

Study guide 6th grade
Fitness

Components of fitness:

Part (component):	Test(s) for example:	Activity for example:
Muscular Strength: muscle's ability to exert force.	Pushups, curl ups	Strength training, wrestling, gymnastics
Flexibility: range of motion of muscles and joints	Sit & reach, trunk lift Touching toes	Dance, gymnastics. Stating, karate
Cardio-respiratory: The ability to exercise the entire body for longer periods of time.	Pacer Mile	Jogging, aerobics, Tae Bo, hockey, soccer
Muscular endurance: The ability to use a muscle many times without getting tired.	Curl ups (one minute)	Jump rope Long distance of swimming/jogging/biking

Warm up VS stretching

Warm ups and stretching are not the same thing. Warm-up is an activity that raises the total body temperature to prepare the body for activity. If the muscles are stretched when they are cold, they are more prone to injuries. Stretching should follow the warm-up.

Warm ups activities: walking, light jogging

How does stretching help?

1. **Injury Prevention:** the increased flexibility that results from proper stretching helps to prevent injury by allowing the body parts and joints to move more freely
2. **Improved Performance:** A flexible joint requires less energy to move.
3. **Reduced Muscle Soreness:** After exercise, stretching can help reduce next day soreness.

Cool Down is an activity that allows the body temperature and breathing to come back to a "resting" state. (walking, easy stretching)

Three parts to a work out

- ✓ Warm up
- ✓ Training/Activity/Exercise
- ✓ Cool Down