

Physical Education Final Exam Review Sheet

Identify the components of Health Related Fitness

Cardiovascular Fitness

Ability of the body to work continuously for extended periods of time. This is developed by engaging in aerobic activities.

Muscular Strength:

The ability of a muscle or group of muscles to generate force in a short period of time.

Muscular Endurance:

The ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

Flexibility:

A joint's ability to move freely through a full and normal range of motion.

Body Composition:

The amount of lean body mass compared to the amount of body fat. This is measure using your height and weight and a math formula to calculate a Body Mass Index number. A BMI of 18-24 is the healthy fitness zone. A BMI of 25-27 is considered over weight. A BMI of 28 or more is considered obese.

Types of Physical Activity

Explain the difference between Moderate and Vigorous aerobic fitness:

Moderate aerobic fitness activities increase your heart rate and breathing, but only to about $\frac{1}{2}$ of your maximum activity level. Vigorous aerobic activities make your heart rate and breathing increase significantly to about 80 percent of your maximum activity level.

Physical Activity Recommendations

Identify the recommended amount of physical fitness activity for teens(up to 19 yrs). For health benefits, physical activity should be moderate or vigorous and add up to at least 60 minutes a day on most days of the week.

Identify the recommended amount of physical fitness activity for adults.

For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day on most days of the week.

Examples of moderate fitness activities include:

- Walking briskly (about 3 $\frac{1}{2}$ miles per hour)
- Hiking
- Gardening/yard work
- Dancing

- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)
- Walking to dog
- Washing the car
- Cleaning your room
- Walking to school
- Taking the stairs instead of an elevator

Examples of vigorous fitness activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)
- Jump rope