

# [Fitness final](https://assignbuster.com/fitness-final/)

most valid measurement of cardiorespiratory fitness isV02MaxMaximal ability of a muscle to generate a force is known asstrength ONFITNESS FINAL SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder NowThe \_\_\_\_\_\_\_\_\_\_\_\_\_\_ test for estimating Vo2max is based on the principal that your heart rate returns to resting levels faster after exercising after having a high level of cardiorespiratory fitnessStep TestA commonly used strategy to assist with behaviour modifications is... GoalsStudy of foodnutritionpurpose of stretching is to stretchmuscles and tendoswhich of the following is believed to be the major promoter of fatty plaque build up in the coronary arterySaturated Fats\_\_\_\_\_\_\_\_\_\_\_\_ is defined as the state of optimal health which includes physical, emotional, intellectual, and spiritualWellnessThe ability to move joints freely through the full range of motion is referred to asFlexibilityThe stringy non digestible particlefiberHeather has lost 30 pounds and has kept it off for 6 years and is currently in the \_\_\_\_\_\_\_\_\_ state of changeMaintainingmuscles are attached to bones bytendonsstudies have shown that the key factor in maintaining cardiorespiratory fitness isfrequencyThe amount of weight that an individual can lift during one maximum rep is calledstrengthblanks is a method of a assessing of body composition by running a low level of electrical current through the bodyBIAmuscular blank is defined as the ability of a msucle to generate a amount of force over and overendurancewhich term means with oxygenaerobicwhich of the following is classified as a macronutrientfat, protein, carbohydratemsucle contraction that results in no movement is referred to as an \_\_\_\_\_\_\_\_ contractionisometricThe most important step in creating a suscess fitness plan isset goalsphysical fitness can be lossed due to inactivity this is termed the... reversibility\_\_\_\_\_\_\_\_\_ is fat storage in the waist, hips, and thighgynoidwhat type of simple sugar is found primarily in fruitfructoserecommended to eat minimum of -\_\_\_\_\_\_\_\_\_\_ OF GRAMS of fiber a day25The number of times per week a exercise is preformed is known asfrequency. positive work is an alternate term for whatconcentricphysiological and mental response to something in your environment that makes you uncomfortable is defined asstressmuscular endurance is the ability to9: 39the number of times the heart bpm is termedheart ratethe downward phase of of a bicep curl is an example of what movementecentricthe recommended places to take isradial, corroticthe shape of the blank determines the amount of movement possible at each jointbonestorage form of glucose in muscle and liver cells are calledGlycogenbody composition refers to the relative amount of fat and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_msuclethe body's ability to change and adapt to situations is known asallostasisobesity is linked to an increase risk ofcardiovascular diseaseone way to mainintain blank health by keeping your mind active through life long learningintelectualthe principle of progression states thatincreaces at slow paceThe term cardio \_\_\_\_\_\_\_\_\_\_\_ refers to ones ability to perform an aerobic excercse for a long period of timeendurancewhich form of carbohydrate is the only one used by the body in its natuarl formglucosetotal wellness can be achieved by balancingphysical, emotional intellectual social, and spiritual healththe pricipla of blanks states the effect of exercise training is specificspecificity\_\_\_\_\_\_\_\_ refers to the relative amount of fat of to lean tissue in the bodybody compeustress refers togood stressthe radial artery is located inthe wrista factor that produces stress is calledstressor