

Student: \_\_\_\_\_

Period: \_\_\_\_\_

## LGS Cardiovascular Fitness Review and Skill Sheet (Circuit Training & Fitness Center)



|                           |                           |                              |
|---------------------------|---------------------------|------------------------------|
| SKILL<br>(12):            |                           |                              |
| SKILL APPLICATION<br>(4): | RULES APPLICATION<br>(4): | STRATEGY APPLICATION<br>(4): |
| KNOWLEDGE<br>(6):         |                           |                              |
| TOTAL<br>(30):            |                           |                              |

### Rubrics:

#### **SKILL 1: Elliptical, Bike, or Ball, DDR, Medicine Ball**

- ( ) Is able to demonstrate the ability to use the equipment with the proper safety procedures.
- ( ) Is able to select the program that best fits their program and set it up accordingly.
- ( ) Is able to set the time and intensity according to their personal goals

#### **SKILL 2: Agility Ladder**

- ( ) **Single Touch;** one foot in each rung of the ladder, alternate feet, on the toes, shoulders over toes, pumping arms.
- ( ) **Double Touch;** both feet in each rung, on the toes, shoulders over toes, pumping arms.
- ( ) **Grapevine Travel;** start with ladder on right side, (right foot in, left foot in, right foot out), (left foot in next rung, right foot in, left foot out), repeat to the end, on toes, shoulders over toes, pumping arms.

#### **SKILL 3: High/Low Impact Aerobics**

- ( ) **Jumping Jacks;** feet from closed to open position, arms lift over head, return arms and legs to first position.
- ( ) **Step Together;** side step, step touch, return.
- ( ) **Grapevine;** step behind, step in front, step together.

#### **SKILL 4: Step Aerobics**

- ( ) **Basic Step;** box step.
- ( ) **Step Knee (tap, kick);** step lead foot, flex knee, return to floor, tap.
- ( ) **Repeaters (tap, knee, kick, curl);** step lead foot, repeat 3 count, return to floor.

**TOTAL SKILL:     /12**

### **APPLICATION 1:**

- (4) Independently record data on personal exercise data card showing evidence of a correctly designed program with an established goal.
- (3) Independently record data but show minor errors identifying exercises.
- (2) Shows major errors in completing data cards and needs assistance to exercise safely and productively.
- (1) Students do not complete the data card and show little understanding of exercise principles.

### **APPLICATION 2:**

- (4) Incorporates personal resting, target and recovery heart rate goals during activity. Correctly identifies and applies principles of exercise during workouts and class work.
- (3) Incorporates some personal resting, target and recovery heart rate goals during activity. Correctly identifies and applies principles of exercise during workouts and class work with some assistance.
- (2) Incorporates either personal resting, target and recovery heart rate goals during activity, or identifies and applies principles of exercise during workouts and class work with some assistance.
- (1) Unable to incorporate personal resting, target and recovery heart rate goals during activity, identify and apply principles of exercise during workouts and class work.

### **APPLICATION 3:**

- (4) Demonstrates a high degree of intensity, self-direction, and attention to detail. Participates energetically and safely, demonstrating self-control and respect for the positive and safe experience of others. Challenges self to high degree of performance.
- (3) Participates energetically and safely, demonstrates self control and respect for others.
- (2) Participates safely, demonstrates self-control and respect for others but is inconsistent in energy.
- (1) Lacks self-control at times and/or needs reminders to participate safely, energetically and respectfully.

**TOTAL APPLICATION:      /12**

### **Heart Rates:**

- \_ Resting- beats per minute at rest.
- \_ Training or Target- monitor of cardiovascular workout (60% - 80% of max).
- \_ Recovery- ability to return back to resting heart rate.

### **Benefits of Exercise:**

1. Reduced resting heart rate
2. Increased stroke volume (more blood is able to pump through the heart)
3. Reduced blood pressure
4. Reduced body fat percentage, using stored fat as fuel
5. Reduced stress
6. Heart hypertrophy- heart muscle gets bigger

7. Increased capacity of lungs to exchange oxygen or carbon dioxide.

**Health Related Components of Fitness:**

1. Cardiorespiratory Function (cardiovascular fitness)
2. Muscle Strength – amount able to lift
3. Muscle Endurance – How long able to lift
4. Flexibility – Range of Motion around a joint, ability to lengthen muscle
5. Body Composition – Percent body fat compared to amount of lean muscle mass

**Body types:**

1. Endomorph – Rounder, carries more fat.
2. Mesomorph – Muscular.
3. Ectomorph – Leaner.



ENDOMORPH



MESOMORPH



ECTOMORPH

**\*\*You cannot change your body type!!!**

**Nutrition:**

**\*General Guidelines to Good Nutrition.**

1. Eat Whole Grains
2. Eat Plenty of Fruits and Vegetables
3. Control Portion Sizes
4. Read Food Labels for Serving Size and Nutritional Content

\*\*\* A healthy individual should also exercise 30-60 minutes most days of the week.

**ANATOMY OF A FOOD LABEL**

**Top 4 Items to check**

1. Ingredients – Most abundant, first listed
2. Serving Size
3. Total Fat – Types of Fat (Avoid Trans Fats)
4. Dietary Fiber – Look for at least 2 grams per serving. Regulates Digestive System and Keeps you fuller longer

# **F.I.T.T.**

## **RECOMMENDATIONS**

**F = FREQUENCY** How often you exercise 3 - 5 times/week

**I = INTENSITY** How hard you exercise Breaking into a sweat and still being able to talk

**T = TIME** How long you exercise New Exercisers or those whose goal is improving health not necessarily weight management: 30 accumulated minutes\* Established Exercisers or those whose goal is improving health, fitness and weight management: 5-10 minute warm-up, stretch, 20-40 continuous aerobic minutes, 5-10 minute cool-down, stretch

**T = TYPE** The kind of exercise Aerobic-Using large muscle groups

Design your own workout using the FITT principle to achieve your desired goal.

Name \_\_\_\_\_

Grade \_\_\_\_\_

Fitness Goal \_\_\_\_\_

|           |  |
|-----------|--|
| Frequency |  |
| Intensity |  |
| Time      |  |
| Type      |  |

## 1. Resting Heart Rate (RHR)

**Find your resting heart rate as soon as you wake up.** You can do this by counting your pulse for one minute while still in bed. You may average your heart rate over three mornings to obtain your **average resting heart rate (RHR)**. Add the three readings together, and divide that number by three to get the RHR. For example,  $(76 + 80 + 78) / 3 = 78$ .

## 2. Maximum Heart Rate (MHR)

**Find your maximum heart rate**

- Subtract your age from 220. This is your **maximum heart rate (HRmax)**. For example, the HRmax for a 24-year-old would be,  $220 - 24 = 196$ .

## 3. Target Heart Rate (THR)

**Calculate the lower limit of your THR.** Figure 60% of the HRmax (multiply by 0.6). For example,  $(196 * 0.6) = 118$ .

**Calculate the upper limit of your THR.** Figure 80% of the HRmax (multiply by 0.8). For example,  $(196 * 0.8) = 157$ .

**Combine the values obtained in steps 3 and divide by the number 2.** For example,  $(118+157) / 2 = 138$

Therefore a 24 year old would have a .....

THR = 138

THR Zone = 118-157 (60%-80%)

## MILO STORY

Milo was a warrior in ancient Greece. Milo built his strength by lifting a young calf every day. As the calf got bigger, Milo grew stronger. Eventually he was able to lift the full grown animal. Milo's training was productive because it placed a progressive demand on his body and the desired changes took place.

## BLISTER ANALOGY

If you go out digging for the first time in a while and spend all day digging your hands will be sore and full of blisters by the end, whereas if you dig for a short while today and a little longer tomorrow they will be prepared for the work and you can progress without fear of injury.

## WORKSHEET - CALCULATING MAXIMUM HEART RATE AND THRESHOLD OF TRAINING LEVELS

|                           | FORMULA              | EXAMPLE                | PERSONAL M.H.R. |
|---------------------------|----------------------|------------------------|-----------------|
| <b>MAXIMUM HEART RATE</b> | 220 - Age (in years) | 220 - 17 yrs.<br>= 203 |                 |

| THRESHOLD OF TRAINING HEART RATE | FORMULA      | EXAMPLE OF 17 YEAR OLD | PERSONAL THRESHOLD OF TRAINING |
|----------------------------------|--------------|------------------------|--------------------------------|
| <i>Lower Limit</i>               | M.H.R. X 60% | 203 X .60 = 121        |                                |
| <i>Upper Limit</i>               | M.H.R. X 80% | 203 X .8 = 162         |                                |

**RECORD THE FOLLOWING INFORMATION:**

|                                   | PRE - EXERCISE | DURING EXERCISE | POST EXERCISE |
|-----------------------------------|----------------|-----------------|---------------|
| HEART RATE<br>(6 SEC. COUNT)      |                |                 |               |
| BREATHING<br>SLOW/MODERATE/RAPID  |                |                 |               |
| BODY TEMPERATURE<br>COLD/WARM/HOT |                |                 |               |

