

Name: _____ Period: _____

8th Grade

What is Heart Rate?

- The number of _____ your heart beats per minute (BPM).
- Also known as _____.
- Normal HR varies from person to person, knowing yours can be an _____ health gauge.
- Resting Heart Rate (RHR): Heart pumping the lowest amount of _____ because body is at rest.
- Normal RHR ranges from 60 – 100 BPM

How to Check Your Pulse

- Find your _____ in either your neck or wrist.
- Count how many times you feel it beat for 30 _____.
- Once you have that number, double it.
- Example: I counted 35 beats in 30 seconds. When I double that number, my heart rate is 70 BPM.

What is Maximum Heart Rate (MHR)?

- Maximum Heart Rate (MHR): Age related _____ of BPM of the heart when working at maximum.
- $MHR = 220 - \text{Age}$ **YOUR ACTUAL NUMBER:** $220 - \text{_____} = \text{_____}$
- Knowing this number along with RHR allows you to find the correct intensity for your body when being physically _____.
- Low intensity, closer to RHR (Resting Heart Rate).
- _____ intensity, closer to MHR (Maximum Heart Rate).
- Given this information, where do you think HR should range during physical activity?

What is Target Heart Rate Zone (THRZ)?

- Target Heart Rate Zone (THRZ): Range that defines the _____ and lower limits of training intensities.
- THRZ lower = $MHR \times 0.65$ **YOUR ACTUAL NUMBER:** $\frac{\quad}{MHR} \times \underline{0.65} = \underline{\quad}$
- THRZ higher = $MHR \times 0.85$ **YOUR ACTUAL NUMBER:** $\frac{\quad}{MHR} \times \underline{0.85} = \underline{\quad}$
- This is how you know if you are _____ too much or not enough.
- This zone is also a good indicator of your physical _____.
- Remember to listen to your _____ body! Every BODY works and responds differently.

5 Components of Fitness - Matching

	Term	Definition
1. _____	Muscular Strength	A. Is the ability of the muscles to perform continuously without fatiguing.
2. _____	Muscular Endurance	B. Is the amount of fat mass compared to lean muscle mass, bone and organ.
3. _____	Cardiovascular Fitness	C. Is the ability of each joint to move through the available range of motion for a specific joint.
4. _____	Flexibility	D. Is characterized by the maximal force muscle(s) can generate without a time limit of a specified movement.
5. _____	Body Composition	E. Is the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads.

Identify the examples with the correct fitness component (Term from above)

_____	_____	_____	_____	_____
Cadence Push-up test	Pacer Test	Curl-ups	Well balanced diet	Sit & Reach test
Step machines	Swimming	Bicep curls	Daily exercise	Stretching
Cycling	Mile Run	Bench press		Yoga
		Leg press		

Types of Workouts

Yoga

- A _____ spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for _____ and relaxation.

Circuit Training

- Is a form of _____ conditioning or endurance training or resistance training using high-intensity aerobics. It targets strength building and _____ endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

Plyometrics

- Exercises involving _____ rapid stretching and contracting of muscles (as by jumping and rebounding) to increase muscle power.

Step Aerobics

- Aerobics that involves repeatedly stepping on and off a _____ platform

Kick Boxing

- Kickboxing is a form of martial arts that involves punches and _____ at four contact points; the two hands and feet. Kickboxing is a good form of cardiovascular exercise.

High Intensity Interval Training (HIIT)

- High-intensity interval training (HIIT), is a form of interval training, a cardiovascular exercise strategy alternating _____ periods of intense anaerobic exercise with _____ intense recovery periods, until too exhausted to continue.