

Get Fit Stay Fit 11/12

Final Assignment

Name: _____

SECTIONS:

- Warm up /10
- Exercises /47
- Etiquette/Safety /15
- Lifestyle /28
- TOTAL /100

Warm Up /10

1. Approximately how long should a warm up period last for? (/1)
2. Briefly describe 2 reasons for completing a warm up. (/2)
3. Give 3 examples of what you could do for a warm up activity: (/3)
4. What type of stretching would you do after your warm up session? (/1)
5. For the type of stretching technique you answered with for #4, provide one example for each of the following body parts: (/3)

Shoulders	
Hips	
Torso	

Exercises /47

1. What is a repetition? (/1)

2. What is a set? (/1)

3. What does tempo refer to in relation to weight training? (/1)

4. What is a general tempo to use for weight training exercises? (/1)

5. Generally speaking, how much time should you “rest” for in between sets (if choosing to “rest”)? (/1)

6. What is “active rest”? (/1)

7. List 2 exercises for each of the following muscle groups(some exercises can be listed for more than one muscle group): (/20)

Chest	
Shoulders	
Triceps	
Biceps	
Back	
Core	
Quads	
Hamstrings	
Calves	
Glutes	

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8. Why is it a good idea to work large muscle groups (chest, back, upper legs) before smaller muscle groups (arms, calves, etc)? (/2)

9. For the following exercise list when you should: (/10)

	Breathe in	Breathe out
Bench Press		
Pull Ups		
Bicep Curl		
Triceps Press Down		
Squats		

10. Why is it a good recommendation to do your core exercises towards the end of your workout? (/2)

11. Why is it important to train all of your major muscles groups equally? (/2)

12. What is static stretching and when should you perform them? (/1)

13. Provide one example of a static stretch for the following muscles: (/4)

Chest	
Back	
Quads	
Hamstrings	

Weight Room Etiquette and Safety /15

1. Why should you use collars/clamps on exercises involving bars? (/1)

2. Give 2 reasons why you should put away all the weights/equipment after using them: (/2)

3. In between your sets, why should you not leave your weights or equipment left unattended on the floor? (/1)

4. Give 1 reason why you should wear appropriate clothing in the weight room/cardio room: (/1)

5. List 1 reason why you should not drop weights when using them: (/1)

6. Why should you not speak to people when they are performing a set? (/1)

7. In between your sets, give 1 reason why you should not rest for long periods of time on benches/machines: (/1)

8. When is it a good idea to use a spotter? (/1)

9. If you're spotting for someone list 2 questions you should ask before beginning: (/2)

10. What could you say if you're not comfortable with spotting someone? (Other than "no")(/1)

11. If you ask for a spot, list 2 things you should mention to the person who will be spotting: (/2)

Lifestyle /28

1. According to the Canadian Physical Activity Guidelines for 12-17 year olds (check our class webpage) how much moderate-vigorous activity time should you be getting daily? (/1)

2. Describe a physical sign that someone is working at a moderate level of intensity: (/1)

3. List 2 examples of activities done at a moderate pace: (/2)

4. What is the difference in physical signs of someone working at a moderate level compared to someone working at a vigorous level? (/2)

5. What does H.I.I.T. stand for a briefly describe it: (/3)

6. List 2 problems with taking supplements to lose weight and/or add muscle:
(/2)

7. List 2 problems with the “starvation diet”: (/2)

8. Effective weight training routines and cardio training are known to help control which 3 of the following health issues (check the 3 you think are correct): (/3)

___ Body weight

___ Stress Levels

___ Depression

___ Flying to the moon

9. Describe 1 way in which stress can have a negative impact on your overall health levels: (/1)

10. Knowing that adolescents and young adults tend to decrease their activity levels up until the mid-late 20s, list 3 activities that you will participate in to help get your “60 a day” (60 minutes of mod-vig activity each day): (/3)

11. For the 3 activities you listed check off which of the 5 components of Physical Fitness they associate with (example: yoga = flexibility) (/3)

Component of Physical Fitness	Your listed activities
1. Muscular Strength	
2. Muscular Endurance	
3. Flexibility	
4. Cardiovascular Endurance	
5. Body Composition	

12. Which of the top 4 components do you not have an activity for? Describe one way avoiding this area of fitness could have a negative influence on your overall health levels: (/2)

13. Briefly describe what you can do for semester 2 to help get your DPA requirements AND work on all 4 of the top 4 components of physical fitness:
(/3)