Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health 12

**Physical Fitness Notes**

*Glencoe Health pages 318-336*

1. Define **Physical Activity**:

2. Define **Physical Fitness**:

3. Define **Exercise**:

4. Benefits of Physical Fitness:

A. Physical Benefits:

(3 Body Systems)

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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B. Mental & Emotional Benefits:

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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C. Social Benefits:

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Define **Sedentary**:

6. Health problems that may result from being sedentary:

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7. Elements of Fitness:

A. Define **Cardiorespiratory Endurance**:

B. Define **Muscular Strength**:

C. Define **Muscular Endurance**:

D. Define **Flexibility**:

E. Define **Body Composition**:

8. Define **Aerobic Exercise**:

9. Give **1 example** of Aerobic Exercise:

10. Define **Anaerobic Exercise**:

11. Give **1 example** of Anaerobic Exercise:

12. Define **Target Heart Rate** (p. 329 in box):

13. Define **Warm-up**:

14. Define **Workout**:

15. F.I.T.T. Formula:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- 3 exercise sessions per week

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- Exercise within target heart rate & without pain

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-Vary your activities

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- Stay within target heart rate for at least 20

minutes

16. Define **Cool-down**:

17. Define **Resting Heart Rate**: