Review Sheet for Exam 2

Chapter 6
1. Know some physiologic benefits of cardiorespiratory endurance activity.
2. Differentiate anaerobic and aerobic, and cite activities for improving each.
3. What measure do we use to assess aerobic capacity? What goes into that number?
   a. What are some tests to evaluate it?
4. How is FITT principle incorporated into program design?
   a. Know the concepts of FITT
   b. Be able to calculate Max HR and Training Intensity

Chapter 7
1. What are the benefits of strength training?
2. What is the difference between muscular endurance and muscular strength?
   a. How would each be assessed?
   b. In what ways could you train them?
3. What are factors that affect strength?
   a. Basic characteristics of slow-twitch and fast-twitch muscle fibers
   b. How do you achieve overload?
   c. What is the SAID principle?
4. Be able to describe some principles of strength training as it relates to program design
   a. Isometric, Dynamic, and Isokinetic training (Know some examples of each)
   b. Sets, reps, volume, type
5. Know some exercise safety guidelines for strength training.

Chapter 8
1. What are the benefits of having flexibility?
2. What factors affect total range of motion?
3. How does evaluating body posture factor in to your flexibility program?
4. Be able to explain the modes of flexibility training
   a. Which is most beneficial?
   b. Which can be damaging?
5. What are the recommendations for improving flexibility?
   a. Review Figure 8.4 for basic guidelines
6. Reviews the concepts of treating and preventing Low back pain (fig. 8.7)
   a. What are the primary causes?
Chapter 9

1. Why is it important to include skill-related fitness activities into your workout?
2. Identify and define the six components of skill-related fitness.
   a. Describe the assessments we used to evaluate each component.
3. Dispel common misconceptions related to physical fitness and wellness.
   a. For example, is it safe to exercise with asthma or diabetes?
   b. If so, what are the precautions to take?
4. Become aware of safety considerations for exercising
   a. Why is purchasing the right footwear important?
   b. How much water should you drink during exercise?
   c. What steps can you take to reduce hyperthermia or hypothermia?
5. What are common injuries that can occur from exercising?
   a. How would you treat these injuries?
6. Using the FITT principles, write a comprehensive exercise program for a beginner and/or an advanced exerciser.