

Lake Shore Physical Education Study Guide – Fitness- Grades 9/10

- Aerobic means with oxygen and anaerobic is without oxygen.
- Body composition is the ratio of fat to muscle, bone and other body tissue.
- Cardiovascular endurance is the ability of the heart/blood vessels/lungs to supply oxygen to the muscles. When the muscles need oxygen the body will involuntarily breathe deeper and the heart will pump harder to get the oxygen to the muscles.
- A cool down is a 10 minute period after exercise that allows the heart rate to return to normal.
- An ectomorph is a body type that produces very little muscle mass (tall and lean).
- An endomorph is a body type that is most prone to having excess body fat (short and stout).
- Flexibility is the range of motion possible at various bodily joints. Typically females are more flexible than males. Levels of flexibility can improve through stretching.
- A mesomorph is a body type with a muscular and athletic look (broad shoulders and narrow waist).
- Muscular Endurance is the ability of a muscle to exert force for an extended period.
- Muscular Strength is the ability of a muscle to exert force one time.
- Pulse is caused by the pressure of the blood on an artery wall that corresponds to the heartbeat.
- Resting Heart Rate is the number of beats per minute while the body is in a relaxed state. The best time to calculate this is when you wake up in the morning. It is also best to always use your index and middle finger to take a pulse reading.
- Target Heart Rate is what your heart rate should be to get maximum cardiovascular benefit.
- The warm-up is a 10 minute period during which the body prepares for vigorous exercise.