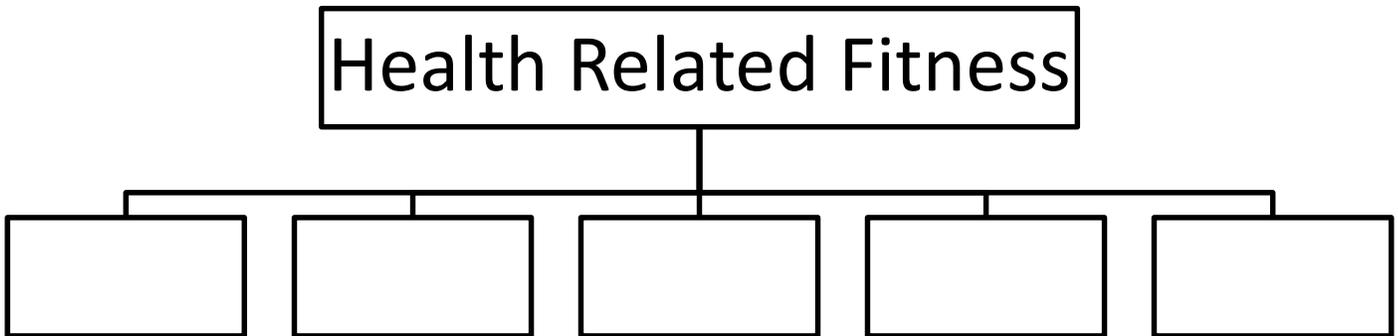

Health Related Fitness & Heart Rate

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.

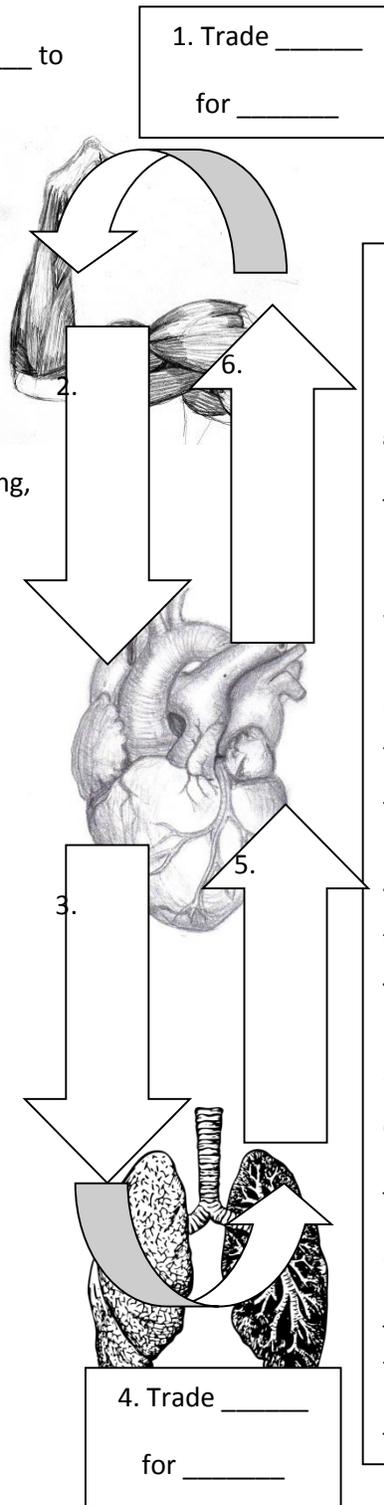
	Muscular Endurance	Muscular Strength
Muscle Fibers		
Time		
Type of exercise		
Type of Motions		
Example		
Example		



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 _____ of time under stress is known as cardiovascular fitness. This determines a person's _____ 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 _____.



Science Terms
 O_2 = Oxygen
 CO_2 = Carbon Dioxide

the

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 CO_2 go to the _____.
4. Once in the Lungs the Red Blood Cells trade out their CO_2 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) = _____

$$206.9 - [0.67 \times (\text{age})] = \text{_____} = \text{_____} \text{ (Max HR)}$$

$$\text{_____} \text{ (Max HR)} - (\text{_____} \text{ Resting HR}) = \text{_____} \text{ (HR Reserve)}$$

$$\text{_____} \text{ (HRR)} \times 0.65 \text{ (65\%)} = \text{_____} \text{ (LOW end of HR zone)}$$

$$\text{_____} \text{ (HRR)} \times 0.85 \text{ (85\%)} = \text{_____} \text{ (HIGH end of HR zone)}$$

$$\text{_____} \text{ (LOW)} + \text{_____} \text{ (RHR)} = \text{_____} \text{ low end of } \textbf{TARGET} \text{ heart rate zone}$$

$$\text{_____} \text{ (HIGH)} + \text{_____} \text{ (RHR)} = \text{_____} \text{ high end of } \textbf{TARGET} \text{ heart rate zone}$$

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

