

# Fitness Study Guide

## Terms

### *Health Related Fitness*

- Cardiovascular endurance: the ability to exercise your entire body for long periods of time without stopping
- Muscular Strength: the amount of force your muscles can produce. This is measured by how much you can lift or how much resistance you can overcome
- Muscular endurance: the ability to use your muscles many times without tiring
- Flexibility: the ability to use your joints fully through a wide range of motion
- Body composition: the percentage of body weight that is made up of fat when compared to the other tissues, such as bone and muscle

### *Skill Related Fitness*

- Agility: the ability to change the position of your body quickly and to control your body's movements
- Balance: the ability to keep an upright posture while standing still or moving
- Coordination: the ability to use your senses together with your body parts or to use two or more body parts together
- Power: the ability to use strength quickly. Involves both strength and speed
- Reaction time: the amount of time it takes to move once you realize the need to act
- Speed: the ability to perform a movement or cover a distance in a short period of time

### *FITT Principle*

- Frequency: how many days per week you exercise
- Intensity: how hard or much energy you put out during exercise
- Time: how long you exercise continuously
- Type: specificity, refers to the specific physical activity chosen to improve a component of health related fitness.

### **F.I.T.T. ACTIVITY CHART**

	BEGINNER ZONE FOR EXERCISE	MODERATE TO ADVANCED
Frequency	3 days / week	3 – 6 days / week
Intensity	50%-60% MaxHR	60 – 85% MaxHR
Time	20 continuous minutes	20 – 60 continuous minutes