

# **STUDY GUIDE**

## **PE Sport for Credit Knowledge Assessment #1**

### ***Concepts of Health and Fitness***

1. Knowledge and Safety in a Fitness Facility and Weight Room
2. Major Muscles and Muscle Groups
3. Antagonist muscles
4. Basic Weight Lifting Equipment
5. Strength Training Techniques: Sets, Reps, Super Sets, Forced Reps, Pyramid Training, Maxing
6. Circuit Training
7. Aerobic vs. Anaerobic activities
8. Benefits of Warm-up and Cool-down Exercises
9. Physical, Emotional and Mental Benefits of Exercise
10. Training Recovery for Cardiovascular and Muscular Fitness
11. Active vs. Passive Recovery
12. Injury Recovery and the R.I.C.E. principles
13. Health and Fitness Advertising Techniques and Consumerism
14. Skill-related Fitness as it relates to Recreation and Occupations

### ***Fitness Planning***

1. S.M.A.R.T. Goal setting
2. FITT principles (and their relation to each of the Health-Related Fitness Components for Improved Fitness Levels)
3. Components of Health-Related Fitness
4. Components of Skill-Related Fitness
5. Principles of Training
6. Physical Testing and evaluation
7. Importance of Tracking Fitness
8. Target Heart Rate
9. Max Heart Rate
10. Resting Heart Rate
11. Recovery Heart Rate
12. Heart rates as they relate to the Principles of Training
13. Sedentary vs. Non-Sedentary Lifestyles in Creating Training Programs

### ***Nutrition and Body Composition***

1. Body Composition
2. Caloric Expenditure
3. Metabolism and metabolic rate
4. Using Fitness for Fat Burning
5. Nutrients in relation to body composition and physical performance
6. Health-related Risk Factors Associated with Obesity and Sedentary Lifestyles

### **Resources**

SHAPE Society of Health and Physical Education (resources page)

<http://www.shapeamerica.org/>

CDC National Center for Chronic Disease Prevention and Health Promotion

<http://www.cdc.gov/physicalactivity/>

\*See also the attached Washington State Learning Standards for High School PE, year 1 and 2