

Name: _____

Block: _____

Fit 1 Midterm Study Guide

1. Stamina
2. Flexibility
3. Speed
4. Agility
5. Accuracy
6. Balance
7. Coordination
8. Power
9. Strength
10. Cardiovascular/Respiratory
Endurance

_____ : The ability of body systems to process, deliver, store, and utilize energy.

_____ : The ability to combine several distinct movement patterns into a singular distinct movement.

_____ : The ability to control movement in a given direction or at a given intensity.

_____ : The ability to control the placement of the body's center of gravity in relation to its support base.

_____ : The ability of body systems to gather, process, and deliver oxygen.

_____ : The ability to minimize transition time from one movement pattern to another.

_____ : The ability to minimize the time cycle of a repeated movement

_____ : The ability of a muscular unit, or combination of muscular units, to apply force.

_____ : The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.

_____ : The ability to maximize the range of motion at a given joint.

Name three skills listed above that are most important to a sport or physical activity of your choice. Explain why they are important.

Sport/Physical Activity: _____

Skill: _____

Reasoning:

Skill: _____

Reasoning:

Skill: _____

Reasoning:

% of maximum power	Primary system stressed	Typical exercise time	Range of work-to-rest period ratios
90-100	Phosphagen	5-10 seconds	1:12 to 1:20
75-90	Fast glycolysis	15-30 seconds	1:3 to 1:5
30-75	Fast glycolysis and oxidative	1-3 minutes	1:3 to 1:4
20-30	Oxidative	>3 minutes	1:1 to 1:3

Provide two activities that fall under each different energy system. Be specific to intensity and duration of physical activity, using the chart above as a reference.

Phosphagen:

Glycolysis / Glycolytic:

Oxidative:

Fill out the wording below to complete how to perform an air squat with accuracy and proper form.

Stance: Your feet should be _____ width apart.

Motion of hips: Your hips should go _____ and down.

Knees: Track out over your _____.

Posture: Keep your chest up and your back should be braced and _____.

Feet: Drive through your _____.

Finish: You have completed the air squat when your hips reach full _____.

Name 3 foods that are nutrient rich and low on the Glycemic Index:

- 1.
- 2.
- 3.

Name 3 foods that are nutritionally poor and high on the Glycemic Index:

- 1.
- 2.
- 3.

Explain at least three concepts that you can apply to living a healthier lifestyle, specifically referring back to *That Sugar Film*.

- 1.
- 2.
- 3.