

## **COPPER HILLS PHYSICAL EDUCATION HELPS TEST STUDY GUIDE**

Please use the following topics to study for the HELPS test for the testing out of Lifetime Fitness. Contact Coach Cowles with any questions at [darby.cowles@jordandistrict.org](mailto:darby.cowles@jordandistrict.org).

1. FITT principle
2. Five principles of fitness
  - Overload
  - Muscular strength
  - Muscular endurance
  - Progression
  - Specificity
3. Warm up and cool down
4. Fitness testing
  - Flexibility
  - Cardiovascular endurance
  - Body composition
  - Muscular strength & endurance
5. Static and ballistic stretching
6. Body fat percentages for male and female
7. Fitness goals