

PE Fitness Quiz 1 Study Guide

6 Terms Describing Planes of the Body and What Direction it is Describing

1. Superior – Up, Top, Above
2. Inferior – Down, Bottom, Below
3. Anterior – Front, Forward
4. Posterior – Back, Behind
5. Lateral – Side

Calculating Target Heart Rate Zone

Karvonen Formula

$$220 (-) \text{ Age } (-) \text{ RHR } (x) \text{ Intensity } (+) \text{ RHR } = \text{ Target Heart Rate}$$

Example of 30 year old with a resting heart rate of 70

Threshold Heart Rate (minimum heart rate)

Step one:

$$220 - 30 (\text{age}) = 190 (\text{maximal heart rate})$$

Step two:

$$190 (\text{mhr}) - 70 (\text{resting heart rate}) = 120 (\text{heart rate range})$$

Step three:

$$120 (\text{hrr}) \times .60 (\text{threshold percent}) = 60 + 70 (\text{RHR}) = \mathbf{144 (\text{THR})}$$

Target Ceiling Rate (maximum heart rate)

Step one:

$$220 - 30 (\text{age}) = 190 (\text{maximal heart rate})$$

Step two:

$$190 (\text{mhr}) - 70 (\text{resting heart rate}) = 120 (\text{heart rate range})$$

Step three:

$$120 (\text{hrr}) \times .85 (\text{target ceiling percent}) = 102 + 70 (\text{rhr}) = \mathbf{172 (\text{TCR})}$$

Target Heart Rate Zone

144 – 172 beats per minute

Finding Your Heart Rate

Radial Pulse – Use the first and second finger to find a pulse at your wrist.

Carotid Pulse – Use the first and second finger to find a pulse at your neck.

Resting Heart Rate

Relaxed, quiet, comfortable, base for your workout. Best taken in the morning when you wake up (30 seconds x 2).

Recovery Heart Rate

Heart's ability to return itself to a normal rhythm after being elevated during exercise. If you are fit and in good shape, your heart rate should recover quickly.

Target Heart Rate Zone

Zone you want your heart rate to be in when exercising (60% to 85% of MHR)

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Health and Wellness – *Health* refers to “the state of optimal physical, mental, and social well-being.” Early definitions of health focused on illness and helping sick people get well. *Wellness* is the state of being that enables you to reach your fullest potential. It includes your intellectual, social, emotional, physical, and spiritual health. Wellness is more likely to be present in individuals who assume more responsibility for their own health. Illness is the “negative” component of health that we want to treat or prevent, and wellness is the “positive” component of health that we want to promote.

Definition of Fitness – The ability of your body systems to work together efficiently. A fit person is able to carry out the typical activities of living, such as work, and still have enough energy to enjoy leisure time activities.