

NAME _____ DATE _____

FRESHMAN FITNESS VOCABULARY

Day 1

Using the word bank below and the Personal Fitness book complete the following definitions. You may use the glossary at the back of the book.

aerobic exercise	agility	balance	cardiovascular fitness
carotid artery	cool-down	flexibility	duration
calisthenics	exercise	coordination	

1. _____ how long a person should exercise to improve fitness.
2. _____ artery in the neck by the Adams apple. The pulse of this artery can be used for heart rate.
3. _____ a brief mild exercise done after a vigorous exercise to help the body recover quickly and effectively.
4. _____ steady, nonstop exercise for 15-30 minutes and has a comfortable pace and involves the intake of oxygen.
5. _____ the ability to keep your body in an upright posture while standing still.
6. _____ exercises to improve a specific body part.
7. _____ the ability to use senses together with body parts or several body parts together.
8. _____ ability to use your joints fully to move body parts easily.
9. _____ heart, arteries and blood are involved in long periods of exercise for the entire body.
10. _____ a form of physical activity done primarily to improve one's health or fitness.
11. _____ the ability to change direction quickly and control the movement of the whole body.

Day 2

Using the word bank below and the Personal Fitness book complete the following definitions. You may use the glossary at the back of the book.

warm-up	static flexibility	physical fitness	muscle strength
passive stretching	heart rate	frequency	pulse
muscular endurance	intensity	isotonic exercise	

1. _____ how often a person should exercise to improve in fitness.
2. _____ number of times the heart beats per minute to pump blood through the body.
3. _____ how hard a person should exercise to improve fitness.
4. _____ exercise in which muscles shorten or lengthen as they move.
5. _____ ability to use skeletal muscle for a long period of time without tiring.
6. _____ slowly stretching a muscle longer than its normal length and holding it in that position.
7. _____ ability of the whole body to work together to the highest possible level.
8. _____ movement of blood in your arteries caused by your heart beating.
9. _____ ability to move the joints and muscles slowly through a wide range of movement.
10. _____ ability of the muscles to exert force.
11. _____ brief, mild exercise that is done to get ready for more vigorous exercise.

Day 3, 4 & 5

Use the Personal Fitness book to complete the following definitions and questions. The page numbers are provided for you.

List five (5) different aerobic exercises (pg 19).

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

1. Define a resting heart rate (pgs 89-90).

2. How do you determine your maximum heart rate? (pg 96)

3. What is your Target Heart Rate? (pg 96)

4. List the five (5) health related components of fitness (pgs 18-22).

- a.
- b.
- c.
- d.
- e.

5. List the six (6) skill related components of fitness (pgs 23-26).

a.

b.

c.

d.

e.

f.

6. Name the three (3) basic training principals found on pgs. 63-68.

a.

b.

c.

7. What is the difference between aerobic and anaerobic exercise? (pg 100)

8. List four (4) psychological (mental) benefits of fitness (pgs 9-13).

a.

b.

c.

d.

9. List four (4) physical benefits of fitness (pgs 9-13).

a.

b.

c.

d.