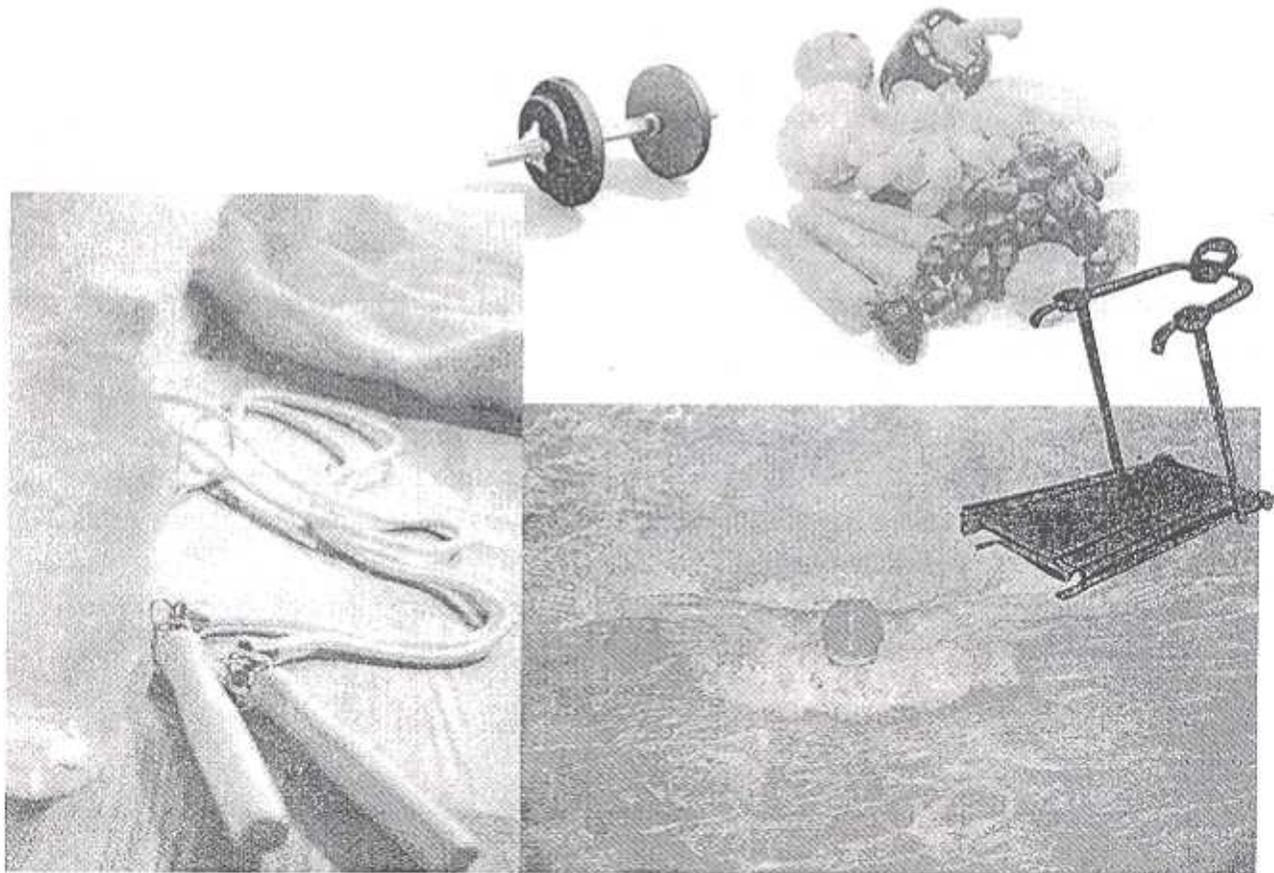


Washington Classroom-Based Assessment (CBA)

A Component of the Washington State Assessment Program



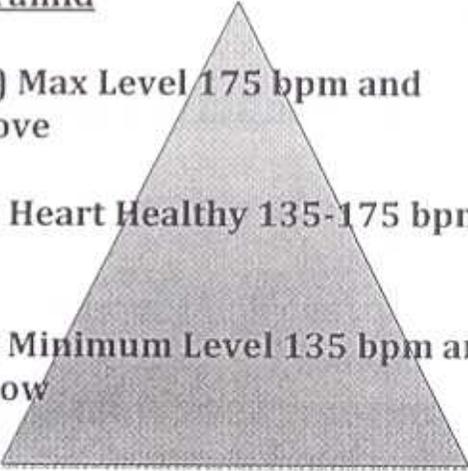
	<p>Concepts of Health and Fitness Fitness Assessment for High School</p>	
---	---	---

Key Vocabulary Words:

- **FITT Principle**- The variables of Frequency, Intensity, Time, and Type.
 - **Frequency**- Number of exercises sessions per week
 - **Intensity**- Train load expressed as weight, speed, or heart rate
 - **Time**- Minutes or repetitions
 - **Type**- Activity performed
- **Overload**- An increase in one or more of the FITT variables to provide an additional workload.
- **Progression**- Gradual increase in one or more of the FITT variables to create an overload.
- **Specificity**- Exercise training is specific to the muscles used and the component of fitness trained.
- **Static Stretches**- Involves stretching a muscle to the point of mild discomfort for an extended period of time.
- **Dynamic Stretching**- Involves moving parts of the body continuously while gradually increasing reach, speed of movement or both gently through a full range of motion.
- **Resistance Training**- An activity that places an additional force against the muscle or muscle group.

The Five Components of Fitness

1. **Body Composition**- The combination of fat mass and fat free mass, including fat, bones, muscles, organs, and water.
2. **Cardiorespiratory Endurance**- The ability of the heart, blood vessels, and lungs to supply oxygen to the muscles during long periods of physical activity.
3. **Flexibility**- The muscles ability to move a joint through the full range of motion.
4. **Muscular Endurance**- The ability of the muscles to repeat a movement many times or hold position without stopping to rest.
5. **Muscular Strength**- Involves stretching a muscles or muscles to push or pull with its total force.

<p><u>Define the F.I.T.T. principle for Muscular Endurance</u></p> <p>Frequency: 3-4 non-consecutive days Intensity: Higher reps (12+), lower weight Time: Amount of Reps Type: Bicep curls, squats, standing rows, etc.</p>	<p><u>What is overload in terms of cardio?</u></p> <ul style="list-style-type: none"> • Max level heart rate (175+) • Pushing yourself to the point of being uncomfortable • Sprints
<p><u>Define the F.I.T.T. principle for cardio</u></p> <p>Frequency: 3-5 times a week Intensity: Heart healthy level (135-175 bpm) Time: 30-60 minutes Type: Running, jogging, jumping rope, etc.</p>	<p><u>Describe the levels of the cardio pyramid</u></p>  <p>(5) Max Level 175 bpm and above</p> <p>(4) Heart Healthy 135-175 bpm</p> <p>(3) Minimum Level 135 bpm and below</p>
<p><u>Define the F.I.T.T. principle for Muscular Strength</u></p> <p>Frequency: 3-4 non consecutive days per week Intensity: High weight, low rep (1-8) Time: Amount of reps Type: Bicep curls, squats, etc.</p>	<p><u>What are the Five Components of Fitness</u></p> <p>Body Composition- Ratio of lean body mass to fat mass (80% lean -20% fat) Test: height and weight Muscular Strength- High weight, low rep Test: Push ups Muscular Endurance- Low weight, high rep Test: Curl ups Flexibility- Moving joints through a full range of motion Test: Sit and reach Cardiorespiratory Endurance- working at a heart healthy level for a long period of time Test: One mile run</p>

<p style="text-align: center;"><u>R.I.C.E.</u></p> <p>R: Rest Treatment: stay off of injured area</p> <p>I: Immobilize Treatment: wrap or apply splint</p> <p>C: Cold Treatment: apply ice</p> <p>E: Elevate Treatment: place injury above heart level</p>	<p><u>What is overload in terms of Muscular Strength and Muscular Endurance?</u></p> <ul style="list-style-type: none"> • Doing more than you can do <ul style="list-style-type: none"> ➢ M.S.= More weight ➢ M.E.= More reps • Pushing yourself and your limits
<p><u>Mental Benefits of Fitness:</u></p> <ul style="list-style-type: none"> • Lower Stress: more relaxed • Improve Self Esteem: happier • Increase Self Confidence: feel good about themselves • Motivation: accomplish more • Concentrate Better: better school work 	<p><u>Physical Changes from Aging That Effects Fitness:</u></p> <ul style="list-style-type: none"> • Metabolism slowing down: weight gain <ul style="list-style-type: none"> • Injuries • Decrease Bone Density <ul style="list-style-type: none"> • Lack of Cardio

Mental Benefits of Fitness:

Lower Stress: more relaxed

Improve Self Esteem: happier

Increase Self Confidence: feel good about themselves

Motivation: accomplish more

Concentrate Better: better school work

Physical Changes from Aging That Effects Fitness:

Metabolism slowing down: weight gain

Injuries

Decrease Bone Density

Lack of Cardio

Concepts!

Specificity: specific exercises to obtain the desired fitness or skill.

Diminishing Returns: no results for the work you are putting out.

Overload: exercise that goes beyond the regular workout to push them farther.

Progression; amount & intensity of the exercise increases gradually during a workout.

Reversibility: Fitness benefits are lost when training stops.

Rest & Recovery: the body needs time to recover & rest.

The following scenarios are examples of situations which require short answers.

Progression:

Karla knows that to get better she needs to increase the intensity of her swimming workouts. She started out swimming ½ mile in the pool three times/week. Worried that she was not going to make gains fast enough she increased both her intensity (distance-1.5 miles) and her frequency (5xweek) the second week of training. By the end of the second week Karla could barely finish the first ½ mile of the workout.

What mistake did Karla make?

What training principle does this relate to?

Overload:

Jamie has been running a mile three times a week for the past 6 weeks. She runs about an 8 minute mile each time. At first it was really challenging and it gradually got easier. Now it's a breeze.

What should Jamie do now?

What training principle does this relate to?

Specificity:

Danny works out three times a week at the gym. His program includes upper and lower body core lifts. He also runs on the treadmill for 20 minutes prior to his lifting program. When the gym offered a free fitness evaluation Danny found out that he did not meet the healthy standard for flexibility. He was confused and frustrated. He thought that with all of the work he does he would at least meet standard in every area.

What was missing in Danny's program?

What training principle does this relate

Rest and Recovery:

Kole has x-country practice 4 times/week and has meets on Wednesdays and Saturdays. Kole was improving a lot this year and was very excited about his performance so he decided to do an extra work-out on Sunday's as well. After a couple of weeks of this daily schedule Kole noticed some pain in his lower leg. He continued his training schedule and is now in more pain and his performance is getting worse every week.

What mistake did Kole make?

What training principle does this relate to?

Reversibility:

Jared had the school record for Bench Press his Junior year. His senior year is packed and he has not found very much time to work out. He tested his Bench max and found it had dropped by 20 lbs.

What training principle was Jared the victim of?