

# Quarter 1 study guide

## Five Health-Related Fitness components of Physical Fitness:

- **Cardiovascular Endurance** – *the ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles.* Cardiovascular activities are those that increase the heart rate in the training zone for an extended period of time. The intensity of activities generally should be between 60% to 85% of a person's heart rate range.  
**Examples of Cardiovascular exercise activities:**  
Swimming, biking, walking, running, rowing, cross-country skiing, aerobic dance, etc
- **Muscular Strength** – *the ability of the muscles to exert a force*  
Muscles become stronger when they are exercised against a gradually increasing resistance, or weight. Muscles may adapt by getting bigger (hypertrophy) or smaller (atrophy) depending upon how often and how hard they are used.
- **Muscular Endurance** – *the ability to efficiently use muscles over a longer period of time.*  
While muscular strength allows you to lift more weight, muscular endurance allows you to lift more repetitions. Common tests for muscular endurance are push-ups, sit-ups, pull-ups, and dips.
- **Flexibility** – *the ability to move at the joints through a full range of motion*  
A regular program of stretching may incorporate static (stationary) stretching and/or dynamic (involves movement) stretching to improve flexibility. Stretching should be done when the body is warm and should be held to the point of mild discomfort, not pain (and not abrupt bouncing).
- **Body Composition** – *the amount of body weight that is fat compared to muscles, bones, and other body tissues* Body fat within a normal range promotes healthy body functioning.

## Guidelines for how to maintain or improve cardiovascular endurance:

\***Frequency** – How often should you do CV exercise?

**3-5 times per week**

\***Intensity** – How hard (vigorous/intense) should CV exercise be?

**Between 60% - 85% of your Heart Rate Range**

\***Time** (duration) – How long should CV workouts last?

**20-60 minutes**