

Fitness Videos Worksheet-KEY

1.2 NUTRITION

The 3 main nutrients are **CARBS, PROTEINS, and FATS**. Two types of carbohydrates are **SIMPLE** and **COMPLEX**. Three types of fats are **SATURATED, UNSATURATED** and **TRANSFATS**. Antioxidants protect the body's cells from **INJURY/DAMAGE**. Water makes up **60% - 70%** of your body weight. You should consume at least **64** ounces of fluids a day. The number of calories you need each day is based on **AGE, GENDER** and your level of **ACTIVITY**. An active male teen needs about 2800 calories per day, while an active female teen needs about **2200** per day. Good nutrition comes from **VARIETY, MODERATION, AND BALANCE**. Eating breakfast helps you maintain a healthy **WEIGHT**.

1.3 BODY COMPOSITION

Today's teens are **3** times more overweight than teens in the 70's. Three body types are **ECTOMORPH, MESOMORPH** and **ENDOMORPH**. Body composition is more accurate than **BMI**. A male teen's body fat should be between **7% - 20%**, while a female teen's body fat should be between **12%-25%**. Body fat percentage is determined by the **NUMBER** and size of fat cells in our body. Unused calories are stored as **FAT**. One gram of protein or carbohydrates equals **4** calories. One gram of fat equals **9** calories. Eating regularly throughout the day will **SPEED-UP** your metabolism. Eating fewer meals and skipping meals will **SLOW- DOWN** your metabolism. Regular physical activity **INCREASES** your metabolic rate. F.I.T.T. stands for **FREQUENCY, INTENSITY, TIME** and **TYPE**. You should avoid **FAD** diets.

2.1 CARDIORESPIRATORY ENDURANCE

The circulatory system consists of your **HEART** and three types of **VESSELS** called **ARTERIES, CAPILLARIES** and **VEINS**. Diseases that are caused by what you do are **LIFESTYLE** diseases. Cardio respiratory related diseases are **HEART ATTACKS, STROKES** and **EMPHYSEMA**. Smoking kills **400,000** Americans each year. Two types of exercises are **AEROBIC** and **ANAEROBIC**. **AEROBIC** requires oxygen; while **ANAEROBIC** does not rely on large amounts of oxygen. Interval training is the combination of these two types of exercise **AEROBIC** and **ANAEROBIC**. Three benefits of cardio respiratory exercise are **MORE ENERGY, LESS STRESS, and STRONGER MUSCLES**. One should get at least **225** minutes of aerobic activity per week and between **30** to **60** minutes a day.

3.1 RESISTANCE TRAINING

Muscles enable your body to **MOVE**. The three types of muscle are **SMOOTH, CARDIAC** and skeletal. There are over **600** skeletal muscles in the body. Muscular strength is measured in the following two ways: **ABSOLUTE** strength and **RELATIVE** strength. The ability of the same muscle or group of muscles to contract for an extended period of time without undue fatigue is called muscular **ENDURANCE**. Resistance training is also known as **WEIGHT** training. Resistance training will increase your **METABOLISM** and lower the risk of developing type 2 **DIABETES** and **OSTEOPOROSIS**. Requiring

the muscles to work harder by increasing the weight is called the **OVERLOAD** principle. As your muscle fibers grow thicker, they also become **STRONGER**. Building muscles improves **FLEXIBILITY**. Muscle does **NOT** turn in to **FAT**. Females are **LESS** likely to develop large muscles due to the lack of testosterone.

3.2 DEVELOPING MUSCULAR FITNESS

The first step in weight training is to set **SHORT** and **LONG** term goals. It is important to use the proper **TECHNIQUE** when lifting. A **BELT** is used to provide the lower back with support. When lifting free weights, one should have a person as a **SPOTTER**. **CLIPS** should be used on the end of the barbell if weight is being used. Muscles need between **24** to **48** hours in order to recover from lifting. Two common workouts are the **3** day full body workout or the **4** day workout. **SETS** refer to total number times you will repeat the same exercise in a row. **REPS** refers to how many times you will perform an exercise in a set. The basic eight include **CHEST**, back, **SHOULDERS**, **BICIPES**, **TRICEPS** thighs, calves and **ABDOMEN**.

3.3 FLEXIBILITY

FLEXIBILITY refers to how well our joints move. We have three types of joints: **HINGE**, ball and **SOCKET** and pivot joints. **INACTIVITY**, heredity, **AGE**, and **GENDER** affect flexibility. **PHYSICAL** activity stretches out your muscles. Staying flexible reduces **STIFFNESS** and soreness. Three types of flexibility tests are **ARM** lift, **TRUNK** lift and the sit & **REACH**. You should pay attention to your **POSTURE** and keep your **BACK** straight. It is important to lift with your **LEGS** and not your **BACK**.