

PERSONAL CONDITIONING

FINAL STUDY GUIDE

1. STRETCHING EXERCISE SHOULD BE DONE AFTER A WARM-UP.
2. STRETCH RECEPTORS ARE SENSE ORGANS THAT ALLOW FOR CONTROL OF MUSCLE LENGTH AND ACTIVITY.
3. SLOW JOG (5 MIN), MODERATE WALKING (10 MIN, OR SLOW STAIR CLIMBLING (5 MIN) ARE EXAMPLES OF WARM-UP ACTIVITIES.
4. 60% OF AMERICANS ARE OVER WEIGHT.
5. THE HEALTH RELATED FITNESS COMPONENTS ARE MUSCULAR STRENGTH, MUSCULAR ENDURANCE, CARDIORESPIRATORY ENDURANCE, BODY COMPOSTION, AND FLEXIBILITY.
6. THIRST IS NOT AN INDICATOR OF GOOD HYDRATION.
7. FATS HAVE 9 CALORIES PER GRAM.
8. CHARBOHYDRATES HAVE 4 CALORIES PER GRAM.
9. PROTIENS HAVE 4 CALORIES PER GRAM.
10. LACTIC ACID PRODUCES MUSCLE FATIGUE.
11. ACTIVITIES LASTING UNDER 2MIN ARE TYPICALLY ANAEROBIC, EXAMPLE WEIGHT LIFTING.
12. TARGET HEART RATE = 220 – AGE.
13. ONE POUND OF WEIGHT GAIN OR LOSS REQUIRES THE ADDITION OR THE REDUCTION OF 3,500 CALORIES.
14. FOR CARDIORESPIRATORY BENEFITS YOUR HEART RATE NEEDS TO REMAIN IN THE TARGET HEART RATE ZONE FOR 20 TO 45 MINUTES.
15. ANAEROBIC EXERCISE BUILDS MUSCLE STRENGTH
16. HIGH LEVELS OF FAT FREE MASS AND AN ACCEPTABLLY LOW LEVEL OF BODY FAT DESCRIBES A HEALTHY BODY COMPOSITION.
17. POGRESSIVE OVERLOAD COMPONENTS ARE INTENSITY, DURATION, FREQUENCY AND TIME.
18. CARDIORESPIRATORY EXERCISES SHOULD BE PERFORMED 3-5 DAYS PER WEEK FOR 20-60 MINUTES.
19. AEROBIC EXERCISE UTILIZES OXYGEN TO CONVERT FAT IN TO FUEL.
20. SUSTAINED STRENGTH OVER TIME DESCRIBES MUSCULAR ENDURANCE.
21. SITE ALONG THE NAPE OF THE NECK FOR TAKING A PULSE IS THE CARODTIOD ARTERY.
22. THE TARGET HEART RATE ZONE IS BETWEEN 50% AND 80% OF YOUR TARGET HEART RATE. THIS IS THE RATE YOU WANT TO MAINTAIN FOR 20 – 60 MINUTES TO ACHIEVE THE MOST BENEFITS OF CARDIORESPIRATORY EXERCISE.
23. FITT STANDS FOR FREQUENCY, INTENSITY, TIME AND TYPE OF ACTIVITY.
24. CARDIORESPIRATORY ENDURANCE, MUSCULAR STRENGTH, MUSCULAR ENDURANCE, FLEXIBILITY AND BODY COMPOSITION ARE THE COMPONENTS OF HEALTH RELATED FITNESS.
25. THE ABILITY TO MOVE A JOINT THROUGH ITS FULLL RANGE OF MOTION IS FLEXIBILITY. WE STRETCH TO GET TO THE POINT WE HAVE FULL ROM.
26. OVERLOAD PRINCIPLE REFERS TO THE AMOUNT OF EXERCISE NECESSARY TO CAUSE THE BODY TO ADAPT TO INCREASED DEMANDS.
27. THE TYPE OF ACTIVITY REFERS TO MODE.
28. THE BODY ADJUST TO LOWER LEVELS OF PHYSICAL ACTIVITY THE SAME WAY IT ADJUST TO HIGHER LEVELS REFERS TO THE PRINCIPLE OF REVERSIBILITY (USE IT OR LOOSE IT).
29. WHEN DEVELOPING A PROGRAM FOR YOURSELF CONSIDER THE FITT PRINCIPLE IN YOUR DEVELOPMENT (FREQUENCY, INTENSITY, DURATION, AND TYPE OF EXERCISE).
30. SET GOALS, SELECT YOUR ACTIVITY, UTILIZE YOUR FITT TRAINING PRINCIPLES, SET MINI GOALS (WITH REWARDS), CONSIDER YOUR LIFE STYLE AND LIKES AND DISLIKES FOR ACTIVITY, MONITOR YOUR PROGRESS, AND STAY COMMITTED. FITNESS IS NOT EASY.