**Study Guide – Fitness**

**Vocabulary**
- Acute injury
- Aerobic exercise
- Anaerobic exercise
- Cross-training
- Dynamic flexibility
- Endurance
- Functional fitness
- Heat cramps
- Heat exhaustion
- Heat stroke
- Isometric workout
- Isotonic workout
- Non-aerobic exercise
- Overload principle
- Overuse injury
- Progressive overloading
- Repetition (“rep”)
- Reversibility principle
- Set
- Specificity principle
- Static flexibility
- Strength

**Important Concepts**
Be familiar with the 6 different health-related components of physical fitness.

How are men and women different when it comes to fitness?

What are the health consequences of inactivity?

What are health benefits of regular exercise?

Be able to describe the FITT approach to the progressive overload.

What is the best type of exercise to improve cardiovascular health? Know examples. Know how to determine your maximum heart rate and target heart rate.

What are the 3 stages of an aerobic workout?

What is the best approach for increasing strength? endurance?

Be familiar with the benefits of stretching and flexibility.

Be able to list and describe the 4 types of stretching.

What are good ways to increase flexibility?

Know ways to avoid injury.

Be familiar with the PRICE system for treating injuries.