**FITNESS CENTER REASSESSMENT STUDY GUIDE**

1. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ is the ability of your \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ to work together efficiently to allow you to be \_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ perform activities of daily living.
2. List five benefits of physical activity.
3. List and explain the five components of health related fitness.
4. List and explain the six components of skill related fitness.
5. What is the most popular form of exercise? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. What is aerobic exercise?
7. What is anaerobic exercise?
8. The most important factor when developing an exercise program is to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It is important to \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and increase work outs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. You should aim for a minimum of \_\_\_\_\_\_\_\_\_\_\_ minutes every day.

1. In complete sentences, explain the F.I.T.T principle.
2. What are the three parts of a work out? Explain each part thoroughly, including what happens during each stage and why is each stage important to maximize the benefits of physical activity.
3. Explain the manual procedure for checking your heart rate.
4. What is the target heart rate and why is it important to be working out in your target heart rate zone?
5. Explain resting heart rate, maximum heart rate, heart rate reserve and recovery rate.
6. List five upper body machines in the fitness center.
7. List five lower body machines in the fitness center.
8. List three pieces of cardio equipment in the fitness center.
9. Name three other types of equipment that is available for use when you are in the fitness center?
10. List three rules for lifting in our fitness center.
11. Describe the eight Skills for Life.
12. What is circuit training?
13. Explain cross training.
14. What is interval training?
15. What is the range of motion?
16. Explain the difference between a set and a repetition.
17. What is the recovery rate?