________________.

9. What is the common method of training called? ________________________.

10. What are the 3 basic principles of muscular fitness?

    a. Principle of ________________

    b. Principle of **Progression**

    c. Principle of ________________

11. What are the 3 components of the FIT formula? How much time should you spend in each exercise to build the 2 parts of muscle fitness?

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<thead>
<tr>
<th>FIT formula</th>
<th>Muscular Strength</th>
<th>Muscular Endurance</th>
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FLEXIBILITY VIDEO WORKSHEET

Name __________________________________________

Period _____________________

1. Define Flexibility-

2. Flexibility does the following; circle correct answers
   a. Aids in performance
   b. Prevents injury
   c. Maintains good posture
   d. Run the mile faster

3. Stretching is a method of ________________________________________________

4. Flexibility is a type of ________________________________________________

5. What are 3 reasons for doing stretching exercises?
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________

6. Name a few general body warm up stretches.

7. What stretching assessment is used for the Fitnessgram test?

8. What are the 3 principles of fitness as they pertain to flexibility?
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________
8. According to the FIT formula for flexibility how often and long should you stretch?

Frequency- ______________________________________________________

Intensity- ______ Stretch 10% of normal length __________

Time- ____________________________________________________________

9. Name 3 types of stretching exercises. Which one is the safest? ______________________

a. ______________________________________________________________

b. ______________________________________________________________

c. ______________________________________________________________
BODY COMPOSITION VIDEO WORKSHEET

Name_________________________  Period_____________________

1. Body Composition = ____________________ , Muscle, ____________________ , Body Fat

2. Body Fatness = percentage of ___________________ that is ____________________.

3. It is unhealthy to have too ___________________ or too ___________________ body fat.

4. Over Fat = ___________________________       Under Fat = ___________________________

5. Over Fat people can have:
   • ________________________________
   • ________________________________
   • ________________________________
   • More surgery complications

6. Essential Body Fat = Amount of fat necessary ________________________________

7. Fat is necessary for:
   • ________________________________
   • ________________________________
   • ________________________________
   • ______Use of vitamins___________

8. Eating disorders:
   • Anorexia Nervosa = ____________ extreme leanness__________________________
   • Anorexia Athletica = ________________________________
   • Bulimia = ________binging & __________________________

9. Symptoms of Anorexia Nervosa = ________________________________, Surviving for extreme
   leanness, eating ______________________, and ________________________________.

10. Healthy body fat percentage:
    • Girls ________________%
    • Boys ________________%

11. Factors influencing Body Fatness: Heredity, ________________, ________________, &

12. One pound of fat = _________________ calories.

13. In order to control fat, exercise should be _________________ times per week.
14. In order to control fat, eat ___________ meals per day, and eat _______________ snacks.

15. Safe fat loss = ____________________ pounds per week

16. How many calories do you need?
   • Males = ______________
   Females = _______________