**Exercise and Fitness CSA**

**STUDY GUIDE**

**NEED TO KNOW: (Answers can be found in you notes – DON’T Guess!)**

1. Where can you find your pulse?
2. An average healthy Resting Heart Rate would be?
3. How do you calculate Max heart rate?
4. What is the Target Heart Rate that PE would like you to be at during class?
5. What are the benefits of exercise?
6. Why is society moving less?
7. What are 3 changes that you can make that will improve your heart health?
8. What are the 4 components of fitness? Know the definitions and examples of exercises for each of the 4 components of fitness.
9. Know the FITT principle words and definitions. Apply the FITT principle to a specific goal.

**EXTRA CREDIT**:

Know the names of the typical heart rate zones AND the % (percentage) range of each for the 4 components of fitness.