

# PE Fitness Quiz 3 Study Guide

## 7 Body Areas and Muscles

1. Shoulders – Deltoids
2. Chest – Pectoralis Major
3. Back – Latissimus Dorsi and Trapezius
4. Arms – Biceps, Triceps, Forearm
5. Stomach – Rectus Abdominis and External Oblique
6. Butt – Gluteus Maximus
7. Legs – Quadriceps, Hamstrings and Gastrocnemius

## Weight Lifting Terms and Concepts

*Repetition* – How many times you can perform the exercise.

*Set* - Group of Repetitions

*Maximum Lifts*

Class Definition – Force in 4 to 6 Repetitions

Real Definition – Force in 1 Repetition

*Non-Maximum Lifts*

Force in more than 6 Repetitions

Teacher sets limits on Repetitions

*Safety*

Spotter, weight belt, no horseplay, supervision, knowledge, performance

*Mechanics*

Breathing Rule: exhale on effort, inhale on recovery

Control, balance, speed/efficiency, knowledge and performance

## Anaerobic Activity

Physical activity done in short, fast bursts in which the heart cannot supply blood and oxygen as fast as muscles use it.

Example: Racquetball, downhill skiing, weight lifting, sprinting, football, ect.

## Aerobic Activity

Steady activity in which the heart can supply all the oxygen the muscles need.

Example: walking, biking, jogging, swimming, cross-country skiing, ect.