

WEIGHT TRAINING VOCAB for Week 1

Intellectual fitness - ability to think critically about issues, having an active, curious mind.

Physical fitness- assuming personal responsibility for one's health by exercising, eating healthy foods, observing measures to avoid illness and injury.

Emotional fitness - ability to deal with stress, to maintain a positive self concept and to adapt to changes in life.

Spiritual fitness - finding meaning and purpose in life whether through religion, meditation or other methods.

Social fitness - ability to develop meaningful relationships with family, friends, co-workers and others in the community.

Optimal fitness - one's highest possible level of overall health

Goals - something you aim for that requires planning and work

Short-Term Goals - goals that can be met in the near future

Long-Term Goals - Can be achieved by breaking them down into short-term goals

S.M.A.R.T. Goals - Acronym for Specific, Measurable, Achievable, Relevant, Time-framed for goal setting

WEIGHT TRAINING VOCAB for Week 2

Maximum heart rate (MHR) - the highest heart rate capable by the human body. By subtracting your age from 220 it is possible to get an approx. measure.

Resting heart rate (RHR) - a measure of the heart rate following a period of inactivity, should be 60-80% of your maximum heart rate

Target heart rate (THR) - the most desirable rate at which the heart should be beating to achieve a cardio respiratory training effect.

$(MHR - RHR) = \text{Trainable Heart Rate}$

$(\text{Trainable Heart Rate} \times 60\%) + RHR = \text{Lower THR Zone}$

$(\text{Trainable Heart Rate} \times 85\%) + RHR = \text{Upper THR Zone}$

Recovery heart rate - a measurement after strenuous exercise indicating the rate at which the heart beat returns to normal. After 5 min it should be to 120 beats per minute (bpm) or less. After 10 min, it should be at 100 bpm or less.

Aerobic exercise - (with oxygen) continuous exercise using large muscle groups that keeps the heart rate in the Target Heart Zone.

Anaerobic exercise - (without oxygen) exercise that is so intense the body cannot supply enough oxygen to the muscles to maintain exercise for a long period of time.

Overload principle - making increased demands on the body, causing the body to adapt or adjust which leads to improved physical condition.

FITT

Frequency - how often- the number of times a week a person exercises

Intensity - how hard- placing an increasingly greater work load on the body until it adapts.

Time (duration) - how long- increasing the length of each training session

Type – what – the exercise that a person is doing

Progression - the gradual increase in exercise or activity over a period of time. Can be in terms of frequency, intensity, or time.

Specificity - improvement in a fitness area requires specific kinds of activity. Training for one area does not necessarily improve another.

Cross-training - the combination of two or more types of exercise in one workout or using different exercises alternately in successive workouts

Overtraining - participation in any physical activity at very high intensity levels or for unusually long periods of time.

Health-Related Fitness Components

Muscular endurance- the ability to continue using certain muscles for a period of time.

Muscular strength- the amount of force that can be exerted by a single contraction of the muscle.

Body composition- the percent of body weight composed of fat compared to the percent that is composed of tissue, bone, and muscle. (body fat and body mass index)

Flexibility- the ability of a joint and muscle group to move through a full range of motion

Cardio-Respiratory Fitness - is the ability to do vigorous, large muscle exercise over a long period of time.

Skill-Related Fitness Components

Agility - is the ability of the body to change direction quickly and easily.

Balance - is a kind of coordination which allows you to maintain control of your body while stationary or moving.

Coordination - is the ability to use the senses to produce smooth and accurate movement.

Power - is the ability to combine strength and speed in a movement.

Reaction Time - is the time required to start a movement after being alerted to the need to move.

Speed - is the ability to move quickly from one point to another.

Types of Muscles

