

## Workbook of Health-Related Fitness Components

Fill in the blanks using the word bank given.

### Muscular Strength and Endurance

Word bank: more, fewer, less

Muscular Strength: the amount of force a muscle can exert in one contraction. To train for strength, one should use \_\_\_\_\_ weight and \_\_\_\_\_ repetitions.

Muscular Endurance: the ability of the muscles to persist in an activity. To train for endurance, one should use \_\_\_\_\_ weight and \_\_\_\_\_ repetitions.

Muscular strength and endurance usually work together to help perform many daily activities.

For example: walking, sit-ups, push-ups, climbing stairs, snowboarding, cycling, etc.

Word bank: increased, posture, manipulated

The benefits of muscular strength and endurance are:

- \_\_\_\_\_ success in all physical activity
- Contribute to good \_\_\_\_\_
- Prevent and alleviate low-back pain
- Allow daily activities to be conducted with more ease
- Allow body weight to be \_\_\_\_\_ more efficiently

## Training Guidelines for Muscular Strength and Endurance

Word bank: increase, endurance, second

Using the principles of training (not linked to any learning), the following are some guidelines to help increase muscular strength and endurance.

1. To develop strength, \_\_\_\_\_ resistance.
2. Increase resistance gradually as strength improves.
3. To develop \_\_\_\_\_, decrease resistance and gradually increase repetitions.
4. Specificity: To develop strength, muscles must work against a heavy resistance.
5. To develop endurance, muscles must work repeatedly against a light/moderate resistance. For example, in calisthenics (ex. push-ups, pull-ups, dips), personal body weight serves as the resistance.
6. To develop strength and endurance, exercise every \_\_\_\_\_ day.

## Flexibility

Word bank: reduces, relieves, improves

Flexibility – the ability of the joints to move through a wide range of motion.

The benefits of improved flexibility are: makes physical movements more efficient and easier to perform.

1. \_\_\_\_\_ the risk of muscle injury
2. \_\_\_\_\_ muscle soreness
3. Decreases back problems
4. \_\_\_\_\_ posture

## Cardiovascular Endurance

Word bank: decreased, increased, pressure

Cardiovascular endurance – the efficiency with which your heart, lungs, and circulatory system can supply the necessary oxygen to the working muscles and the removal of waste products from the muscles.

Benefits of having cardiovascular endurance:

1. \_\_\_\_\_ resting heart rate (RHR)
2. Increased stroke volume (SV)
3. Minimal change in maximum heart rate (MHR)
4. Decreased heart rate at sub-maximal workloads
5. Decreased recovery time following exercise
6. Decreased cholesterol levels
7. \_\_\_\_\_ metabolic rate during and after exercise sessions
8. Decreased total body fat
9. Decreased blood \_\_\_\_\_

## Training Guidelines for Cardiovascular Endurance

Word bank: raise, gradually

1. Exercise should be sufficiently intense to raise the pulse high enough and sustain it long enough to get a training effect.
2. Select aerobic exercises that will \_\_\_\_\_ heart rate for a continuous period of time.
3. These exercises include jogging, skating, swimming, cycling, dancing, Nordic skiing, and so on. Alternatively, select sports such as basketball, orienteering, lacrosse, soccer, racquet sports, ringette, and so on.
4. Perform an activity that has repetitive, rhythmical movements.
5. To develop and maintain cardiovascular endurance, follow an overload program of continuous activity at least three to five days per week throughout life.
  - a. Increase time gradually, from 15 to 20 minutes.
  - b. Increase rate gradually. Run 1600m in 7:45 instead of 8:00 minutes.
  - c. Increase distance \_\_\_\_\_. For example, cover four kilometers instead of three.
  - d. Increase frequency from three days per week to five days per week.
6. If aerobic activities are discontinued, any improved cardiovascular function begins to decline.