Fitness

I can Statements

* I can list the 3 areas of the health triangle and provide one benefit that fitness provides for each.
* I can list the 5 components of health related fitness and provide one activity for each that would improve that area
* I can describe how you figure out your resting heart rate, maximum heart rate, and target heart rate zone, and I can figure out what my MHR and THR zone is.
* I can list what each letter stands for in the FITT principle and describe what each means in terms of creating a fitness plan.
* I can list what PRICE stands for in terms of treating an injury.