

BIG Idea

Different types of exercise can help you _____ the various elements of fitness.

Elements of Fitness

Main Idea

There are _____ elements of fitness that affect your health in different ways.

The five elements are cardiospiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.

Elements of Fitness

If you have _____, you can run a mile or go on a long hike without tiring.



Key Term

Cardiorespiratory endurance

The ability of your heart, lungs, and blood vessels to send fuel and oxygen to your tissues during long periods of moderate to vigorous activity



Listen

Elements of Fitness

You need _____ for all kinds of activities that put stress on your muscles, such as lifting, pushing, and jumping.



Key Term

Muscular strength

The amount of force your muscles can exert



Listen

Elements of Fitness

_____ gives you the power to carry out daily tasks without fatigue, such as carrying boxes up and down a flight of stairs.



Key Term

Muscular endurance

The ability of your muscles to perform physical tasks over a period of time without tiring



Listen

Elements of Fitness

_____ can improve your athletic performance and reduce your risk of muscle strain and other injuries.



Key Term

Flexibility

The ability to move your body parts through their full range of motion



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Elements of Fitness

Your body composition is the ratio of _____ to _____ in your body.

Having low overall body fat reduces your risk of cardiovascular disease and other health problems associated with being overweight.

Evaluating Your Fitness

Main Idea

You can use different tests to evaluate each element of your _____.

You can use tests to measure your cardiorespiratory endurance, muscular strength and endurance, and flexibility.

Measuring Cardiorespiratory Endurance



You can evaluate your cardiorespiratory endurance by doing a three-minute step test.

Measuring Muscular Strength and Endurance

You can measure the strength and endurance of your abdominal muscles by doing a partial curl-ups test.



Measuring Muscular Strength and Endurance

You can measure the strength and endurance of your upper body by doing a right-angle push-ups test.



Measuring Flexibility

The sit-and-reach test measures the flexibility of your lower back and hamstring muscles.



Getting Fit

Main Idea

Use different forms of _____ to improve the various elements of your fitness.

Most exercises and activities fit into two basic categories:_____.

Getting Fit

_____ raises your heart rate and increases your body's use of oxygen. Jogging, swimming, and riding a bike are examples.



Key Term

Aerobic exercise

All rhythmic activities that use large muscle groups for an extended period of time



Listen

Getting Fit

Sprinting and lifting weights are examples of _____.



Key Term

Anaerobic exercise

Intense, short bursts of activity in which the muscles work so hard that they produce energy without using oxygen



Listen

Improving Cardiorespiratory Endurance

Aerobic exercise increases your _____ and pumps more blood throughout your body.

Over time, your heart and lungs adapt to the demands made by aerobic activity by working more efficiently.

Improving Muscular Strength and Endurance

Anaerobic exercises improve muscular strength and endurance.

Exercises like _____ strengthen the muscles and are known as resistance or strength training.

Improving Muscular Strength and Endurance

Ways to Use Resistance to Work Your Muscles

Isometric Exercises

Isotonic Exercises

Isokinetic Exercises

Improving Muscular Strength and Endurance

Isometric exercises use muscle tension to improve strength with little or no movement of the body part.

Pushing against a wall or other immovable object is an example of isometric exercise.

Improving Muscular Strength and Endurance

Isotonic exercises combine movement of the joints with contraction of the muscles, building flexibility and strength.

Lifting free weights or doing calisthenics, such as pull-ups, push-ups, and sit-ups are examples of isotonic exercises.

Improving Muscular Strength and Endurance

Isokinetic exercises exert resistance against a muscle as it moves through a range of motion at a steady rate of speed.

Various types of weight machines and other exercise equipment provide isokinetic exercise.

Improving Flexibility

Stretching exercises improve
your _____

They also reduce your risk of injury during other activities.

Exercise and Bone Strength

Weight-bearing exercises work with gravity, and are good for strengthening _____.

Strength training, walking, aerobics, and dancing are all weight-bearing exercises.