

PE Fitness Quiz 2 Study Guide

If YOU DON'T USE "IT"; YOU WILL LOSE "IT"

You can not store fitness; this is known as the *Reversibility Principle*.

Principle of Overload

Only way to produce fitness and health benefits through physical activity is to require your body to do more than it normally does. An increased demand on your body forces it to adapt. Your body is designed to be active; so if you do nothing your fitness decreases and your health suffers.

Principle of Progression

The amount of your exercise should be increased gradually. After a while your body adapts to an increase in physical activity and your activity becomes too easy. When this happens, increase your activity slightly.

Principle of Specificity

Specific exercise you do determines the specific benefit you receive.

Threshold of Training

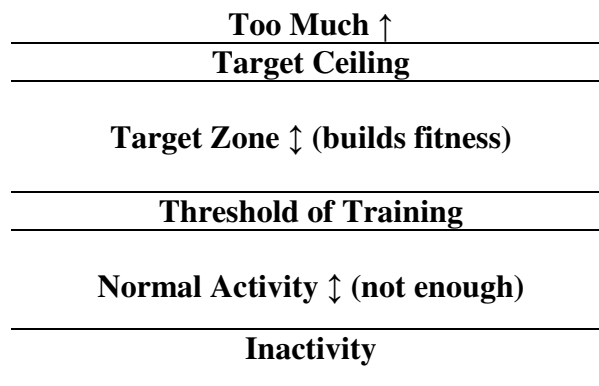
Minimum amount of overload you need to build physical fitness.

Target Ceiling

Your upper limit of activity.

Target Fitness Zone

Exercising above your threshold of training and below your target ceiling.



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5 Areas of Health Related Fitness

1. Cardiovascular Fitness – Ability of the heart, lungs and circulatory systems working together to supply oxygen, energy and blood to the muscles and cells to do work over long periods of time. MOST IMPORTANT HEALTH-RELATED COMPONENT OF FITNESS!!!
2. Muscular Strength – Amount of force your muscles can produce in one effort.
3. Muscular Endurance – Ability to use your muscles many times without tiring.
4. Flexibility – The ability to move a joint through a full range of motion.
5. Body Composition – Lean vs. Fat
Lean – all components of body except fat.
Fat – Surrounds organs, cushions, insulates and used for energy