

Washington Classroom-Based Assessment (CBA)

A Component of the Washington State Assessment Program



Concepts of Health and Fitness

Fitness Assessment for High School



Key Vocabulary Words:

- **FITT Principle-** The variables of Frequency, Intensity, Time, and Type.
 - **Frequency-** Number of exercise sessions per week
 - **Intensity-** Train load expressed as weight, speed, or heart rate
 - **Time-** Minutes or repetitions
 - **Type-** Activity performed
- **Overload-** An increase in one or more of the FITT variables to provide an additional workload.
- **Progression-** Gradual increase in one or more of the FITT variables to create an overload.
- **Specificity-** Exercise training is specific to the muscles used and the component of fitness trained.
- **Static Stretches-** Involves stretching a muscle to the point of mild discomfort for an extended period of time.
- **Dynamic Stretching-** Involves moving parts of the body continuously while gradually increasing reach, speed of movement or both gently through a full range of motion.
- **Resistance Training-** An activity that places an additional force against the muscle or muscle group.

The Five Components of Fitness

1. **Body Composition-** The combination of fat mass and fat free mass, including fat, bones, muscles, organs, and water.
2. **Cardiorespiratory Endurance-** The ability of the heart, blood vessels, and lungs to supply oxygen to the muscles during long periods of physical activity.
3. **Flexibility-** The muscles ability to move a joint through the full range of motion.
4. **Muscular Endurance-** The ability of the muscles to repeat a movement many times or hold position without stopping to rest.
5. **Muscular Strength-** Involves stretching a muscles or muscles to push or pull with its total force.

Define the F.I.T.T. principle for Muscular Endurance

Frequency: 3-4 non-consecutive days

Intensity: Higher reps (12+), lower weight

Time: Amount of Reps

Type: Bicep curls, squats, standing rows, etc.

Define the F.I.T.T. principle for cardio

Frequency: 3-5 times a week

Intensity: Heart healthy level (135-175 bpm)

Time: 30-60 minutes

Type: Running, jogging, jumping rope, etc.

Define the F.I.T.T. principle for Muscular Strength

Frequency: 3-4 non consecutive days per week

Intensity: High weight, low rep (1-8)

Time: Amount of reps

Type: Bicep curls, squats, etc.

What is overload in terms of cardio?

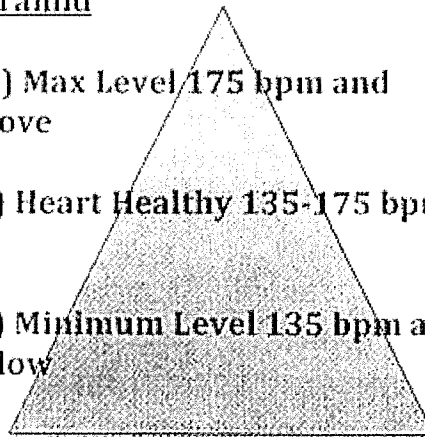
- Max level heart rate (175+)
- Pushing yourself to the point of being uncomfortable
- Sprints

Describe the levels of the cardio pyramid

(5) Max Level 175 bpm and above

(4) Heart Healthy 135-175 bpm

(3) Minimum Level 135 bpm and below



What are the Five Components of Fitness

Body Composition- Ratio of lean body mass to fat mass (80% lean -20% fat)

Test: height and weight

Muscular Strength- High weight, low rep Test: Push ups

Muscular Endurance- Low weight, high rep Test: Curl ups

Flexibility- Moving joints through a full range of motion Test: Sit and reach

Cardiorespiratory Endurance- working at a heart healthy level for a long period of time Test: One mile run

R.I.C.E.

R: Rest

Treatment: stay off of injured area

I: Immobilize

Treatment: wrap or apply splint

C: Cold

Treatment: apply ice

E: Elevate

Treatment: place injury above heart level

What is overload in terms of Muscular Strength and Muscular Endurance?

- Doing more than you can do
 - M.S.= More weight
 - M.E.= More reps
- Pushing yourself and your limits

Mental Benefits of Fitness:

- Lower Stress: more relaxed
- Improve Self Esteem: happier
- Increase Self Confidence: feel good about themselves
- Motivation: accomplish more
- Concentrate Better: better school work

Physical Changes from Aging That Effects Fitness:

- Metabolism slowing down: weight gain
 - Injuries
- Decrease Bone Density
 - Lack of Cardio