

Quiz #2 Review

There are no traffic jams when
you go the EXTRA MILE

Building Cardiovascular Fitness

Strong hearts and lungs lead to
overall strong bodies



Building Cardiovascular Fitness

- Anaerobic exercise
 - *An* = without
 - Aerobic = oxygen
 - Exercises that don't require a lot of oxygen
 - Done in short, fast bursts

Building Cardiovascular Fitness

Why is anaerobic exercise important?

- Beneficial for good health because it:
 - strengthens bones
 - burns fat
 - builds muscle
 - maintains muscle mass
 - which is important for people as they age.

Building Cardiovascular Fitness

Guidelines for anaerobic activity:

- Short bursts of vigorous exercise for less than 30 seconds.
- Recoveries should be between 30 seconds and 3 minutes.

Building Cardiovascular Fitness

- Interval training:
 - short bursts of high intensity exercises are alternated with rest periods.
- Examples:
 - Circuit training
 - Sprint intervals
 - PACER test

Building Cardiovascular Fitness

- *Aerobic* means “with oxygen.”
- *Aerobic exercise* are exercises you can sustain for long periods of time.
- *Aerobic fitness* is the same thing as cardiovascular fitness.



Building Cardiovascular Fitness







Aerobic vs. Anaerobic Training



Aerobic activity

Types of Aerobic Exercise Include:

Cardio Machines, Spinning, Running, Swimming, Walking, Hiking, Aerobics Classes, Dancing, Cross Country Skiing, and Kickboxing. There are many other types.






-  Requires the presence of oxygen.
-  Primarily works type I muscle fibers.
-  Increases muscle endurance and capillary size
-  Heart muscle to pump blood more efficiently
-  Sustain for an extended period of time
-  Heart rate between 120 and 150 BPM



Anaerobic activity

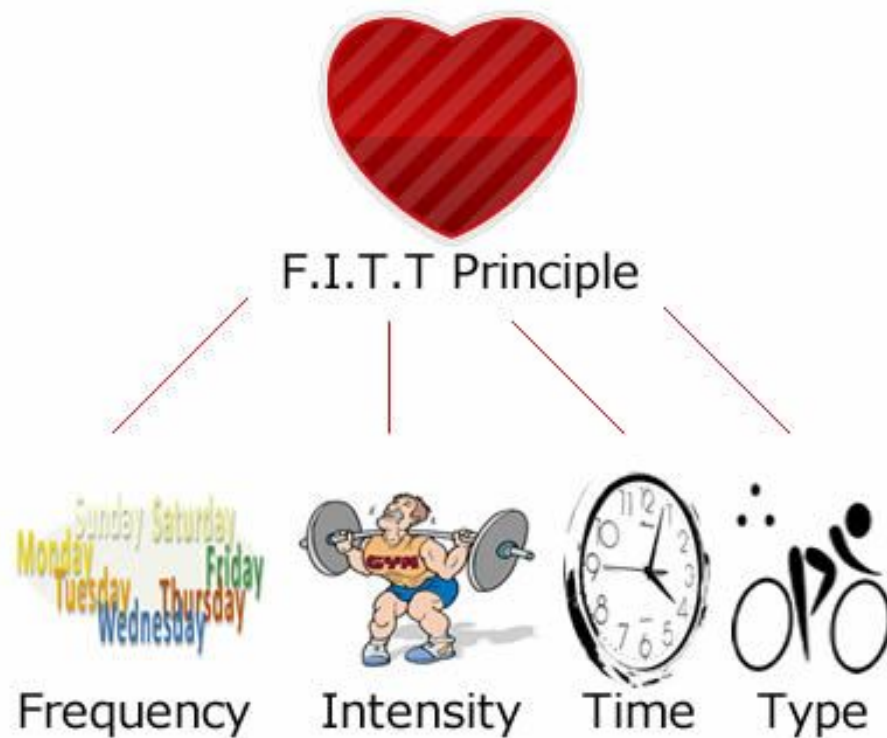
Types of Anaerobic Exercise Include:

Heavy Weight-Lifting, Sprints (running, biking, etc.), Jumping Rope, Hill Climbing, Interval Training, Isometrics

-  Does not require the presence of oxygen
-  It works the type II muscle fibers, which leads to greater size and strength of muscles.
-  You exercise till you gas out
-  Oxygen builds up, lactic acid builds up, and you start to feel the burn
-  You can't sustain this kind of activity for extended time

FITT Principle

The FITT acronym is used to remind you about the basic principles of exercise.



[Click on an image to learn more about the F.I.T.T. Principle](#)

FITT Principle: Frequency

- Frequency refers to how often you do physical activity.
- For example, to develop active aerobics you should exercise 3-6 x each week

FITT Principle: Intensity

- Intensity refers to how hard you are doing physical activity.
- Measured by:
 - Finding your pulse during exercise
 - Neck or wrist locations
 - count the number of beats you feel for 6 seconds and multiply by 10

RPE SCALE	
1	Nothing
2	Very Easy
3	Easy
4	Comfortable
5	Somewhat Difficult
6	Difficult
7	Hard
8	Very Hard
9	Extremely Hard
10	Maximal/Exhaustion

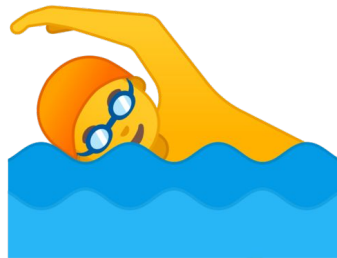
FITT Principle: Time

- Time refers to how long you are physically active.
- To build cardiovascular fitness, be active continuously for a minimum of 20 minutes.

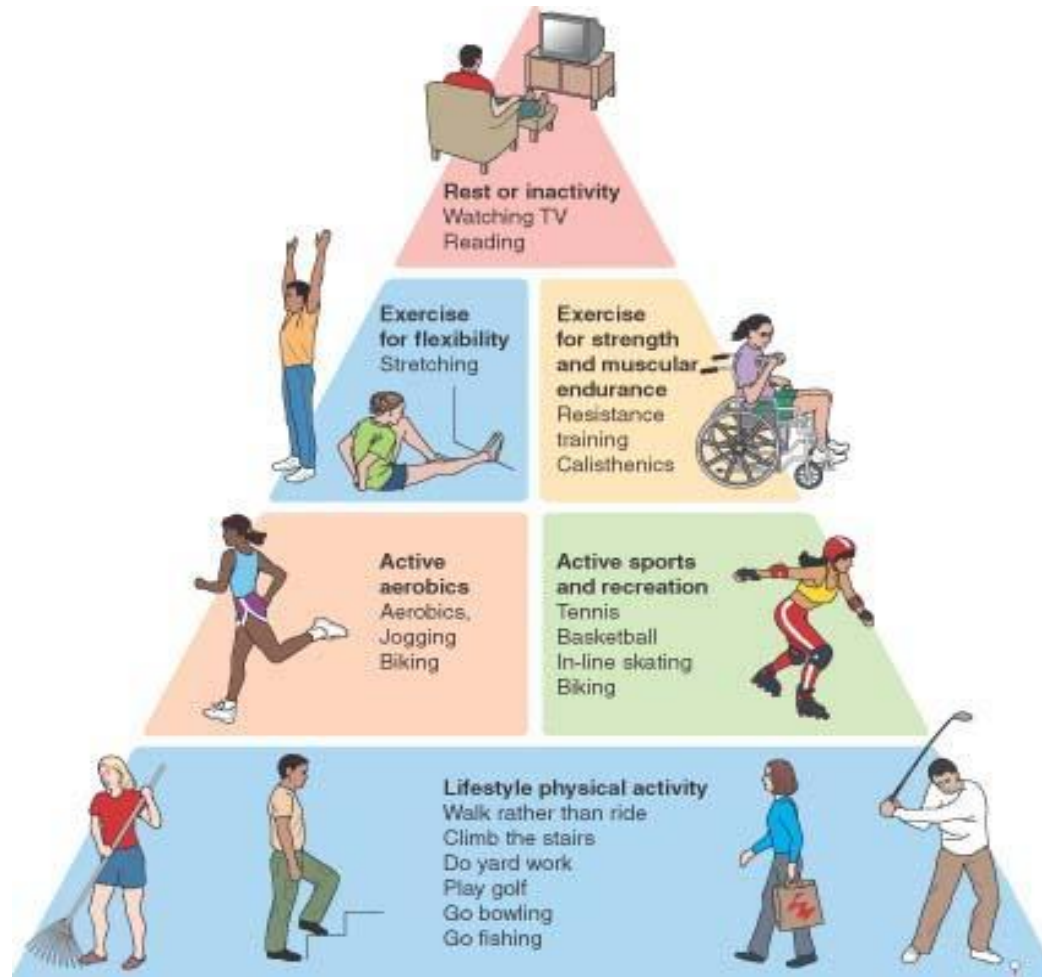


FITT Principle: Type

- Type refers to the specific type of activity you do to get the benefit you want.
- For example, the type of activity you use to build cardiovascular fitness is different from the type of activity to build strength or flexibility.



Physical Activity Pyramid



Physical Activity Pyramid

Lifestyle Physical Activities

- Activities that you can do daily on your own, or with someone else.
- Examples include:
 - Walking
 - Jogging
 - Cycling
 - Hiking
 - Golfing

Physical Activity Pyramid

Active Aerobics

- Active aerobics is associated with many health and wellness benefits.
- Active aerobics benefits cardiovascular fitness and body composition.
- **You should perform aerobic activity 3 to 6 times a week.**



Physical Activity Pyramid

Active Sports and Recreation

- Active sport and recreational activities
- They are helpful in maintaining many parts of fitness and in building skills.
- You can substitute active sport or recreational activity for some of the aerobic activities.



Physical Activity Pyramid

Flexibility

- Yoga
- Pilates
- Stretching
- Gymnastics



Physical Activity Pyramid

Flexibility Facts



- Range of Motion (ROM)
 - ROM means the degree of movement you have.
 - Gymnasts have a large range of motion around the shoulder joint.
 - Hurdlers have a large range of motion around the hip joint.

Physical Activity Pyramid

Muscular Strength & Muscular Endurance

- To develop muscular strength or endurance, you must exercise at least two days a week.
- Resistance training = weight training

Physical Activity Pyramid

Muscular Strength & Muscular Endurance

- Good muscular strength & endurance results in:
 - better performance
 - improved body appearance
 - healthier back
 - good posture
 - stronger bones



Physical Activity Pyramid

Inactivity & Sedentary Living

- Not doing regular activity or exercise
- Need to take time to recover from daily stresses.
- Periods of rest and sleep are important.
- Studying, reading, and even watching television can help.



The 6 Skill-Related Components of Physical Fitness

- The ability to change directions quickly.
 - **AGILITY**
- The ability to keep an upright position.
 - **BALANCE**
- The ability to use body parts together.
 - **COORDINATION**
- The ability to use strength quickly.
 - **POWER**
- The amount of time it takes to react.
 - **REACTION TIME**
- The ability to cover a distance quickly.
 - **SPEED**

FITNESS FACTS

What is the purpose of you developing an exercise program in Lifetime Fitness?

- To help you monitor your performance and progress toward your fitness goals.
- You can write down the amount of activity you do each day.
- This should include the frequency, intensity, length of time, and type of activities.