**Unit 1 - Homework Sheet #1- Fitness Theory – Chapter 2**

Answers for the following questions will be found on pages 8-10 in Fitness Theory & Exercise Physiology.

FITT Guidelines for Aerobic, Strength, Endurance, and Flexibility Exercises

**PHYSICAL FITNESS PRINCPLES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Aerobic Fitness (Cardio)** | **Strength** | **Endurance** | **Flexibility** |
| F Frequency |  |  |  |  |
| I Intensity |  |  |  |  |
| T Time |  |  |  |  |
| T Type of Exercise |  |  |  |  |

The Overload Principle-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Specificity of Training (pg. 16) – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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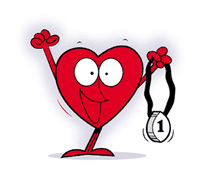
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**Principle of Rebuilding Time** – The body needs time to repair and rest between workouts.

**Principle of Muscle Balance** – One must train both sides of a joint to avoid muscle imbalance.

**Loss of Training** – Use it or Lose it Principle! When a relatively fit person stops an exercise program, it takes only a few days for his/her fitness level to drop.



Heart Rate Monitoring

**Look to pages #12-13 in the Body Blueprint manual to fill in the blanks below.**

# How to Take a Heart Rate- Summarize the tips given.

**a) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**b) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**c) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**d) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

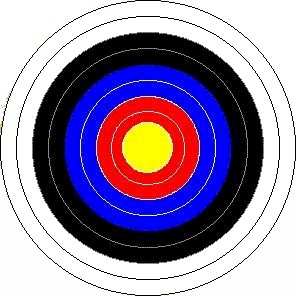
1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Heart Rate - heart rate at complete rest – usually 60-85 beats per minute

http://www.grinningplanet.com/2004/09-07/money-sleeps-thumb-copyright1.jpg

- best taken right after you wake in the morning

- for our intents and purposes it is taken after lying down for four or five minutes

2.Target Heart Rate – Also called Aerobic Heart Range - Pulse range the heart must work within in order for improvement of cardiovascular fitness to take place.

[](http://images.google.ca/imgres?imgurl=http://www.hickoksports.com/images/archery_target.jpg&imgrefurl=http://www.hickoksports.com/rules/rarchery.shtml&h=296&w=296&sz=16&hl=en&start=5&tbnid=lAX6g53Wx5c3xM:&tbnh=111&tbnw=111&prev=/images?q%3Darchery%2Btarget%26svnum%3D10%26hl%3Den%26lr%3D%26safe%3Dactive)

Ideally \_\_\_\_\_ % to \_\_\_\_\_ % of your maximum heart rate.

For your age **23 to 29** BPM.

|  |  |  |
| --- | --- | --- |
| Activity | Heart Rate (10 seconds) Your Guess | Actual Heart Rate (10 seconds) |
| Sitting |  |  |
| Walking |  |  |
| Jogging |  |  |
| Running |  |  |
| Intervals |  |  |

How is exercise going to change your body to make it more fit? What changes will occur? (Will need to hunt in the book for this one! )

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_