**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Look at the Power Point on Chapter 3. Then answer the following questions.

Chapter 3

1. What are the 2 types of physical fitness?
2. List the 5 components of Health Related Fitness:
3. Define Cardiorespiratory Fitness:
4. Define muscular strength:
5. Define muscular endurance:
6. Define flexibility:
7. Define body composition:
8. What is the most practical way to evaluate body fat?
9. What is the recommended body fat percentage for:

Girls?

Boys?

1. List the 6 components of skill related fitness:
2. Define agility:
3. Define balance:
4. Define coordination:
5. Define power:
6. Define reaction time:
7. Define speed:
8. What 3 factors determine your skill related fitness?

1.

2.

3.

1. What is the principle of overload?
2. List the F.I.T.T Principles:

F=

I=

T=

T=

1. Define target heart rate:
2. What is the principle of progression?
3. What is the principle of specificity?
4. List 3 benefits of a warm up:

1.

2.

3.

1. List 2 benefits of a cool down:

1.

2.

1. What is cross training?
2. What is a plateau?
3. What is overtraining?
4. What is the rate of perceived exertion?