**KIN 245 MID-TERM REVIEW**

**COMPONENTS OF FITNESS:**

* **Cardio respiratory Endurance-** Ability of heart and lungs to deliver oxygen to working muscles for sustained activity
* **Muscular Strength-** amount of force a muscle can produce with a single maximum effort
* **Muscular Endurance-** ability of a muscle to sustain a given level of muscle tension
* **Flexibility-** ability to move joints through their full range of motion
* **Body Composition-** amount of lean body tissue vs. body fat
* **Skill-Related Components of Fitness-** speed, power, agility, balance, coordination, and reaction time. Tends to be sport specific

**F.I.T.T. PRINCIPLE:**

* **Frequency-** How many times you work out
* **Intensity-** How hard you workout (RPE of 1-10) or HR Max % (55%-90%)
* **Time-** How long you workout for
* **Type-** What the mode of exercise is (activity)

**CARDIORESPIRATORY FITNESS:**

* **Where are two places you can take your heart rate?** 
  + Carotid Artery
  + Radial Artery
* **How do you take your heart rate?**
  + Place two fingers (never your thumb) over the carotid or radial artery and count the beats for one minute. You can count for 15 seconds and multiply by four, 30 seconds and multiply by 2, or you can count the whole minute. Heart rate is measured in beats per minute.
* **How do you find an estimate of your max heart rate (MHR)?**
  + 220 – age= MHR
* **How do you find your exercise training range?**
  + MHR X 55-85%= training range
* **What is the minimum amount of cardio respiratory fitness recommended per week?**
  + A minimum of 150 minutes of moderate-intensity aerobic [exercise](http://www.livestrong.com/fitness/) spread over three to five days a week.
  + Or do 75 minutes of vigorously intense aerobic exercise spread over three days a week.
* **What are some examples of aerobic exercise?**
  + walking, running, cycling, step aerobics, kickboxing, body conditioning, zumba, swimming, water aerobics, and circuit training (boot camps)