Chapter 3

Fitness

 Physical Fitness – To carry out \_\_\_\_\_\_\_\_\_\_\_\_\_ tasks easily and have enough reserve energy to respond to unexpected \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. FITT Principle
2. Frequency - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Intensity - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Time - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Type of Exercise -\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Muscles attached to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that allows your body to move.
7. These muscles are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which means you move them yourself.
8. Heart Rates
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Muscle – These muscles are found in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your heart.
10. These muscles work continuously, even when you are \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
11. Maximum pulse rate is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - age.
12. Most times your heart should beat per minute during any activity, (approximately 206-207)
13. Target Pulse Rate is Maximum heart rate X \_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_.
14. Rate at which the heart must work for exercise to aerobic. 144-175 beats per minute.
15. Sleep
16. Body restores energy and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ itself during sleep.
17. Nonrapid eye movement
18. Stage 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ asleep
19. Stage 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ becomes deeper and muscles relax.
20. Stage 3 same as stage 2 only deeper sleep.
21. Stage 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
22. Sleep Disorders
23. Insomnia – Difficulty in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ or staying asleep.
24. Solution - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may ease the problem.
25. Sleep Apnea - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stops for short periods during sleep and then starts again \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
26. Narcolepsy – Falling asleep \_\_\_\_\_\_\_\_\_\_\_\_ without warning for short periods of time.
27. Disorder of the \_\_\_\_\_\_\_\_\_\_\_ cycle.
28. Can develop during adolescents or in the early twenties.