Health Related Fitness

The Parts of Physical Fitness

When you see a person who is good at ______________ do you assume that the person is ______________? You might be surprised to know that this assumption is ___ always _______. It is true that a person who ________ in sports needs a certain ________ of physical ________. However, being good at a specific skill such as running may not be a good indicator of total physical fitness; some ________ require only ________ parts of physical ________.

There are 5 parts to Health Related fitness:

**Body Composition**
The ________________ of body weight that is made up of ________ when compared to the other body tissues, such as ________ and _________. For example, a person who weighs 100 pounds, 20 pounds of which is fat, is said to have a body fat level of 20 percent. People who are in a healthy range of body fatness are more likely to avoid ________ and even have lower death rates than those outside the ________ range. The extreme ranges are most dangerous. Too ________ or too ________ body fat can cause __________ __________.

An ________________ Body Composition can decrease your physical ________________. Having a higher percentage of body fat can decrease your flexibility and make physical ________________ more ________________. Not only does fat increase the weight of an individual, it can actually impede muscle and the body from its full range of motion.

**Flexibility**
The ability to use your joints fully through a __________________________. You are flexible when your muscles are long enough and your joints are free enough to allow adequate movement. People with good flexibility have fewer ________ and ________________ _________.

Good ______________ can enhance and ____________ physical abilities. Flexibility combined with power can result in more Speed, and Power. When your muscles are able to work in a __________________________ it only increases the strength you already have. Muscles that have ____________ movement are often not useful for most physical activities.
Muscular Endurance and Strength

There are generally _______ types of muscle ______ in your body, slow twitch and fast twitch. _______ twitch muscle fibers cannot exert as much force as fast twitch, but can _______ an effort over a much _______ period of _______. _______ twitch muscle fibers can exert a great amount of _______ but for a very _______ amount of _______. Therefore, slow twitch equals endurance, while fast twitch equals strength

- **Muscular __________________** – The ability to use your muscles _______ _______ without tiring. Muscular endurance is very important for people playing sports and who have to sustain an activity for _______ _______ _______. Muscular endurance is determined by how well your slow twitch muscle fibers are developed. People with good muscular endurance are likely to have better _______ and fewer _______ problems.

- **Muscular __________________** - The amount of _______ your muscles can produce. Muscular strength is much different from muscular endurance. Strength is a measure of how much force your muscles can exert, while endurance is the measure of how many times your muscles can repeat a specific exertion of force. Unlike muscular endurance which is controlled by slow twitch fibers, _______ is determined by _______ twitch fibers which focus more on _______ _______ of energy rather than long, drawn out ones. Strength is often measure by how much _______ you can lift or how much resistance you can overcome. People with good strength can perform daily tasks efficiently – that is, with the least amount of effort.

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**Cardiovascular Endurance**

The ability of the _______ and _______ to deliver _______ to where it is needed throughout the _______. Together heart and lungs are known as the cardiorespiratory system. The ability of these two systems to keep going for ______________ time under stress is known as cardiovascular fitness. This determines a person's ______________ ability to sustain activities for prolonged periods of time. Examples of such activities are swimming, long distance running and rowing.

_____________ Endurance is the ability to maintain physical exercise for a long period of time without experiencing _______ (tiredness). Cardiovascular Endurance requires the use of _______ which makes it an aerobic exercise. Since the heart and lungs are not only _______ to the body during cardiovascular exercise, but _______ in general, it is important to include cardiovascular exercise in your life. Experts recommend an average of ________________ of exercise, _______ days a week to keep your _______ and _______ adapted and _______.

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**Science Terms**

O₂ = Oxygen

CO₂ = Carbon Dioxide

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**How does it work?**

1. Muscles use ______________ to produce ______________, which gives off a waste product called ______________.

2. Red Blood Cells pick up the _______ waste and begin their journey to the lungs.

3. After being pumped through the heart, the Red Blood Cells carrying the CO₂ go to the ______________.

4. Once in the Lungs the Red Blood Cells trade out their CO₂ for ______________. The ______________ waste is then exhaled.

5. The Red Blood Cells, which are now carrying ______________ pass through the ______________.

6. The Red Blood Cells finally return to the ______________ with fresh ______________ that the muscles can use to make more ______________.
Heart Rate

Introduction to Heart Rate

Why use Heart Rate to measure exercise:
Heart Rate is the most popular way to measure ______________________ in cardiovascular endurance exercises. Many elite athletes use heart rate monitors that will constantly record their heart rate and alert them if they are working outside of their ______________________.

Your heart never ________:
Your heart rate at any given time tells you __________ how ______ your _______ is ___________. Regardless of weight, height, strength, speed, or health state your heart rate is always the ______ way to ______ your effort and performance.

Vary your training and intensity:
When training for athletics or general health it is important to include ______ intensity workouts as well as ______/________ intensity workouts. The best way to ______ your _______ is by measuring your heart rate. Setting a specific heart rate zone before a workout can assure you that you are working at the necessary intensity.

For Example:
- a ______ Intensity heart rate zone may be from ______-_____-bpm going on a fast paced hike or ______ ______
- a ______ Intensity heart rate zone may be from ______--_____-bpm _________________ in P.E. class

Find your resting Heart Rate

- 60 second count: _______ 6 second count: _______ x 10 = _______

Find your Target Heart Rate Zone

- The ______________ Formula is a mathematical formula that helps you determine your target heart rate zone.
- Staying within this _______ will help you work most __________ during your ________________ workouts.

Age = ______ Resting Heart Rate (RHR) = _______

206.9 – [0.67 x (______ age)] = ______ = ______ (Max HR)

_______ (Max HR) – (_______ Resting HR) = _______ (HR Reserve)

_______ (HRR) x 0.65 (65%) = ________ (LOW end of HR zone)

_______ (HRR) x 0.85 (85%) = ________ (HIGH end of HR zone)

_______ (LOW) + _______ (RHR) = _______ low end of TARGET heart rate zone

_______ (HIGH) + _______ (RHR) = _______ high end of TARGET heart rate zone

My TARGET HEART RATE ZONE is ________ (bpm) to ________ (bpm)