

Physical Education Exam Review

Vocabulary:

Aerobic – means to utilize oxygen, minimal 15-30 minutes 3X a week

Ballistic stretching – stretching that involves bobbing, bouncing or jerky movements

Body Composition – ratio of fat to muscle, bone, and other body tissues

Body Image – the way a person sees his/her physical self

Cardiovascular Endurance – ability of the heart, blood vessels, and respiratory system to supply oxygen and nutrients to the muscles during exercise

Flexibility – the range of movement possible at various joints

Health-related components – components of physical fitness that relate to how well the systems of your body work (cardiovascular, muscular strength, muscular endurance, body composition, and flexibility)

Interval Training – a series of exercise interspersed with periods of rest.

Maximum heart rate – heart rate the should not be exceeded during exercise; found by subtracting your age from 220

Muscular Endurance – ability to use muscles for a long period of time
Low weight, higher sets/reps (wt, 2-3 sets of 12-20 reps)

Muscular Strength – ability of muscles to exert force one time
High weight, lower sets/reps (wt, 2-3 sets of 4-8 reps)

Obesity – excessive deposits of fat in the body

Overweight – exceeding desirable body weight by 10%

Physical fitness – capacity of the whole body to function at optimum efficiency (at its best); determined by the condition of the heart and circulatory system, respiratory system, and muscular systems, degree of flexibility, and percentage of body fat.

Plyometrics – activities used to develop explosion (power and speed)

Principle of Progression – progressively increasing the level of exercise so improvement in physical fitness will continue

Principle of Overload – exposing the muscles, joints, and cardiovascular and respiratory systems to more work and stress than is normally experienced

Frequency – how often (minimal 3 x a week)

Intensity - how hard

Time – how long (time/distance)

Principle of Specificity – doing specific exercises to improve specific components of physical fitness in specific body parts. (to improve the biceps you would use the bicep curls)

Recovery heart rate – heart rate after exercise (going back to normal)

Resting heart rate – heart rate just after waking in the morning, before getting out of bed

Static stretching – slowly moving a muscle to its stretching point and holding the position for 15-30 seconds

Skill-related components – components of physical fitness that contribute to the ability to successfully participate in sports (agility, reaction time, coordination, balance, speed, power)

Target heart rate – 60-90 percent of the maximum heart rate, results in greatest cardiovascular benefits from exercise

Importance of Warming-up:

 Generates heat in the muscle and soft tissues

 Helps you prepare for vigorous exercise

 Increases blood supply to your muscles

 Reduces risk of injury

Importance of Cooling-down:

 Allows the body systems to return to normal

 10-15 minute period of mild exercise after vigorous exercise

 prevents blood pooling

 reduces muscle soreness

**** Know your muscle diagrams****