

CHUTE FITNESS STUDY GUIDE

6TH, 7TH, 8TH GRADES

HEALTH RELATED FITNESS- Components of fitness that improve health.

5 Components:

Cardiovascular Fitness- The ability of the heart, lungs and vessels to work together & supply oxygen to working muscles

Strength- The ability of the muscles to lift heavy weight/exert a lot of force.

Muscular Endurance- The ability to use muscles for a long time without getting tired.

Flexibility- The ability to move all body parts/joints freely.

Body Composition- The combination of fat vs. tissue, bones, organs & muscle.

SKILL RELATED FITNESS- Components of fitness that improve physical performance.

6 Components:

Agility- The ability to change body positions quickly while keeping body under control.

Balance- The ability to keep the body steady while standing or moving.

Coordination- The ability of body parts to work together when you perform an activity.

Power- The ability to combine strength with speed while moving.

Reaction Time- The ability to move quickly once a signal to start moving has been received.

Speed- The ability to get from one place to another in the shortest possible time.

Maximum Heart Rate (MHR)- 220-age

F.I.T.T. - The formula for building fitness (parts of a workout)

Frequency- How often per week

Intensity- How difficult it is

Time- How long each workout/exercise is

Type- What kind of exercise/activity

7TH & 8TH GRADES

Anaerobic- “Without oxygen” (lifting weights, sprinting) Does not cause heavy breathing.

Rep- One complete range of motion (ROM) of an exercise (one crunch).

Set- A group of consecutive reps.

Anabolic Steroids- Resemble testosterone & cause anger, acne, & bad breath.

Hormones- Substances produced by the body that causes boys to build bigger muscles (testosterone).

Physical Fitness- The ability to perform physical activity.

3500- The number of calories in a pound.

8TH GRADE

S.O.A.P. & R.V.

S- Specificity- To become better at a particular exercise or skill, you must perform that exercise or skill. Example: to improve mile time you must practice the mile.

O- Overload- fitness can only be improved by training more than you normally do. You must work hard.

A- Adaptation- When you do new exercises or increase the intensity, your body reacts by increasing its ability to cope with that new exercise and/or load.

P- Progression- Start slowly and gradually increase the amount of exercise and keep overloading.

R- Reversibility- Any adaptation that takes place as a result of training will be reversed when you stop training. If you take a break or don't train often enough you will lose fitness.

V- Variation- Change of intensity or exercise/training. Variability promotes learning and prevents injuries & plateaus.

HEART RATE ZONES:

70%-79%- (Green) Moderate: Enhances aerobic power, improves blood circulation. **Feels like:** Starting to breathe hard & feeling uncomfortable

80%-89%- (Orange) Hard: Increases anaerobic tolerance, improves high speed endurance. **Feels like:** Difficult, hard to breathe, don't want to talk

90%-100+%- (Red) Maximum: Tones neuromuscular system, increases max sprint race speed. **Feels like:** Very difficult, deep & forceful breathing. Uncomfortable, conversation not possible.

