

Fitness final



most valid measurement of cardiorespiratory fitness is $\dot{V}O_2\text{Max}$ Maximal ability of a muscle to generate a force is known as strength

ONFITNESS FINAL SPECIFICALLY FOR YOU FOR ONLY \$13.90/PAGE Order Now The _____ test for estimating $\dot{V}O_2\text{max}$ is based on the principal that your heart rate returns to resting levels faster after exercising after having a high level of cardiorespiratory fitness

Step Test A commonly used strategy to assist with behaviour modifications is... Goals Study of food nutrition purpose of stretching is to stretch muscles and tendons which of the following is believed to be the major promoter of fatty plaque build up in the coronary artery Saturated Fats _____ is defined as the state of optimal health which includes physical, emotional, intellectual, and spiritual

Wellness The ability to move joints freely through the full range of motion is referred to as Flexibility

The stringy non digestible particle fiber Heather has lost 30 pounds and has kept it off for 6 years and is currently in the _____ state of change

Maintaining muscles are attached to bones by tendons studies have shown that the key factor in maintaining cardiorespiratory fitness is frequency

The amount of weight that an individual can lift during one maximum rep is called strength

blanks is a method of assessing of body composition by running a low level of electrical current through the body

BIA muscular blank is defined as the ability of a muscle to generate a amount of force over and over endurance which term means with oxygen aerobic which of the following is classified as a macronutrient fat, protein, carbohydrate

muscle contraction that results in no movement is referred to as an _____ contraction isometric

The most important step in creating a success fitness plan is set goals

physical fitness can be lost due to inactivity this is termed the... reversibility _____ is fat storage in the

waist, hips, and thigh
 what type of simple sugar is found primarily in fruit
 fructose
 recommended to eat minimum of - _____ OF GRAMS of fiber a day
 25
 The number of times per week an exercise is performed is known as frequency.
 positive work is an alternate term for concentric
 physiological and mental response to something in your environment that makes you uncomfortable is defined as stress
 muscular endurance is the ability to
 9: 39
 the number of times the heart bpm is termed heart rate
 the downward phase of a bicep curl is an example of eccentric
 the recommended places to take is radial, corrotic
 the shape of the blank determines the amount of movement possible at each joint
 bone
 storage form of glucose in muscle and liver cells are called Glycogen
 body composition refers to the relative amount of fat and _____
 muscle
 the body's ability to change and adapt to situations is known as allostasis
 obesity is linked to an increase risk of cardiovascular disease
 one way to maintain blank health by keeping your mind active through life long learning
 intellectual
 the principle of progression states that increases at slow pace
 The term cardio _____ refers to one's ability to perform an aerobic exercise for a long period of time
 endurance
 which form of carbohydrate is the only one used by the body in its natural
 form
 glucose
 total wellness can be achieved by balancing physical, emotional, intellectual, social, and spiritual health
 the principle of blanks states the effect of exercise training is specific
 specificity _____ refers to the relative amount of fat or lean tissue in the body
 body composition
 stress refers to good stress
 the radial artery is located in the wrist
 a factor that produces stress is called a stressor