

# Fitness For Life: Unit 3 Study Guide

## Understanding Fitness Components & Activity Pyramid

Name: \_\_\_\_\_ Period: \_\_\_\_\_

1. Define the following letters in the **FITT acronym**

Frequency:

Intensity:

Time:

Type:

2. Fill in the following FITT formulas for Cardiovascular Fitness, Strength, Muscular Endurance:

### **Cardiovascular Fitness**

F:

I:

T:

T:

### **Strength**

F:

I:

T:

T:

### **Muscular Endurance**

F:

I:

T:

T:

3. How is strength training different from muscle endurance training?

4. *Define the three basic principle of exercise.*

*Principle of Overload:*

*Principle of Progression:*

*Principle of Specificity:*

5. What does THRZ stand for? What is the importance of this zone?

6. Threshold of Training (Lower Limit THRZ):

7. Target Ceiling (Upper Limit THRZ):

8. Computing Target Heart Rate Zone

Step One:  $220 - ( \text{_____} ) = \text{Maximum Heart Rate (MHR)}$

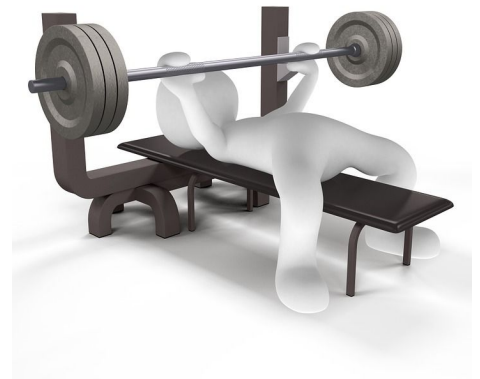
Step Two:  $\text{MHR} \times ( \text{_____} ) = \text{_____}$

Step Three:  $\text{MHR} \times ( \text{_____} ) = \text{_____}$

**9. Resistance:**

**10.Repetitions:**

**11. Sets:**



12. *Static Stretching:*

13. *Ballistic Stretching:*

14. **Exclusive use of \_\_\_\_\_ exercises can lead to a loss of \_\_\_\_\_.**

15. What is lean tissue?

16. More than \_\_\_\_\_ of all adults are considered to be too fat or obese.



17. LIST THE FACTORS THAT INFLUENCE BODY COMPOSITION

HEREDITY:

BASAL METABOLISM:

MATURATION:

DIET:

PHYSICAL ACTIVITY:

18. Essential Body Fat:

19. Anorexia Nervosa:

20. Bulimia:

21. What is self perception?

*What is behind your eyes is more important than  
what is in front of them.*

22. How can you improve your self perception?

23. List the 6 **ESSENTIAL** Nutrients, and why they are **IMPORTANT**.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

24. Fill in the Physical Activity Pyramid below. Make sure to write the level number and name!!

