

Wellness Semester Exam Review Topics

- Body Composition
 - Function of body fat
 - Cell formation
 - Ways to measure body fat
- Muscular Fitness
 - Types of muscle contractions: concentric, eccentric, isometric
 - Strength vs. Endurance: weights, reps & sets
 - The three “Principles”: overload, progression, specificity
 - Hypertrophy vs. Atrophy; Law of Use
 - Muscles and their exercises
- Cardiovascular Fitness
 - FIT Principle (Frequency, Intensity, Time)
 - Benefits of cardiovascular endurance training
 - Aerobic vs. Anaerobic
- Flexibility
 - Know the difference between: Static, Dynamic, Active, Passive, and PNF
 - Benefits of a warm-up
- Nutrition
 - Weight loss recommendations
 - Carbohydrates, Fats & Proteins
 - Define calorie; Calories per gram: Carbohydrate, Fat, & Protein
 - Primary and secondary fuel sources during cardiovascular exercise
 - Calories In – Calories Out = Net caloric balance

✚ In addition to the above, please be sure to look over all personal fitness information and review the basketball and softball information.