

Please do not write on this paper.

- A. Cool-down
- B. Frequency
- C. Warm-up
- D. Duration/ Time
- E. Intensity

- [illegible]

13. The difference between aerobic and anaerobic is A. intensity
B. time
C. frequency
D. fitness
14. _____ is the fitness training principle that requires a gradual increase in the amount of work that the body performs. This increased workload allows the body to grow.
A. Specificity
B. Overload
C. Anaerobic exercise
D. Aerobic exercise
15. Running in a marathon is an example of _____ exercise. A. Specificity
B. Overload
C. Anaerobic
D. Aerobic
16. Running sprints (maximum effort) is an example of exercise.
A. Specificity
B. Overload
C. Anaerobic
D. Aerobic
17. The FITT Principle A. is used to determine how fit I am.
B. is used to plan my fitness program.
C. is only important if I am a competitive athlete.
D. is used to help with weight loss.
18. The “F” in FITT Principle stands for A. Fluency
B. Fitness
C. Frequency
D. Flexibility

Matching

19. The number of times a person exercises each week.
20. The difficulty of your physical activity or exercise session.
21. A period of low to moderate exercise to prepare your body to end a workout session.
22. A period of low to moderate exercise to prepare your body for more vigorous activity.
24. An exercise that involves intense physical activity that requires little oxygen but uses short bursts of energy.
- A. anaerobic
B. frequency
C. intensity
D. cool-down

E. warm-up

Yes / No

Pat has learned that he/she is carrying too much body fat. Pat is planning a fitness schedule to help him/her lower body fat and increase lean body tissue. Read the following suggestions. If the suggestion WILL help Pat meet his/her fitness goal, answer Y. If the suggestion WILL NOT help Pat meet his/her fitness goal, answer N.

- 25. Pat should begin by exercising no more than once a week.
- 26. Pat should determine his current abdominal muscle strength and endurance by measuring his/ her pulse after doing curl-ups.
- 27. Pat should include a warm-up before every exercise session.
- 28. As Pat's fitness schedule continues, he/she should gradually increase the exercise time.
- 29. In order to maintain consistency, Pat should never vary his exercise schedule.
- 30. If Pat feels pain, stop exercising.

Extra Credit

Design a one week fitness program for yourself using the Principle's of Fitness.