

# 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. *V O2 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= \_\_\_\_\_

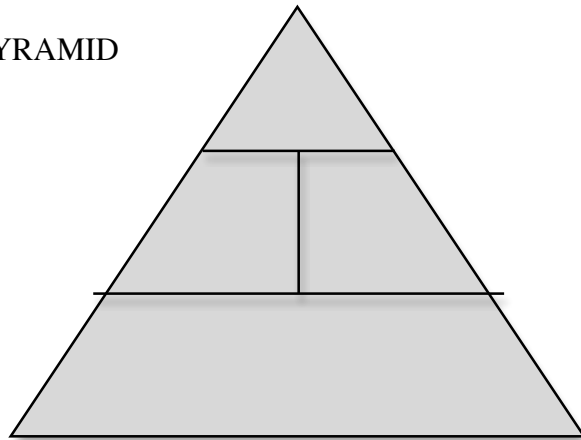
Level 2 FIT formula.

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. \_\_\_\_\_.

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?

FIT formula	Muscular Strength	Muscular Endurance
F		
I		
T		

# 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 = \_\_\_\_\_