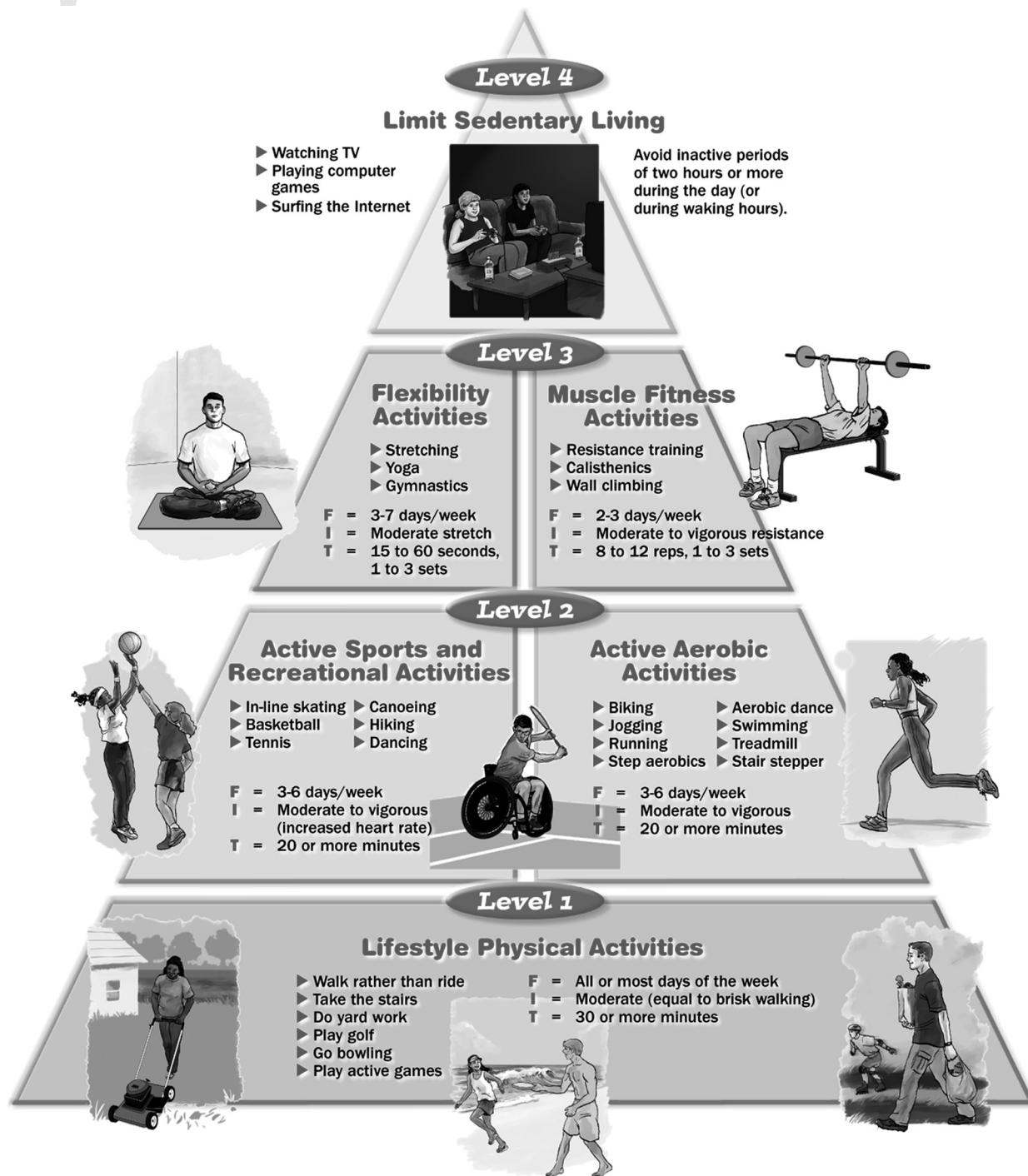


PHYSICAL ACTIVITY PYRAMID



Accumulate moderate activity from the pyramid on all or most days of the week, and vigorous activity at least three days a week.

Eating well helps you stay active and fit.

FITNESS RATING CATEGORIES

Overhead
Transparency
Master

4-B

High Performance	Based Mostly on Desire to Perform Rather Than Good Health
Good Fitness	A Worthy Goal
Marginal Fitness	Almost There
Low Fitness	Needs Improvement

GUIDELINES FOR CHOOSING PHYSICAL ACTIVITIES

- **Select activities that match your health- and skill- relative fitness levels.**
- **Choose activities that meet your interests.**
- **Select activities that you can do with others.**
- **Do more than one activity for variety and enjoyment.**
- **Practice, practice, practice.**
- **Consider including an activity that does not require high amounts of skill.**

FACTORS THAT INFLUENCE PHYSICAL FITNESS

Factors that influence
physical fitness



Application**4****INFLUENCES ON YOUR PHYSICAL FITNESS**

Answer the questions below to see what things might influence your physical fitness level.

1. How do you think you compare to your peers with regard to physical maturation?

_____ less physically mature _____ about the same _____ more physically mature

2. Find out the age of five classmates (years and months) and determine if you are younger, older, or about the same age as your classmates.

Age of person 1: _____ years _____ months

Age of person 2: _____ years _____ months

Age of person 3: _____ years _____ months

Average age of all five: _____ years _____ months

Age of person 4: _____ years _____ months

Age of person 5: _____ years _____ months

Your age: _____ years _____ months

How might age differences influence fitness test results?

3. What activities do your closest relatives do well? Do you think you inherited any of their athletic skills or fitness abilities? Which ones?

4. Are there specific things about your lifestyle that might influence your performance on fitness tests? (For example, if you smoke, your scores might be lower than a friend who does not smoke.)

5. Leanna didn't score as well on her fitness tests in physical education class as she hoped she would. She followed all of the instructions and rules carefully. Leanna knows that some of the other students are not very physically active, and she doesn't understand why her scores are lower than theirs. What are some things that might have contributed to her lower scores?



4

Reinforcement

TRUE-FALSE PHYSICAL ACTIVITY CLUES

For each statement below, write T in the blank if it is true and F if it is false.

- _____ 1. When you increase your exercise program gradually, you are following the principle of progression.
- _____ 2. The four factors in the FITT formula are frequency, intensity, time, and type.
- _____ 3. The intensity of physical activity should be increased quickly so that the body does not have time to adapt to a particular load.
- _____ 4. A high performance rating is not a necessity for good health.
- _____ 5. You can improve your fitness without an increase in exercise.
- _____ 6. Your resting heart rate is the number of times your heart beats per minute while you are asleep.
- _____ 7. To check your heart rate during an exercise activity, count your pulse as soon as you finish the activity.
- _____ 8. A minimum goal should be to achieve high performance in all five parts of health-related fitness.
- _____ 9. The threshold of training is the minimum amount of overload you need to build physical fitness.
- _____ 10. The FITT formula can be applied differently for each area of fitness and for each body part.
- _____ 11. The principle of specificity states that most types of activity build the same parts of fitness.
- _____ 12. Exercising above your target ceiling is a good way to build fitness fast.
- _____ 13. An athlete's chances of success are increased if he or she has an excellent fitness rating.
- _____ 14. You can tell everything you need to know about your fitness from one physical activity.
- _____ 15. Maturation can play an important part in a person's skill-related fitness.
- _____ 16. For exercise to be of benefit, the frequency needs to remain the same for each kind of exercise.
- _____ 17. To improve fitness, you must work within your target fitness zone at least 15 to 30 minutes at one time.

The numbers below correspond to the true-false statements. If you black out each letter that corresponds to the number of a statement that was true, the remaining letters will spell a word from the chapter.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
R	N	O	S	V	E	J	R	P	W	L	O	Z	A	Q	D	X



4

Personal Project

ONE-WEEK ACTIVITY LOG AND PLAN

Part 1: One-week activity log

Use the chart below to log your activities for one week.

From $\frac{\quad}{\text{Month}}$ / $\frac{\quad}{\text{Day}}$ to $\frac{\quad}{\text{Month}}$ / $\frac{\quad}{\text{Day}}$.

Day	Activity	Time of day	How long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

When during the day do you seem to have the most time and energy?

During what times would it be easiest for you to participate in regular physical activity?



4

Personal Project

ONE-WEEK ACTIVITY LOG AND PLAN *(continued)*

Part 2: One-week activity plan

Use the chart below to plan your activities for one week.

From $\frac{\quad}{\text{Month}} / \frac{\quad}{\text{Day}}$ to $\frac{\quad}{\text{Month}} / \frac{\quad}{\text{Day}}$.

Day	Activity	Time of day	How long?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Were you able to perform your activities as planned? Why or why not?



4

Chapter Test

HOW MUCH IS ENOUGH?

Choose the letter of the *best* answer for questions 1-14.

Use what you learned throughout the chapter to answer the final question.

1. The principle of overload states that
 - a. it is foolish to exercise too much or too often.
 - b. exercising more than you normally do improves fitness.
 - c. decreasing regular exercise improves fitness.
 - d. lifting too much weight is harmful.
2. Your correct range of physical activity is your
 - a. target ceiling.
 - b. threshold of training.
 - c. target fitness zone.
 - d. *FITNESSGRAM* zone.
3. The minimum amount of overload needed to build physical fitness is the
 - a. threshold of training.
 - b. target fitness zone.
 - c. principle of specificity.
 - d. principle of overload.
4. Of the following, the factor that contributes LEAST to physical fitness is
 - a. maturation.
 - b. age.
 - c. heredity.
 - d. height.
5. Intensity means how
 - a. often a person exercises.
 - b. long a person exercises.
 - c. much a person enjoys exercising.
 - d. hard a person exercises.
6. Which part of the FITT formula relates to how often a person exercises?
 - a. type
 - b. intensity
 - c. frequency
 - d. time
7. When your body adapts to your exercise load, you should
 - a. decrease the load slightly.
 - b. increase the load slightly.
 - c. change the kind of exercise you are doing.
 - d. stop exercising.
8. Agility exercise might not have an effect on muscle strength according to the principle of
 - a. progression.
 - b. overloading.
 - c. specificity.
 - d. fitness.
9. People with marginal fitness ratings
 - a. need to work to reach good fitness ratings.
 - b. need to maintain those ratings.
 - c. need to work to reach high-performance fitness ratings.
 - d. have less risk of health problems than people with good fitness ratings.
10. A gradual increase in exercise follows the principle of
 - a. progression.
 - b. physical activity.
 - c. cardiovascular fitness.
 - d. specificity.
11. An example of an activity at the bottom of the Physical Activity Pyramid is
 - a. aerobic exercise such as jogging.
 - b. active sports such as tennis.
 - c. lifestyle activity such as yard work.
 - d. weight training for muscular endurance.
12. Which of the following is the most reasonable goal for a fitness program for most people?
 - a. good ratings in three of five health-related categories
 - b. high ratings in all health-related categories
 - c. good ratings in all skill-related categories
 - d. good ratings in all health-related categories
13. Maturation is LEAST closely related to
 - a. hormone production.
 - b. muscle and bone development.
 - c. becoming fully grown.
 - d. the amount of activity you do.
14. The upper limit of your physical activity is your
 - a. target fitness zone.
 - b. target ceiling.
 - c. threshold ceiling.
 - d. threshold of training.
15. Although sedentary living is discouraged, “rest or inactivity” is at the top of the Physical Activity Pyramid. Explain why.
