

8th Grade Fitness Unit Study Guide

Heart Disease (Atherosclerosis) - #1 cause of death in the United States

Anaerobic Exercise – short lasting, high intensity activity

Aerobic Exercise – longer lasting, lower intensity activity, involving large muscle groups

F = frequency (How often) At least 3 times a week

I = intensity (How hard)

T = time (How long)

T = type (What type of exercise)

Health Related Fitness

Muscular Strength/Endurance (Push Ups, Pull Ups, Sit Ups, Planks, Wall Sits, Lunges) *Intensity: How many you do*

Cardiovascular Endurance (Running, Jumping Rope, Mountain Climbers) *Intensity: How fast your heart beats (Within your target heart rate)*

Flexibility (Straight Down, Butterfly, Models, Arm Across, Arm Back) *Intensity: Stretching within or slightly past your comfort zone*

Body Composition (Height and Weight)

Skill Related Fitness

Agility (Ability to change direction quickly and accurately) *ie. Jumping Over the Line*

Coordination (Speed + Accuracy used to perform desired skill) *ie. Juggling*

Speed (Ability to cover a distance in a certain amount of time) *ie. Sprinting to lines*

Power (Strength + Speed) *ie. Hitting a volleyball, standing long jump, vertical jump*

Balance (Ability to hold body position whether still or in motion) *ie. Standing on one leg*

- The **heart** rests in between beats
- **Resting Heart Rate:** Rate which heart beats when at rest (A Healthy resting rate is between 60 and 80 beats per minute)
- **Max Heart Rate:** 220 – your age, this is **most** your heart can beat in one minute
- **Target Heart Rate:** 60 – 90% of your **Max Heart Rate**
- **Heart Rate Recovery:** Hearts functional ability to return to its resting rate
- **Surgeon General-** prescribes at least 90 minutes a week of cardiovascular activity
- **Reaction Time** (Ability to process mentally and physically react to a stimulus)

