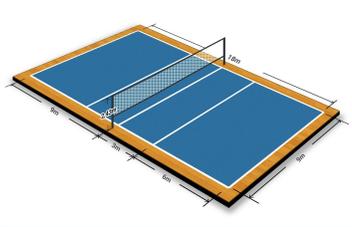
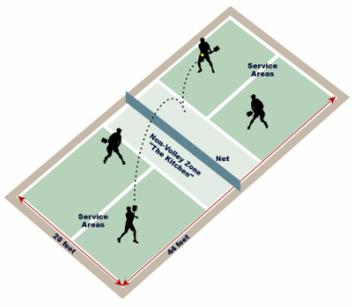


Sophomore FITS Study Guide

	Scoring	Rules	Faults
<h2>Volleyball</h2> 	<ul style="list-style-type: none"> - rally scoring - games to 25 - need to win by 2 - win 2 out of 3 games 	<ul style="list-style-type: none"> - 6 players on a side - rotate clockwise - ball landing on the line is considered in - let serve is legal 	<ul style="list-style-type: none"> - a player touches the net - the server steps on the end line when serving - a back row player spikes the ball in the front row - blocking a serve is illegal
<h2>Pickleball</h2> 	<ul style="list-style-type: none"> - possession scoring, must have serve to score points - play to 11 points - win by 2 - win 2 out of 3 games to win the match 	<ul style="list-style-type: none"> - teams of 2 or 3 players - double bounce rule = the serve must bounce before being returned and the service return must bounce before either team can volley (hit out of the air) - non-volley zone = players may not hit the ball out of the air (volley) while standing in front of the service line - players only get one serve attempt 	<ul style="list-style-type: none"> - a player cannot touch the net - a serve cannot contact the net - interrupted points will be replayed from the start - if you are not sure if the ball is in or out, the ball should be ruled in - one hit per side - no more than one bounce of the ball per side
<h2>Badminton</h2> 	<ul style="list-style-type: none"> - Rally scoring - First to 21, win by 2, cap at 30 - 1 server per service rotation - A Let serve is legal - Birdie landing on the line is in - Underhand serving only - Must serve cross court - One hit per side - If you do not agree on the score, you must go back to a score you do agree on - You make in/out calls on your own side 	<ul style="list-style-type: none"> - a player cannot touch the net - the server steps on the end line when serving - If you are not sure if it's in or out, give the point to your opponent. - Say the score loud enough for the opponent to hear. 	

CARDIOVASCULAR FITNESS

Cardiovascular Fitness – the ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles. Some **examples** include swimming, biking, running

CARDIOVASCULAR FITNESS GUIDELINES:

F.I.T.T. Principle- Understanding the F.I.T.T. principle helps you create a workout plan that will be more effective in reaching your fitness goals. F.I.T.T. stands for **frequency, intensity, time, and type of exercise**

Frequency – How often should you do CV exercise?

- Recommended range is **3 to 5 times** per week

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

- The activity should be moderate to vigorous
- Brisk walking is considered moderate. It is generally 60% of max heart rate
- Jogging and running is considered vigorous. It is generally 80% or higher of max heart rate
- Ideal target zone for good physical fitness is **60%-80%** of maximum heart rate.

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

- Minimum of 2 hours and 30 minutes (150 minutes) weekly of Moderate or...
- 1 hour and 15 minutes (75 minutes) weekly of vigorous

Type - What kind of exercise should you do?

- The type of exercise you do is the last part of the F.I.T.T. principle and an easy one to manipulate to avoid overuse injuries or weight loss plateaus. To improve your level of fitness to meet your goals, select more intense workouts, like running or weights.

FLEXIBILITY

Flexibility – the ability to move a joint through normal range of motion

FLEXIBILITY TRAINING GUIDELINES:

- Use a variety of stretching modes such as dynamic, static, or a functional warm up
 - **Static stretching** - A stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds. Static stretching is the most common form of stretching found in general fitness and is considered safe and effective for improving overall flexibility.
 - **Dynamic Stretching** - Active movements of muscle that bring forth a stretch but are not held in the end position.
 - **Functional/Dynamic warm up** - a series of sport specific movements that are designed to prepare the muscles for performance and are done in a safe and controlled fashion. Dynamic stretching is used in a functional warm up but also adds movements to increase heart rate and increase blood flow which, in turn, warms up the muscles.
- Perform at least one major stretch for each major muscle group of the body
- Stretch to the point of mild discomfort, not pain
- Increase intensity and frequency gradually over time. These two factors will have the greatest influence on improving your flexibility. **Stretching + frequency = improved flexibility**
- Stretching **after warm ups and /or activity** is the best time for improving flexibility.