

Physical Activity Prescription

Name _____

1. List at least 5 benefits of aerobic exercise.

2. Define:
 - a. Health:

 - b. Wellness:

 - c. Fitness:

3. List and define the 5 components of wellness:

4. List and define the health related components of fitness:

5. What are the differences between health, wellness, and fitness?

6. List the components of skill related fitness. What is the difference between skill and health related fitness? What is more important to a person? To an athlete? Explain.

7. List and define the 6 training principles.

8. Define F.I.T.T. How can you use it to create a workout program?

9. Why do people quit their workout program?

10. What is the FITT for:
 - a. Cardio-Respiratory Health:

 - b. Muscular Strength and Endurance:

 - c. Flexibility:

11. What are the 7 major muscle groups according to the CDC?

12. What are some other major factors to consider when starting a fitness program?