

Name: _____

Block: 1, 2, 3, 4 Roll # _____

**First Semester Final Exam
Study Guide- 9th Grade/Fit 1**

Directions: Use your handouts and knowledge from class to fill out this study guide. Everything that is on this study guide you will see on your final.

Principles of Training: Be able to describe/define and identify the 3 principles of training.

Principle of Overload-

Principle of Progression-

Principle of Specificity-

What are the Health Related Components of Fitness? Define and know what fitness tests we use for each component. There are 5.

a.

b.

c.

d.

e.

What are the benefits of exercise?

What are the 3 Body Types? Define and know the differences between them.

a.

b.

c.

What is Body Composition? How do we measure it?

Why are height weight charts(BMI) misleading?

How do we calculate Maximum Heart Rate? Know how to calculate a % of your Max. heart rate.

What is sedentary lifestyle?

What is muscle atrophy?

What is the difference between aerobic and anaerobic exercise? Be able to identify activities in each.

Aerobic-

Anaerobic-

F.I.T.T. Principle:

What does each letter stand for? Know the differences and how applied to training.

F-

I-

T-

T-

Know examples of cardio activities and how many days per week we should be active in them.

What are controllable and uncontrollable risk factors?

Read and review handouts that were given to you in class and those on our web page.

They include: muscle identification, Fitness Packet, 3 principles of training, F.I.T.T. principle, benefits of Exercise, Aerobic and Anaerobic Exercise, Body Types, & Controllable and Non-controllable Risk Factors.