

1. Whether your goal is to improve sports performance, achieve a high level of fitness or to improve your overall conditioning; it is important to

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2. List and describe the five basic principles of training:

A.

B.

C.

D.

E.

3. What does F.I.T.T. represent, and what is it used for?

4. Describe what is required to maintain or improve cardiorespiratory fitness.

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5. Describe what is required to improve or maintain flexibility.

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6. Describe what is required to improve or maintain muscular strength.

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7. Describe what is required to improve or maintain muscular endurance.

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8. Describe what is required to improve or maintain body composition.

F -

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9. Prior to working out, you should participate in a warm-up. What activities should a normal warm-up consist of?

10. Why warm up?

11. After activity you should participate in a cool down. Why cool down?

12. What activities should a normal cool down consist of?

13. What factors should you consider when designing a work-out program?

14. What are 4 exercise myths?