

W3: C- Facts About Fitness Assessment

1. What is Cardiorespiratory endurance by definition?
2. List the all three Principles of Physical Activity
3. What are the three patterns of moderate/vigorous Physical Activity?
4. What does PRE stand for?
5. No body composition measurement is clinically accurate (T/F)
6. C_____ N_____ S_____ is the combination of brain and spinal

column
7. Give an example of how to use FITT formula in isotonic exercises during PRE.
8. What is the Double Progress System?
9. Why should one not practice muscle bound?
10. The CNS cannot be combatted during fatigue stage of exercise (T/F)
11. B_____ M_____ I_____ is a chart of height to weight ratio
12. What is the history of Plyometrics?
13. What is Plyometrics nickname?

W3: C- Facts About Fitness Assessment

14. What is interval training?

15. Females will look manly if they use PRE. (T/F)

16. What is the equation of Body Density?

17. Females who are underweight are at no risk for health related issues (Yes/ No)

18. _____ is the anatomical structure that connects bone to bone?

19. An agitated, shaky, uncoordinated and anxious athlete are signs of what?

20. Swimming, Cheerleading / gymnastics and ballet are sports that struggle most with

B_____ I_____ and W_____ Range.