

Slide 1 - Title Slide _____

Slide 2 – Why was the video called 23 ½ hours?

Slide 3 – Physical Benefits of Physical Activity

1. _____
 - a. Stronger heart / pump more blood with less effort
 - b. Increased capillary number
 - c. Lowers blood cholesterol
 - d. Reduces blood pressure
2. Weight Maintenance
 - a. Increases _____
3. _____
 - a. Increases osteocyte production
4. _____
 - a. Athletic Ability
 - b. Injury Reduction

Slide 4 – Psychological Benefits

1. _____
2. _____
3. _____
4. Lowers Stress Levels
5. Lowers Cases of Depression

Slide 5 – Social Benefits

1. _____
2. Bonding with family and friends
3. _____

Slide 6 – Components of Fitness

1. _____ - Heart and lung efficiency
2. _____ - Ability of muscle to produce force
3. _____ - Ability of your muscles to work for an extended time
4. _____ - Ability to move a joint through its entire range of motion
5. _____ - The amount of fat tissue in your body compared to the amount of lean tissue such as muscle and bones

Slide 7 – Cardiorespiratory activities

_____ - the amount of beats per minute that your heart takes at rest.

The best time to take this is when you wake up in the morning.

Normal resting heart rate for your age is _____

We do not want our resting heart rate to be high because that means we probably are over working our heart at rest.

We also do not want it to be too low as that would indicate too low blood pressure.

Slide 8 – Target heart rate is used to find how hard we need to exercise to get health benefits.

Maximum heart rate = _____

Target heart rate = _____

Slide 9 – To improve cardiovascular health (to get in better shape) exercises should be

performed at _____ the target heart rate. This would be exercises that would make you out of breath.

Slide 10 – Muscular endurance is not how much you can lift but _____

you can lift it. This is usually low weight high rep resistance training. List some activities that improve muscular endurance:

Slide 11 – Muscular strength is _____ you can lift. This usually includes

activities that are high weight and low rep. Here are some activities that improve muscular strength:

Slide 12 – Flexibility is important for injury prevention. Here are some activities that improve flexibility:

Slide 13 - _____ is not an indicator of health but body composition is. What is a healthy (Fitness) body fat percentage for men? _____

For Women? _____

Slide 14 – How can we measure body composition?

1. _____
2. _____
3. _____

Slide 15 – You need to burn off or eat an excess of _____ calories to equal a pound of fat.

Healthy weight loss is _____ pounds per week.

Any more is hard on the _____ and probably won't result in _____

Slide 16 – Currently the belief is that if you want to focus on burning body fat, activities should be done in the _____ of your target heart rate. These are activities where you would be uncomfortable but can still hold a conversation. These are activities like:

Slide 17 – Aerobic activities (Oxygen Needed) are ongoing and increase oxygen uptake. Here are some examples of aerobic activity:

Anaerobic activities (No Oxygen Needed) are short and do not deplete oxygen supplies. Here are some anaerobic activities:

Slide 18 – Isometric activities are tensing muscles but not moving the body at the joint. Isotonic exercise are moving a body part through contracting and relaxing at a joint. Isokinetic exercises contract muscles at a constant rate and usually require _____ to do this.

Slide 19 – Exercising Safety

_____ - should be comfortable and allow for unrestricted movement

_____ - should be properly fit, good condition, provide support

_____ - like helmets , shoulder pads and wrist guards should be worn

Slide 20 – Surroundings and weather should also be appropriate for exercise. Consider:

Lighting of the area

Wearing layers for cold weather and light clothing for hot weather

Slide 21 – Do you NEED sports drinks and protein bars and sports gels?

Slide 22 – Dietary supplements can be concerning because many of them are not regulated by the _____

Slide 23 – Steroids are dangerous. Some side effects are as follows:

Men –

Women -

Both –

Slide 24 – What is the generic acronym for healing a hurt body part from exercise.

R –

I –

C –

E –

Slide 25 – What are three things to consider when developing a fitness plan?

1. _____

2. _____

3. _____

Slide 26 – Write what the FITT principle stands for and its short explanation

F =

I =

T =

T=

Slide 27 – What are the three phases of exercise in order?

1. _____

2. _____

3. _____