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2 Basic Exercise Science
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Fitness Foundation Of Personal Fitness Chapter

physical activity that is planned, structured, and repetitive and that results in improvement of fitness. Physical Fitness. the bodys ability to carry out daily tasks and still have enough

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reserve. Personal Fitness. total

overall fitness achieved by
maintaining acceptable levels of
physical activity, a healthy eating
plan, and avoiding harmful.

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Chapter 1. Terms to know.

Physical activity - any movement that works the larger muscles of the body, such as arm, leg and back muscles. Exercise - physical activity that is planned, structured, and repetitive, and

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that results in improvements in fitness. Physical fitness

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larger muscles of the body, such as arm, leg and back muscles.

Exercise - physical activity that is planned, structured, and repetitive, and that results in improvements in fitness.

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Physical fitness primarily

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Associated with disease

prevention and functional health.

Health-related fitness has five components: cardiovascular fitness, body composition, flexibility, muscular strength, and muscular endurance.

Cardiovascular fitness. The ability

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to work continuously for extended periods of time. Flexibility.

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The principle that says to improve your level of physical fitness, you must increase the amount of energy that you normally do.

FITT. The four components of the overload principle: Frequency, intensity, time/duration, and type/mode; a level of physical

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conditioning that is desirable and obtainable by everyone.

Frequency.

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Personal fitness Click card to see definition □□ The result of a way of

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life that includes living an active lifestyle, maintaining good to better levels of physical fitness, consuming a healthy diet, and practicing good health behaviors through life. Click again to see term

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the ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands. personal fitness. total,

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overall fitness achieved by maintaining acceptable levels of physical activity, a healthy eating plan, and avoiding harmful substances. health. the combination of physical, mental/emotional, and social well-being.

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Fitness represents a new

approach in physical education

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fitness. The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness.

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