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LA UNION SCHOOLS DIVISION OFFICE
REGION I

AIRs - LM in
Physical Education and Health 4
Module 2

GOVERNMENT PROPERTY
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Physical Education and Health 4
Grade 12 Module 2
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Physical Education and Health 4

Module 2

Target

In order to look good, feel good and enjoy a healthy lifestyle, it is important for you to involve in regular physical activity. Thus, you need to know how to apply important training principles in order to remain safe during activity. A physical educated person demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

This module presents some basic principles to be followed in developing your training programs and explains how to apply it to your exercise regimen.

After going through this module, you are expected to:

1. set FITT goals based on training principles to achieve and/or maintain HRF. **(PEH11FH-IIi-j-7)**

2. identify the principles of physical activity(Overload, Progression, and specificity), F.I.T.T. formula, volume and progression, physical activity pyramid(moderate, physical activities, vigorous aerobics, vigorous sports and recreation , muscle fitness and flexibility exercises)

Before going on, proceed to the next page and accomplish the pre-test.

Pre-test: What I Know

Direction: Multiple Choice: Select the Best letter of your answer to the following questions/statements on the lines provided before each number. **(15 points).**

_____1. Which illustrates the meaning of *progression*?
- a. Start fast to improve quickly
- b. Start easy and go for a long time
- c. Change from running to tennis
- d. Slowly increasing the amount of exercise

_____2. This term describes how *often* you exercise.
- a. Intensity
- b. Type
- c. Duration
- d. Time

_____3. This word depicts how *hard* you exercise.
- a. Frequency
- b. Type
- c. Time
- d. Intensity

_____4. It is defined as the gradual increase in activity over time.
- a. Specificity
- b. Progression
- c. Intensity
- d. Individuality

_____5. What does *frequency* mean?
- a. How you exercise
- b. How long you exercise
- c. How often you exercise
- d. How fast you exercise

_____6. What is the amount of overload needed by an individual depends on what?
- a. Sex
- b. Each individual
- c. Age
- d. None of the above

_____7. A teenager should have _____ of physical activity every day.
- a. 20 mins.
- b. 30 mins.
- c. 40 mins.
- d. 60 mins.

_____8. Which of the choices is an example of moderate physical activity?
- a. Golf
- b. Playing computer games
- c. Dance aerobic
- d. Jogging

_____9. Which of the following is an example of flexibility exercise?
- a. Yoga
- b. Dance aerobic
- c. Basketball
- d. Bowling

_____10. Which of these does not illustrate sedentary lifestyle?
- a. Being inactive
- b. Watching TV
- c. Surfing the internet
- d. Joining the Zumba dance workout

_____11. Which of the following types of exercise develops flexibility?

a. Calisthenics
b. Push-ups
c.
c. Thigh stretching
d. Walking

_____12. Which of these health-related fitness components involves the body's ability to continue exercising over a long period of time?

a. Body composition
b. Cardiovascular
c. Endurance
d. Flexibility

_____13. Which of the following Body Mass Indexes (BMIs) indicates a Normal weight?

a. 16.6
b. 20.83
c. 29
d. 33.5

_____14. Which of these tests measures the cardiovascular endurance?

a. Curl-ups
b. 3 minutes step test
c. Push-ups
d. Sit and reach

_____15. Which of the following signs would indicate the need for you to slow down or get help during exercise workouts?

a. Increased metabolic rate
b. Reduced fatigue with daily activities
c. Reduced body fat
d. Severe shortness of breathing

Jumpstart

For you to understand the lesson well, do the following activities have fun and enjoy!

Activity I. Quest for Fitness

A. Below shows a table of several forms of performance activities. Determine the health fitness component manifested in each activity**. (10 points)**

Activities	**Fitness Component**
Jogging for three times	
Wall Climbing	
Jumping for three times	
Sitting stretched	
Weight Lifting	
Lower back stretch	
Three Minutes Step Test	
Push up test	
Body mass index	
Swimming	

B. Identify the Health-Related Fitness Component described below. **(5 points)**

_____1. It refers to the ability of the muscle to work over an extended period of time without fatigue.

_____2. It is the capability to move a body part through a full range of motion (ROM) at a joint.

_____3. It refers to the ratio of body fat to lean body mass (including water, bones, muscles, and connective tissues).

_____4. It is the ability of the heart (cardio) and circulatory system (vascular) to supply oxygen to muscles for an extended period.

_____5. It is the muscle's capacity to produce effort or perform work.

Activity II: Getting F.I.T.T. Easy

Direction: Analyze carefully the F.I.T.T. Principle Table below to be able to define each of the F.I.T.T. Components.

FITT Principle Table				
F	Frequency of Exercise	How Often	Beginner	3-5 days per week
			Moderate to High	5-7 days per week
I	Intensity of Exercise	How Hard	Beginner	Less than 145 BPM
			Moderate to High	145-186 BPM
T	Time of Exercise	How Long	Beginner	20-30 minutes
			Moderate to High	30-60 minutes
T	Type of Exericse	Which Exercises	A continuous activity that is aerobic (Requires Oxygen)	

1. Frequency:_____
   _____
2. Intensity:_____
   _____
3. Time:_____
   _____
4. Type:_____
   _____

RUBRICS:Definition	
Content Analysis	_____/5
Organized idea	_____/5
Reflection	_____/5
Total:	**_____/15**

Activity III: F.I.T.T. Knowledge Check

Direction: Classify the following items according to the F.I.T.T. component they are

referred to. Write your answer on the table provided below**. (15 points)**

Aerobics
Combination of intensities
Cycling
Daily
Dependent on intensity
Gardening
High resistance
Minimum of 20 minutes
Moderate
Vigorous
Once a week
Swimming
3 -4 days per week
90% of maximum heart rate
2-3 minutes per bout

Frequency	**Intensity**	**Time**	**Type**

Discover

Principle of Physical Activity

A. Principle of Overload

The principle of overload states that to produce fitness and health benefits through physical activity, the body should do more than it normally does. Increased demand on your body – overload – forces it to adapt to the changing physical activities. The principle of overload says that the various systems of the body will become stronger and will function better if increased demands are placed upon them. The body will adapt to these increased demands. However, the amount of overload needed varies with each individual.

B. Principle of Progression

The principle of progression states that the amount and intensity of your exercise should be increased gradually. After a while, your body adapts to an increase in physical activity (load), and the activity gets easier for you to perform. Your body adapts as you work harder (overload). Because your body gets accustomed to this new workload, you must continuously increase the amount of work for improvement to occur. Remember, sudden change of activities might result to injuries.

Review Fitness Target Zone

*

The figure above shows the minimum overload you need in order to build physical fitness. This amount is called your **threshold of training**. You should perform activities above your threshold to build your fitness and promote your health and wellness.

The correct range of physical activity is called your **fitness target zone,** typically shortened to just target zone. It begins with the threshold of training and has an upper limit called the target ceiling. Exercise below the threshold is not enough to produce benefits. But activities above the target ceiling (excessive exercise) may expose you to risk to injury and soreness and may produce less than your desired results. Some people believe that one has to experience pain in order to gain fitness, but the principle of progression provides the basis for rejecting the theory of "no pain, no gain." If you feel pain in the process of continually doing the physical activity, you are probably overloading too much or too quickly for your body to adjust.

C. Principle of Specificity

The **Principle of specificity** states that the particular type of exercise you perform determines the particular benefit you receive. Different kinds and amounts of activity produce very specific and different benefits. An activity that promotes health benefits in one part of health-related fitness may not be equally good in promoting high levels of fitness in another part of fitness. For example, Antonio does a cardio-respiratory exercise several days a week, but he does not do stretching exercises as often as he should. He may also include more resistance training in his muscle fitness exercises.

The principle of specificity means you must do *specific* exercises to improve specific components of physical fitness in specific body parts. For example, flexibility exercises will increase flexibility but will not necessarily improve cardio-respiratory fitness. Therefore, you must select the appropriate physical activity to develop specific components of physical fitness.

D. F.I.T.T. Formula

To help you apply the principles of exercise, you can use the **F.I.T.T. formula.** F.I.T.T. represents key factors in determining how much physical activity is enough: **frequency, intensity, time,** and **type.**

- **Frequency** refers to *how often* you do physical activity
- **Intensity** refers to *how hard* your perform physical activity
- **Time** refers to *how long* you do physical activity
- **Type** refers to the *kind of activity* you do to build a specific part of fitness or gain a specific benefit.

You should choose an activity that will help you meet your goals, activities that you enjoy and that you will do.

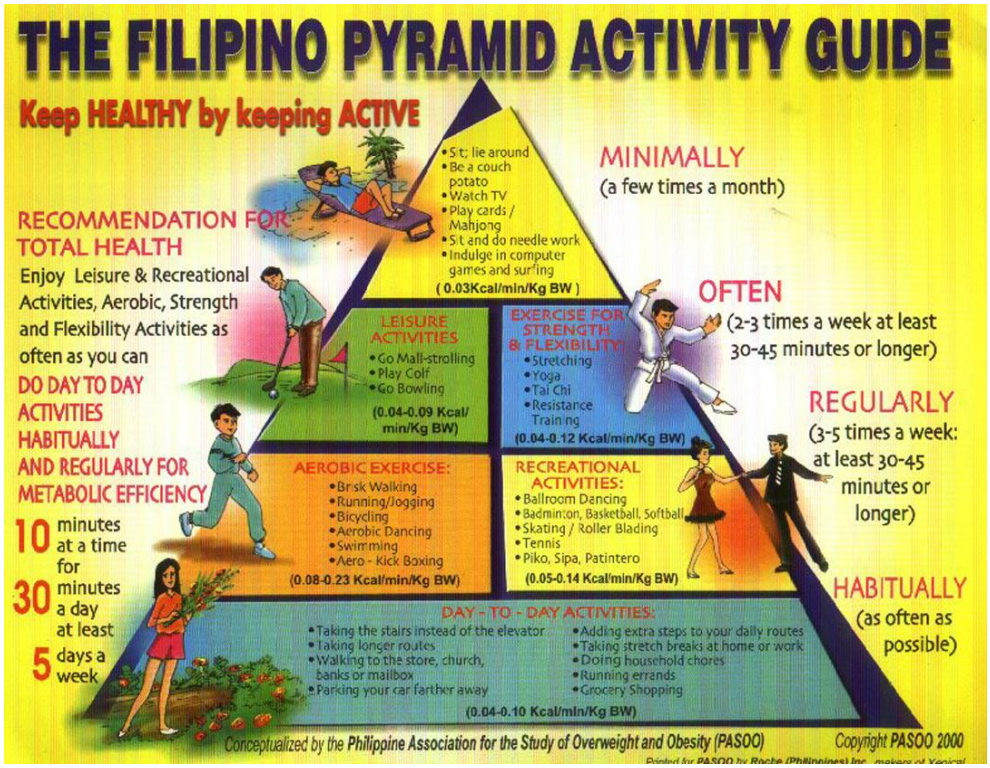
E. Volume and Progression

Consider the total amount of physical activity you perform (volume) and the ness for progression (principle if progression) in your program. Health experts sometimes include the letters VP after F.I.T.T. thus making it F.I.T.T-VP. In this version, V stands for the volume (amount) of exercise that is a function of intensity and time, P stands for the principle of progression, discussed in the previous chapter. Consider your total volume of activity when developing a personal activity plan. For example, you can do moderate activity for a longer time and do the same volume for vigorous activities done for a shorter time. As you learn more about the F.I.T.T. formula, you will learn how volume of exercise can be adjusted by altering the intensity and time of the workout.

F. The Physical Activity Pyramid

Health experts recommend that youths should have at least 60 minutes of physical activity each day.

The **Physical Activity Pyramid** shows the five kinds of physical activity. It shows the different types of fitness activities that produce different health and wellness benefits (recall the principle of specificity). To meet the recommended 60 minutes of daily activities, you can choose from the different types of activity illustrated in the pyramid. To achieve satisfactory benefits, it is recommended that you perform the activities mentioned in the pyramid each week. As you can see activities at or near the bottom of the pyramid may need to be done frequently or for a longer time than those near the top of the pyramid to get the same volume of activity.



Moderate Physical Activity

Step 1: Moderate physical activity in the Physical Activity Pyramid should be included in your daily or nearly every day routine. Moderate activity involves exercise equal in intensity to brisk walking. It includes some activities like sweeping and mopping the floor, raking leaves in the garden and similar activities. It also includes sports that are not vigorous such as bowling and golf.

Vigorous Aerobics

Step 2: Physical Activity Pyramid represents vigorous aerobics, which includes any exercise that you can do for a long time without stopping and that is strong enough to increase your heart rate, make you breathe faster, and make you sweat like jogging and aerobic dance does to you. It is recommended that you do vigorous aerobics (vigorous sport or recreation) at least three days a week for at least 20 minutes each day.

Vigorous Sport and Recreation

Step 3: vigorous sports and recreation activities are activities that will require your heart to beat faster than normal and cause you to breathe faster and sweat more. As your muscles use more oxygen demand. Vigorous sport and recreation involves short bursts of activity followed by short bursts of rest (as in basketball, football, soccer, and tennis). Indulge in vigorous and recreational activities at least 20 minutes a day.

Muscle Fitness

Step 4: Physical Activity Pyramid includes muscle fitness exercises, which build your strength, muscular endurance, and power. Both resistance training (with weights or machines) and moving your own body weight (as in rock climbing, calisthenics, and jumping) are examples of muscle fitness exercises. These exercises promote general health and wellness benefits as well as better performance, improved body appearance, better posture, and stronger bones. These exercises should be performed two or three days a week.

Flexibility Exercises

Step 5: Physical Activity Pyramid represents flexibility exercises, intended to improve postural stability and balance. Flexibility exercises may reduce soreness, prevent injuries, and reduce risk of back pain and will also improve your performance in activities such as gymnastics and dance. Two examples of flexibility exercise are stretching and yoga. Perform flexibility exercise at least three days a week.

G. Balancing Energy

The top of the pyramid presents a balance scale illustrating the need to balance the energy you take in (food) with the energy you put out (activity). Energy balance means that the calories in the food you eat each day are equal to the calories you expend in exercise each day. Balancing your energy in this way is essential to maintaining a healthy body composition.

Today, teenagers are always hooked on the internet or either cellphone or tablets for hours. This contributes to inactivity and may increase health risk. We all need to take time to recover from daily stresses and prepare for new challenges, so periods of rest and sleep are important for good health. Some activities of daily living - such as studying, reading and even a moderate amount of screen time - are appropriate. However, in general, inactivity or sedentary living is detrimental to your health. Your choices from active areas of the pyramid should exceed your choices from the inactivity area.

The F.I.T.T. Principles

The F.I.T.T. Principle is one of the foundations of exercise. It is a set of course of action that assists in setting up a workout routine to go with your targets and fitness level. At the same time, it helps you maximize and get the most out of your exercise program.

F.I.T.T. Principle

F.I.T.T. stands for:

Frequency: **How regularly you work out**

- For Cardio Exercise: Fitness experts suggest restrained exercise five days a week or extreme cardio three days a week to improve your health. For weight loss, you may require to do up to six days a week.
- For strength training: The recommended frequency is 2-3 non-consecutive days a week (at least 1-2 days between sessions).

Intensity: **How tough you work during work out**

- For Cardio Exercise: The common rule is to work in your target heart rate zone and concentrate on a range of intensities to fuel different energy systems.
- For Strength Training: The exercises you do, the amount of weight you lift and your reps and sets establish the intensity of your strength exercises.

Time: **How long you exercise**

- For Cardio Exercise: The exercise guidelines suggest 30-60 minutes of cardo (or working your way up to that). How long you exercise will not just be dependent on your fitness level, but also on your intensity. The harder your work, the shorter your workouts will be.
- For Strength Training: How long you lift weights depends on the type of workout you are doing and your schedule. For example, a total body workout could take up to an hour, whereas a split routine could take less time.

Type: **The kind of movement you are doing**

- For Cardio Exercise: Any activity that gets your heart rate up such as running, walking, cycling, dancing, sports, etc. counts as cardio.
- For Strength Training: this practically consists of any exercise where you are using some type of resistance (bands, dumbbells, machines, etc.) to work your muscles. Bodyweight exercises can also be considered a form of strength training as well, although building strength will likely require more resistance.

Observing the F.I.T.T. formula in mind will help you set goals and monitor your progress as time passes. It is significant to select activities that are pleasurable and rewarding when setting goals for physical activity – activities that are applicable to do recurrently. Try to alternate the activities that you select so that you do not become uninterested.

The exercise frequency, intensity, time and type (F.I.T.T. principle) are key components of any fitness plan or routine. Therefore, a well-made personal physical activity plan should outline how often, how long, how hard a person exercises, and what types of exercises are preferred.

An individual's targets, current fitness rank, age, physical condition, abilities, and availability of time are among the issues to think about in developing a personal physical activity plan. Particularly, each plan should have a timetable that improves in due course. Progression can take the type of changes in any of the F.I.T.T. components, but not in a flash.

Primarily, a personal physical activity plan does not require incorporating all the health-related fitness components. The option of which components to concentrate on in the beginning must be based upon the possibility of implementing the new behavior and a concern on whether the goals are specific, measurable, attainable, realistic, and time framed (SMART)

Applying the F.I.T.T. Principle

According to the F.I.T.T. principle, an exercise routine should include activities that will improve the health-related fitness components:

- Cardiorespiratory endurance

- Muscular strength
- Muscular endurance
- Flexibility

Each workout or exercise session should begin with a warm-up and end with a cool-down. Generally, rest and recovery are as important as the actual physical activity exercise. It should be equally distributed between workouts. The more intense the exercise is, the longer the time to recover. Likewise, the longer the exercise is, the longer the time required to recover as well. Trying to adopt all aspects of health-related fitness at once may not be realistic. Begin with small realistic goals in one or two areas of health-related fitness and plan to introduce more as time progresses and new behaviors become habits.

The following guidelines are provided to identify the amount of activity or exercise necessary for the average healthy person to attain and/or maintain a minimum level of overall fitness. Included are examples of activities/exercises, as well as safety considerations for each health-related fitness component.

Warm-up:

To prepare the body and mind for movement, warm-up activities are crucial parts of any exercise routine or sports training. The importance of a structured warm-up routine should not be underestimated in relation to preventing injury, having optimal performance, and maximizing enjoyment. An effective warm-up increases both the respiratory rate and the heart rate. This helps increase the body's core temperature while also increasing the body's muscle temperature through an increase in the delivery of oxygen and nutrients to the working muscles. Increasing muscle temperature helps make the muscle relax, stretch, and become responsive. Another reason why warm-up activities are important is that they provide the participant with an opportunity to prepare mentally for the upcoming exercise sessions.

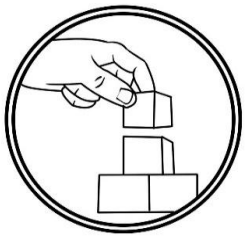
A warm-up should consist of light physical activity for five to ten minutes of exercise such as walking, slow jogging, knee lifts, arm circle, or trunk rotations. Low-intensity movements that simulate movements to be used in the activity can also be included in the warm-up. Static stretching alone is not considered a part of a warm-up routine. A warm-up can consist of a lower intensity form of the exercise that is about to commence.

Cardio-respiratory endurance (CRE):

At least three 20 to 30- minute bouts of aerobic (activity requiring oxygen) exercise each week are recommended. Popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope jumping, rowing, and some continuous action games such as basketball and soccer. The type of activity suitable for a person to develop cardio-respiratory fitness is dependent upon the person's initial fitness. A jog may be intense for one individual but serve as a warm-up for another.

To ensure safety, the following should be considered:

- Know how to calculate target heart-rate zone
- Know how to monitor intensity (E.g. talk test, rate of perceived exertion, heart-rate monitors)
- When increasing the intensity (speed, incline and/or resistance) or duration of exercise, keep in mind the 10 percent rule (e.g. if a person is running continuously for 10 minutes per session in week 1, then in week 2, the maximum increase recommended would be to run continuously for 11 minutes per session).
- Include a variety of activities to avoid overuse injuries or to prevent boredom.



Explore

Activity I. F.I.T.T. for Cardio Challenge

Direction: Supply the missing word/s to each of the basic guidelines for cardiorespiratory endurance (Aerobic) workout plan. **(10 points**)

Basic Aerobic Training Guidelines

1. Frequency:
   Exercise for at least _____to _____times per week.
2. Intensity:
   Maintain a heart rate of 60 - _____% of your Maximum Heart Rate, which can be calculated using the estimated formula: (_____ - Age = Maximum Heart Rate).
3. Time:
   Those of us with low levels of fitness (beginners) should maintain our heart rates in our selected target zone for a minimum of 15 to _____ minutes, excluding warm-up and _____ down periods.
   Those with a good fitness base should exercise for between 20 and _____ minutes in their target heart rate zone.
4. Type:
   Exercises that involve as many muscles as possible and allow a relatively consistent level of intensity are the best exercises. Examples of these are the following: Walking, Jogging, Cycling, _____, and _____.

Activity II: MY PHYSICAL ACTIVITY (PA)*Index

Direction: Follow the directions below to be able to calculate your Physical Activity (PA) Index.

1. Calculate your PA index by encircling the score in each area:

A. Frequency: How often do I exercise?	**C. Time or Duration: How long do I exercise?**
Less than 1 time per week 0	Less than 5 minutes 0
1 time per week 1	5-14 minutes 1
2 times per week 2	15-29 minutes 2
3 times per week 3	30-44 minutes 3
4 times per week 4	45-49 minutes 4
5 times per week 5	60 minutes or more 5
B. Intensity: How hard do I exercise? (Base it from your previous pulse beat at rest and pulse beat after the 3 minutes step test or pulse beat after undergoing an exercise)	
No change in my pulse from resting level 0	
Little Change in my pulse 1	
Slight change in my pulse 2	
Moderate increase in my pulse 3	
Vigorous increase but NOT sustained 4	
Vigorous increase but SUSTAINED 5	

To assess your PA index, multiply your 3 scores:
Frequency _____ X Intensity _____ X Time _____ = _____

2. If your PA index is _____,
3. Your estimated level of activity is _____.
(**compare your PA index on the table below to get your activity level)**

PA Index	**Activity Level**
Less than 15	Sedentary
15-24	Low active
25-40	Moderate active
41-60	Active
More than 60	High active

RUBRICS- PA Index	
Met the objectives of the task	_____**/5**
Calculated Target PA index Accurately	_____**/5**
Completion(Task is 100% complete	_____**/5**
Total:	_____**/15**

Activity II: F.I.T.T. Knowledge Check

Direction: Classify the following items according to the F.I.T.T. component they are referred to. Write your answer on the table provided below**. (15 points)**

Aerobics	Moderate
Combination of intensities	Vigorous
Cycling	Once a week
Daily	Swimming
Dependent on intensity	3 -4 days per week
Gardening	90% of maximum heart rate
High resistance	2-3 minutes per bout
	Minimum of 20 minutes

Frequency	**Intensity**	**Time**	**Type**

Deepen

Activity: **F.I.T.T.** Design for Flexibility and Cardio

Direction: Read and understand the situation below, then design a fitness plan with F.I.T.T. principles using the given table.

A. Juanita's everyday routine is to conduct a stationary stretch before breakfast. This is to start her day actively before going to school. In this exercise, her usual practice is to extend her muscles further than its normal resting span and hold every stretch for up to 10 to 15 seconds.

Health-Related Fitness	Frequency	Intensity	Time	Intensity

RUBRICS	
Met the objectives of the task	_____/3
Completion(Task is 100% complete)	_____/3
Acuracy of entries in chart/log	_____/4
Total:	**_____/10**

Activity II: F.I.T.T. Design for Muscular Strength and Endurance

Direction: Read and understand the situation below then design a fitness plan with FITT principles using the table given.

A. Jose wants to improve his muscular endurance and maintain his muscle tissues. As a beginner, he does his weight training 3- 5 times a day using free weights (barbell and dumbbells) with 25-50% of a one-repetition maximum. And since he uses lighter weights, he repeatedly does it for 6 seconds per lift pending low.

Health Related Fitness	Frequency	Intensity	Time	Type

RUBRICS	
Met the objectives of the task	_____**/3**
Completion(Task is 100% complete)	_____**/3**
Acuracy of entries in chart/log	_____**/4**
Total:	**_____/10**

Activity III: Find a way…make a way!

Direction: Design your HRF exercise routine using the F.I.T.T. principles. Consider yourself a beginner. The plan must be simple, enjoyable, and suited to your need to attain maximum level of physical wellness. Use the table below.

Health-Related Component (Indicate the activity under each component)	**FREQUENCY**	**INTENSITY**	**TYPE**	**TIME**
(CARDIO RESPIRATORY ENDURANCE) _____				
(MUSCULAR STRENGTH) _____				
(MUSCULAR ENDURANCE) _____				
(FLEXIBILITY) _____				
(BODY COMPOSITION) _____		Combination of intensities	Dependent on intensity	
(ACTIVE DAILY LIVING HEALTH/RECREATIONAL) _____				

RUBRICS-F.I.T.T. Plan	
Met the objectives of the task	_____/5
Appropriateness of the HRF	_____/5
Completion(Task is 100% complete)	_____/5
Acuracy of entries in chart/log	_____/5
Total:	_____**/20**

Activity IV. Workout Planner

Direction: Plot your one-month **cardiorespiratory Health-Related Fitness (HRF**) exercise routine on your workout planner. Consider yourself a beginner. Therefore, your activities should be in light to moderate intensity. Base your first month workout plan on the F.I.T.T. Principles.

Note: Consider also some recreational activities as one of the activities for your plan.

RUBRICS-F.I.T.T. Plan	
Met the objectives of the task	_____/5
Appropriateness of the HRF	_____/5
Completion(Task is 100% complete	_____/5
Acuracy of entries in chart/Planner	_____/5
Total:	**_____/20**

Gauge

Multiple Choices: Select the Best answer. Write the letter of your choice in the line provided before the number.(**15 points)**

_____1. Which of the following Health Related Fitness (HRF) pertains when your heart and lungs is improved or maintained with FITT principle?

A. cardiorespiratory endurance
B. flexibility
C. muscular endurance
D. muscular strength

_____2. What does intensity during a cardiorespiratory endurance workout mean?

A. how often an activity is performed
B. how hard an activity is performed
C. how long an activity is performed
D. where an exercise is performed

_____3. Which of the following workout frequency should you consider to improve your Cardiorespiratory endurance?

A. 2 to 3 sessions per week C.1 to 3 sessions per week
B. 3 to 5 sessions per week D. 5 to 7 sessions per week

_____4. Which of the following best describes cardiorespiratory endurance?

A. body to burn calories efficiently
B. muscles to work over a long period of time
C. joints and bones to move through a full range of motion
D. heart and lungs to work efficiently to supply oxygen to the muscles

_____5. It refers to how long a cardiorespiratory endurance workout session lasts.

A. frequency B. intensity C. time D. type

_____6. If you are walking at a pace that causes your heart to beat less than 50% of its maximum heart rate, which FITT principle variable do you need to change to improve your cardiorespiratory endurance?

A. frequency B. intensity C. time D. type

_____7. Which FITT Principle variable is changed when you increase the length of a run from 1 mile to 2 miles?

A. frequency B. intensity C. time D. type

_____8. What is the FITT principle recommendation for the time that will give you the most benefit from your cardiorespiratory workout?

A. 5 minutes C. 30 minutes
B. 20 minutes D. 60 minutes

_____9. Increasing the speed or pace swimming laps

A. frequency B. intensity C. time D. type

_____10. Which of the following is NOT an example of moderate physical activity?

A. brisk walking C. jogging
B. dance aerobic D. playing computer games

_____11. Which of the following is an example of flexibility exercise?

A. basketball B. bowling C. dance aerobic D. yoga

_____12. Which of the following illustrates the meaning of progression?

A. start fast to improve quickly
B. start easy and go for a long time
C. change from running to swimming
D. slowly increasing the amount of exercise.

_____13. The amount of overload needed depend upon.

A. age B. each individual C. gender D. sex

_____14. This refers to the gradual increase in activity overtime

A. intensity C. progression
B. flexibility D. time

_____15. Which of the following does not illustrate sedentary lifestyle?

A. being inactive
B. joining Zumba dances
C. surfing the net
D. watching tv

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