Health Related Fitness Review

List and define the 5 health related fitness components

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6. What is the Body Mass Index?

7. List the two arteries and their locations we can use to measure our pulse.

8. What is a skin fold and what do we use it to measure?

9. List 3 reasons to measure your health related fitness.

10. How do you evaluate your health related fitness?

11. When is the best time to measure your resting heart rate?

12. How do you measure your pulse?

13. What does it mean about the heart if your resting heart rate is low?

14. T or F Highly fit people often have very low heart rates.

15. What is a test to measure muscular endurance?

16. What is a test to measure muscular strength?

17. What is a test to measure flexibility?

18. What is a test to measure cardiovascular fitness?

19. Explain two ways to measure body composition.

20. Is weight yourself a good way to evaluate your body composition and why?

21. Can improving your health related fitness improve your skill in a sport?

22. What are consequences of having a large amount of fatty tissue in your body?

23. Who can improve their health related fitness levels?

24. List 3 benefits of having high levels of cardiovascular fitness.

25. What are benefits to having high levels of muscular strength and endurance?

26. What is hyper-flexibility?

27. What causes you to have a pulse?

28. What is the most important health related fitness component to develop and maintain throughout life?