

# BHS Cardio Fitness

## GRADING:

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

PERS/SOC	RESP/SAFETY (20)	/4	/4	/4	/4	/4
SKILL (12/24):		APPLICATION 2 (4):				
APPLICATION 1 (4):		APPLICATION 3 (4):				
KNOWLEDGE (6)						
<b>TOTAL (50):</b>						

### SKILL 1: Cardio kickboxing

- **Round house kick;** Foot diagonal, lead with hip, leg to side, contact bag at mid range, return foot to floor
- **Hook;** guard position, contract bicep & shoulder, rotate arm in 'C' position to contact bag
- **Punch;** guard position, rotate hip, punch across body, contact bag at full exten.

### SKILL 2: Cardio kickboxing – No Equipment

- **Snap Kick;** flex at knee, extend leg, flex at knee, return foot to floor
- **Jab;** guard position, quick arm extension, quick arm retraction, return to guard
- **Upper cut;** guard position, drop knee, contract abs as arm punches through low to high.

### SKILL 3: High/Low Impact Aerobics

- **Jumping Jacks;** feet from closed to open position, arms lift over head, return arms and legs
- **Step Together;** side step, step touch, return
- **Grapevine;** step behind, step in front, step together

### SKILL 4: Step Aerobics

- **Basic Step;** box step
- **Step Knee (tap, kick);** step lead foot, flex knee, return to floor, tap
- **Repeaters (tap, knee, kick, curl);** step lead foot, repeat 3 count, return to floor

**TOTAL SKILL: /12-24**

### APPLICATION 1:

- 4** Appropriately selects and safely sets up equipment (if necessary). Demonstrates the correct technique for all movements (e. g., footwork, leg and arm action, balance) throughout the routine with few if any observable errors in technique. Responds correctly to cues and demonstration, and can perform the routine correctly with verbal cues only.
- 3** Appropriately selects and safely sets up equipment (if necessary). Demonstrates the correct technique for all movements (e. g., footwork, leg and arm action, balance) throughout the routine with minor observable errors in technique. Able to recognize errors and returns quickly to the correct movement independently or by seeking confirmation from others
- 2** Appropriately selects and safely sets up equipment (if necessary). Performs some movements correctly, but makes errors causing major breaks in the routine unaware of errors.
- 1** Selects and sets up equipment inappropriately. Attempts to follow movements but unable to follow correctly

### APPLICATION 2:

- 4** Incorporates personal resting, target and recovery heart rate goals during activity. Correctly identifies and applies principles of exercise during workouts and class work.
- 3** Incorporates some personal resting, target and recovery heart rate goals during activity. Correctly identifies and applies principles of exercise during workouts and class work with some assistance.
- 2** Incorporates either personal resting, target and recovery heart rate goals during activity, or identifies and applies principles of exercise during workouts and class work with some assistance.
- 1** Unable to incorporate personal resting, target and recovery heart rate goals during activity, identify and apply principles of exercise during workouts and class work.

### APPLICATION 3:

- 4** Demonstrates a high degree of intensity, self-direction, and attention to detail. Participates energetically and safely, demonstrating self-control and respect for the positive and safe experience of others. Challenges self to high degree of performance.
- 3** Participates energetically and safely, demonstrates self control and respect for others.
- 2** Participates safely, demonstrates self-control and respect for others but is inconsistent in energy.
- 1** Lacks self-control at times and/or needs reminders to participate safely, energetically and respectfully.

**TOTAL APPLICATION: /12**

## **Heart Rates:**

- Resting- beats per minute at rest
- Training or Target- monitor of cardiovascular workout (60% - 85% of max)
- Recovery- ability to return back to resting heart rate

## **Benefits of Exercise**

1. Reduced resting heart rate
2. Increased stroke volume (more blood is able to pump through the heart)
3. Reduced blood pressure
4. Reduced body fat percentage, using stored fat as fuel
5. Reduced stress
6. Heart hypertrophy- heart muscle gets bigger
7. Increased capacity of lungs to exchange oxygen or carbon dioxide.

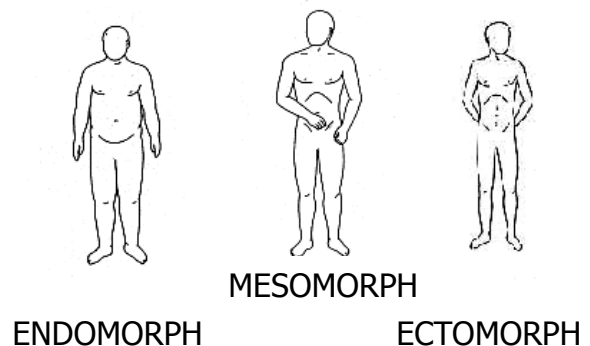
## **Health Related Components of Fitness:**

1. Cardiorespiratory Function (cardiovascular fitness)
2. Muscle Strength – amount able to lift
3. Muscle Endurance – How long able to lift
4. Flexibility – Range of Motion around a joint, ability to lengthen muscle
5. Body Composition – Percent body fat compared to amount of lean muscle mass

## **Body types:**

1. Endomorph – rounder, carries more fat
2. Mesomorph – muscular
3. Ectomorph – leaner

\*\* You cannot change your body type



## **Nutrition:**

General Guidelines to Good Nutrition.

1. Eat Whole Grains
2. Eat Plenty of Fruits and Vegetables
3. Control Portion Sizes
4. Read Food Labels for Serving Size and Nutritional Content

\*\*\* A healthy individual should also exercise 30-60 Minutes most days of the week.

### **ANATOMY OF A FOOD LABEL**

4 Top Items to check

1. Ingredients – Most abundant, first listed
2. Serving Size
3. Total Fat – Types of Fat (Avoid Trans Fats)
4. Dietary Fiber – Look for at least 2 grams per serving. Regulates Digestive System and Keeps You Fuller Longer

