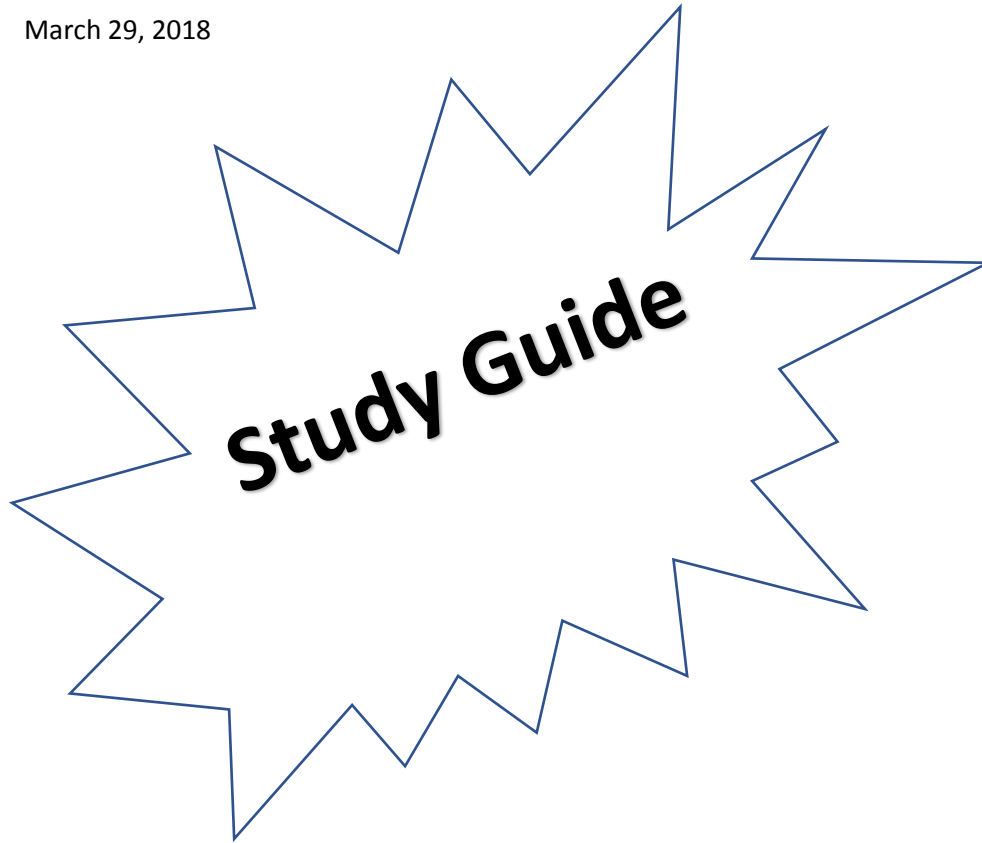


March 29, 2018



Washington
Classroom-Based Assessment (CBA)

A Component of the Washington State Assessment Program

Concepts of Health and Fitness

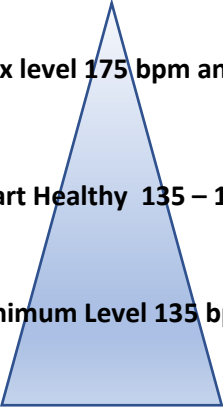
Fitness Assessment for High School

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 as 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, spread 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 held position without stopping to rest.
5. **Muscular Strength** – Involves stretching a muscle or muscles to push or pull with its total force.

<p><u>Define the F.I.T.T. principle for Muscular Endurance</u> Frequency – 3 -4 non-consecutive days Intensity – Higher reps (12+), lower weight Time – Amount of reps Type – Bicep curls, squats, standing rows, etc.</p>	<p><u>What is overload in terms of cardio?</u></p> <ul style="list-style-type: none"> • Max level heart rate (175+) • Pushing yourself to the point of being uncomfortable • Sprints
<p><u>Define the F.I.T.T. principle for cardio</u></p> <p>Frequency – 3-5 times a week Intensity – Heart healthy level (135-175bpm) Time: 30-60 minutes Type – Running, jogging, jumping rope, etc.</p>	<p><u>Describe the levels of the cardio pyramid</u></p> 
<p><u>Define the F.I.T.T. principle for Muscular Strength</u></p> <p>Frequency: 3-4 non consecutive days per week Intensity: High weight, low rep (1-8) Time: Amount of reps Type: Bicep curls, squats, etc.</p>	<p><u>What are the Five Components of Fitness</u></p> <p>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</p>

<p style="text-align: center;"><u>R.I.C.E.</u></p> <p>R: Rest Treatment: stay off of injured area</p> <p>I: Immobilize Treatment: wrap or apply splint</p> <p>C: Cold Treatment: apply ice</p> <p>E: Elevate Treatment: place injury above heart level</p>	<p><u>What is overload in terms of Muscular Strength and Muscular Endurance?</u></p> <ul style="list-style-type: none"> • Doing more than you can do MS = More weight ME = More reps • Pushing yourself and your limits
<p><u>Mental Benefits of Fitness</u></p> <ul style="list-style-type: none"> • Lower stress: more relaxed • Improve Self Esteem: happier • Increase Self Confidence: feel good about themselves • Motivation: accomplish more • Concentrate Better: better school work 	<p><u>Physical Changes from Aging that Affect Fitness</u></p> <ul style="list-style-type: none"> • Metabolism slowing down: weight gain • Decrease bone density • Lack of Cardio