Fitness Study Guide

-Skill related components are: Agility, Speed, Coordination, Balance, Reaction Time, and Power

-Health related components of fitness are: Muscular Endurance, Muscular Strength, Body -Composition, Flexibility, and Cardio Endurance.

-A rep or repetition consists of a singular movement in which a specific muscle group is contracted.

-A set is a series of reps that are separated by intervals of rest, for example 5 sets of 5 means doing 5 reps then a short rest then doing another 5 reps. and so on until series is repeated 5x.

**Definitions**

**Agility**- Change body positions with efficiency.

**Speed**- Perform body movements in a short period of time.

**Coordination**- Integrate more than one movement at a time.

**Balance**- Keep upright posture at equilibrium.

**Reaction Time**- Ability to respond to an external stimulus.

**Power**- Perform strength activity with speed.

**Muscular Endurance**- Ability to exert force over a period of time.

**Muscular strength**- the ability to exert force.

**Body Composition**- the makeup of one’s body tissue.

**Flexibility**- Ability of a joint to move through range of motion.

**Cardio Endurance**- How efficiently the body can transport oxygen.

-The weight room is set up with the cardio equipment on the inside and the strength training machines on the outside.

-The chin dip machine is the opposite of the other strength training machines in that the more weight you add the easier the exercise is. Its job is to assist you in the exercise.

-The easiest way to start the cardio machines is to hit quick start and begin.

-The treadmills have a safety clip to attach to the runner that shuts the machine down if the runner happens to fall.

-The weight machines are user friendly allowing individuals to adjust the machine to their comfort level.

-Total fitness comes from strength training, cardio endurance and proper nutrition.