

LESSON 6.1 Being Physically Active and Physically Fit Note-Taking Guide

Understanding Physical Activity, Exercise, and Physical Fitness

1. What is the difference between physical activity, exercise, and physical fitness? Complete the following chart by writing down the definitions for each term.

| |
|---|
| Physical activity is described as... |
| Exercise is defined as... |
| Physical fitness , or sometimes just fitness, refers to... |

Benefits of Physical Activity

2. Explain one physical, one mental, and one social benefit of physical activity on your health.

| | |
|-------------------------|--|
| Physical benefit | |
| Mental benefit | |
| Social benefit | |

Physical Activity and Disease Prevention

3. List two ways being physically active as a teen could affect your future health status.

Physical Activity Guidelines for Teens

4. The U.S. Department of Health and Human Services recommends that all teens do _____ minutes or more of _____ physical activity daily.
5. Complete the following table by writing down three ways to be more physically active during your day. Try to write down things you could realistically include in your day.

| Three ways to be more physically active |
|---|
| 1. |
| 2. |
| 3. |

LESSON 6.2 Health-Related and Skill-Related Fitness Components
Note-Taking Guide

Health-Related Fitness Components

1. What are the five components of health-related fitness?

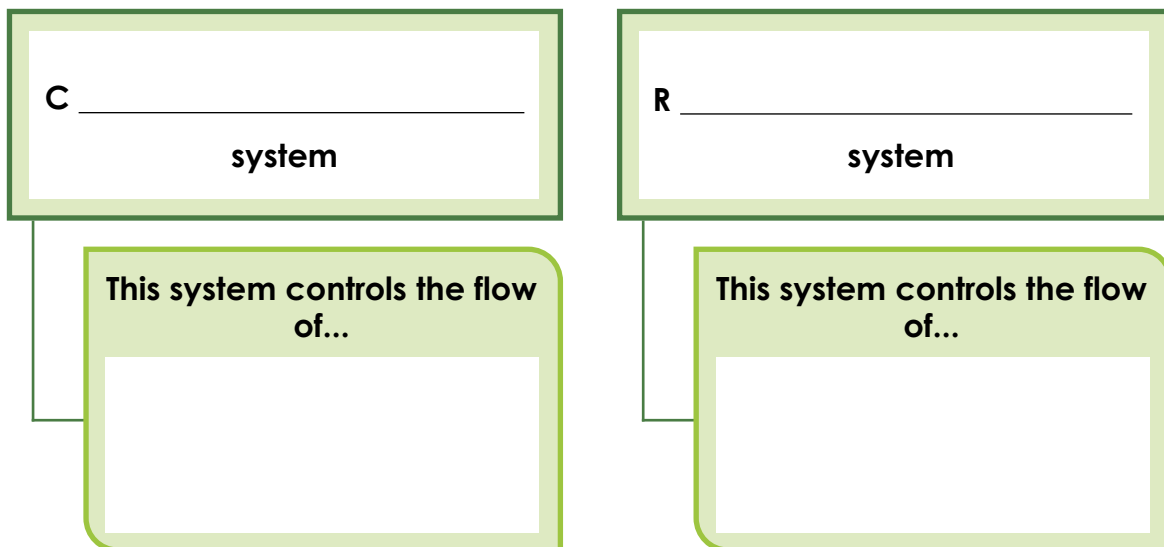
1. _____
2. _____
3. _____
4. _____
5. _____

Cardiorespiratory Endurance

2. Cardiorespiratory endurance is the ability to _____ your entire body for a long time without stopping.

Circulatory System and Respiratory System

3. Complete the following diagram by writing down the two systems that work with cardiorespiratory endurance.



Determining Your Cardiorespiratory Endurance Intensity

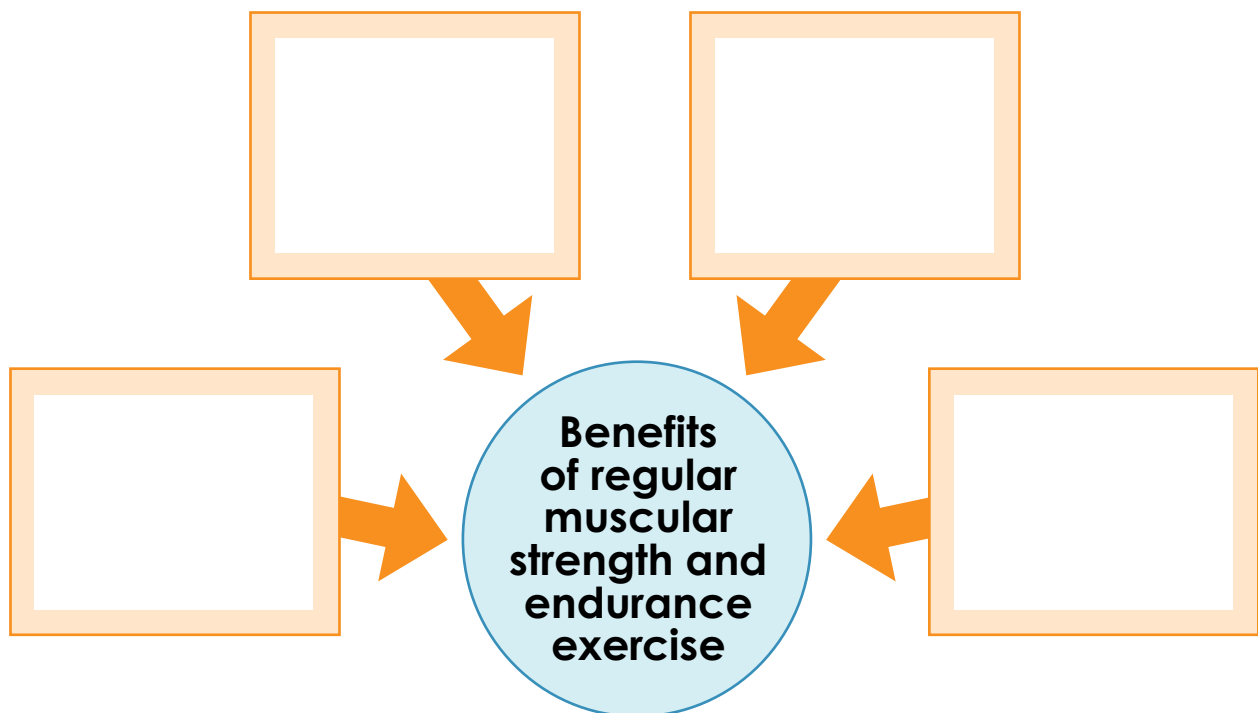
- Two ways to determine how hard you are working, rating of _____ exertion (RPE) scale and the _____ heart rate zone.
- Target heart rate zone is a range of two numbers that you want to stay in when _____ to get the most _____ from your workout.

Muscular System

- The muscular system is responsible for _____ movement and consists of more than _____ muscles.

Muscular Strength and Endurance

- Muscular _____ is the amount of force a muscle can produce.
- Muscular _____ is the ability of the muscles to perform continuously without tiring.
- Complete the following chart with the benefits of regular muscular strength and endurance exercise.



Nervous System

10. What two parts make up the central nervous system? Describe them.

| | |
|--|--|
| | |
|--|--|

Skeletal System

11. The skeletal system is made up of bones and the _____, ligaments, and _____ that connect the _____ together.

Flexibility

12. Flexibility is the ability to use your _____ fully through a wide range of _____.
13. Range of motion is influenced by the mobility of the _____ and tendons that surround the _____.
14. Name two types of stretching and provide at least one example of each.

1. _____
2. _____

Body Composition

15. Define body composition.

| | |
|--------------------------|--|
| Body composition: | |
|--------------------------|--|

Skill-Related Fitness Components

- 16.** List the correct skill-related fitness component next to its definition. Choose from: Agility, Balance, Coordination, Power, Reaction time, Speed.

The ability to combine strength with speed while moving. _____

The ability to move quickly once a signal to start moving is received. _____

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

The ability to keep the body in a steady position while standing or moving. _____

The ability to change body positions quickly and keep the body under control when moving. _____

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

LESSON 6.3 Preparing for Physical Activity Note-Taking Guide

Preparing for Activity or Your Workout

1. You should always begin your workout _____ and progressively.

Warm-Up, Workout Focus, and Cool-Down

2. What three parts should always be included in your activities? Complete the following chart to describe each part of an activity.

| | |
|---|--|
| 1. _____ | |
| This should include _____ muscle movements to get your whole body moving. | You want to slowly increase your _____ rate so you will be ready for activity. |
| ↓ | |
| 2. Workout Focus | |
| This is determined by what it is you are trying to _____. | Something you are specifically _____ for |
| ↓ | |
| 3. _____ | |
| This is used to _____ your body down. | Give your body time to _____ when ending an activity. |

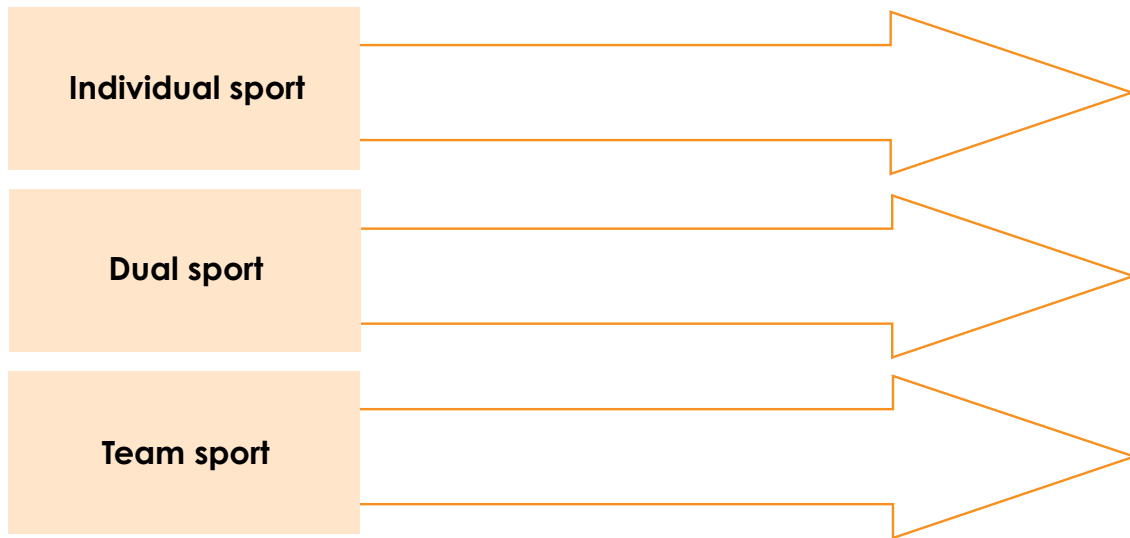
Getting Active and Staying Active Throughout Your Life

3. Fill in the diagram below with three benefits of being physically active throughout your life.

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |

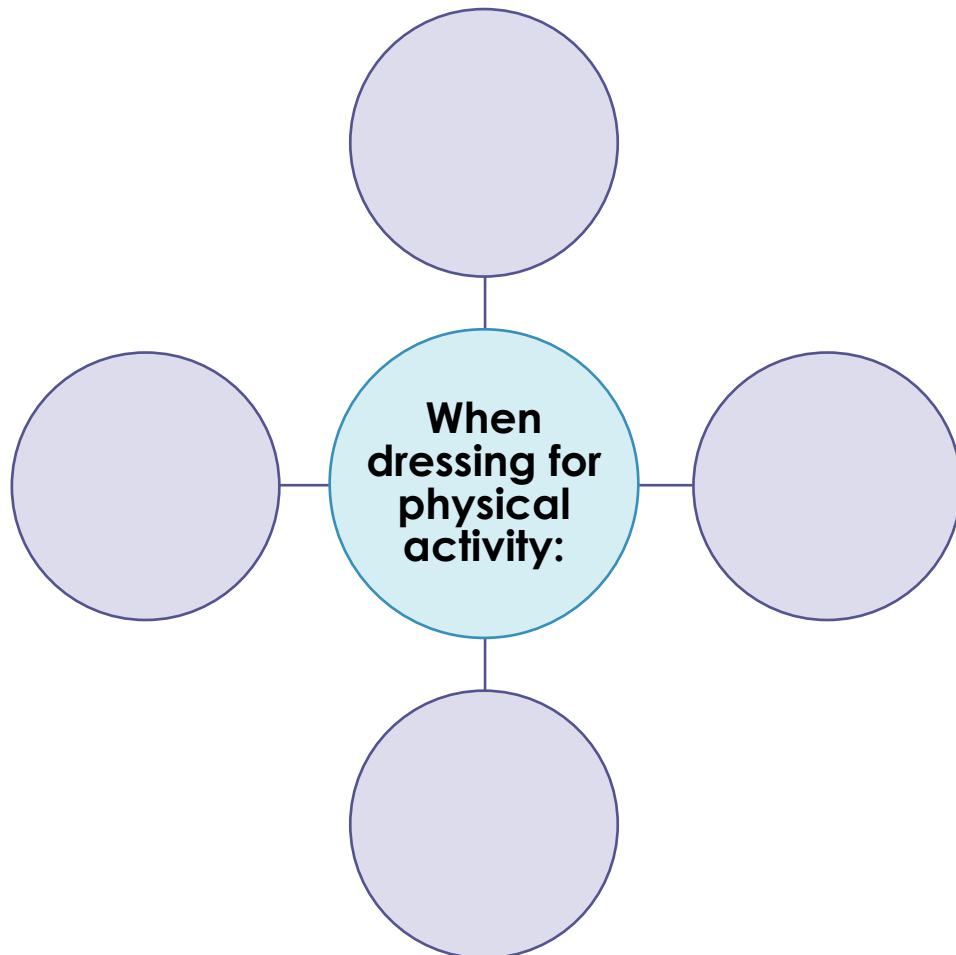
Individual, Dual, and Team Sports

4. Explain two things an individual, dual, or team sport can teach you by completing the diagram.



Dressing for Physical Activity

- 5.



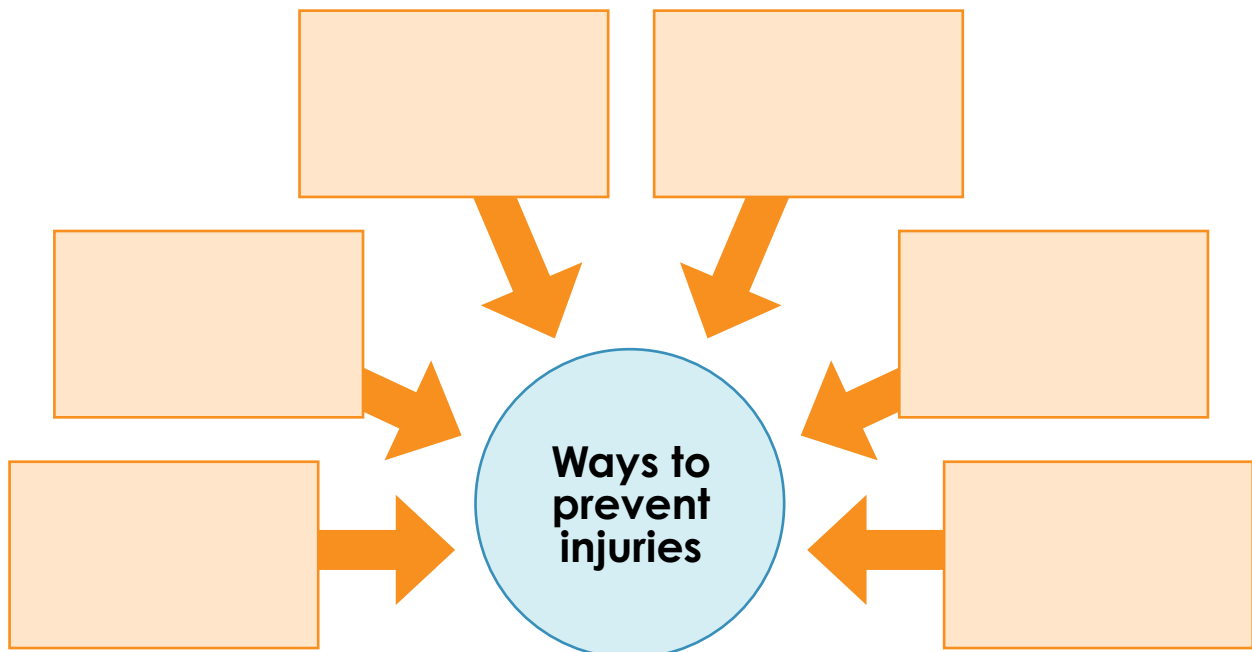
Physical Activity and Using Protective Equipment

6. Choose three pieces of protective equipment a person could wear when being physically active and analyze the importance of each piece.

| | |
|--|--|
| | |
| | |
| | |

Preventing Injuries While Being Active

7. List six of the best ways to prevent injuries when being active.



Your Personal Fitness Plan

1. What is a fitness plan?



2. What should be included in your fitness plan?

FITT Formula

3. The FITT formula is used to determine how much physical _____ you should be doing for each of the _____ fitness components.
4. Define each component of the FITT formula by filling in the diagram.

Frequency

Intensity

Time

Type

Cardiorespiratory Endurance and FITT Formula

Using table 6.3, answer the following questions.

5. Frequency: _____ days a week
6. Intensity: 4 to _____ on the RPE or _____ % of maximum heart rate
7. Time: _____ minutes at moderate intensity
8. Type: _____ activity

Muscular Strength and Endurance and FITT Formula

9. Using table 6.4, answer the following questions.

| Muscular strength FITT formula | |
|---------------------------------|-------------------------------------|
| Frequency | _____ days a week |
| Intensity | Moderate to _____ weights |
| Time | 1 to _____ sets of _____ to 12 reps |
| Type | Muscular training activities |
| Muscular endurance FITT formula | |
| Frequency | _____ days a week |
| Intensity | _____ to moderate weights |
| Time | _____ to 3 sets of _____ to 20 reps |
| Type | Muscular training activities |

Flexibility FITT Formula

Using table 6.5, answer the following questions.

10. Frequency: _____
11. Intensity: To the point of _____
12. Time: Hold each static stretch for 10 to _____ seconds
13. Type: _____ and _____ stretching

Training Principles

14. What are the three training principles?

- 1. _____
- 2. _____
- 3. _____

Setting SMART Goals

15. Complete the following table to create a fitness plan for one day of a cardiorespiratory endurance activity.

| Day and date | Activity | Type | Time |
|--------------|----------|------|------|
| Tuesday | | | |

16. Complete the following table to create a fitness plan for one day of a muscular endurance activity.

| Day and date | Activity | Type | Time |
|--------------|----------|------|------|
| Tuesday | | | |

Monitoring Your Fitness Plan

17. What are five reasons to monitor your fitness plan?

Planning Your Fitness With Technology

18. List three apps you could use to monitor your workout or give you exercise ideas.

App 1

→

App 2

→

App 3