

NAME \_\_\_\_\_

ROOM # \_\_\_\_\_

# OCTOBER H&F Homework

This month we will spend the first couple of weeks fitness testing and learning about the 5 main components of fitness. Demonstrate what you know about these fitness terms by matching the concepts with the descriptions on the right. Please print, complete and turn in the matching assignment below. Have fun!

\_\_\_\_\_ **Flexibility**

**A** - Cardio, Flexibility, Muscle Strength, Muscle Endurance & Body Composition are called what?

\_\_\_\_\_ **12 Or More**

**B** - To improve heart health, it is important to get cardio exercise everyday at this heart rate (for most people it is level 3).

\_\_\_\_\_ **Target Heart Rate**

**C** - This component of fitness measures the amount of body fat and the amount of lean tissue a person has.

\_\_\_\_\_ **Muscle Endurance**

**D** - Activities that involve muscle strength require using maximum force and can help your body to do what?

\_\_\_\_\_ **Prevent Injury**

**E** - This component of fitness involves stretching muscles through the entire range of motion.

\_\_\_\_\_ **Body Composition**

**F** - Washing a car is an example of this fitness component because it involves using your muscles over a long period of time.

\_\_\_\_\_ **Muscle Strength**

**G** - Most doctors agree that the human body should be made up of about how much fat?

\_\_\_\_\_ **5 Components of Fitness**

**H** - We use the curl up test to measure muscle endurance because most students can do them at least this many times.

\_\_\_\_\_ **Build New Muscle**

**I** - Being flexible can improve blood circulation, help us to perform more movements, and what else?

\_\_\_\_\_ **Cardio-Respiratory Endurance**

**J** - This component of fitness helps build heart health by speeding up the heart and lungs over a long period of time. It's also means the same things as aerobic exercise.

\_\_\_\_\_ **20%**

**K** - This component of fitness involves using maximum power when using your muscles. Usually this type of exercise lasts for just a short period of time.

**Turn in to Mr. Millsap by October 31**