9TH GRADE PE STUDY GUIDE

This study guide is due **DECECEMBER 3/4**. You will turn the study guide in on **DECEMBER 5/6**. The Semester Final is **DECEMBER 5/6**. Please bring a <u>PENCIL AND READING BOOK</u> to class with you on **DECEMBER 5/6**.

NAME_____PERIOD____ SCORE____

1. When weight lifting, _____ is more important than _____.

2. What is the website that we used to determine nutritional needs?

3. Diagram the Overload Principle and label the load and overcompensation.

4. In order for an activity to be aerobic and develop CV fitness, it must meet five requirements. Using the Overload Principal, indicate these five requirements as well as what FITT means.

5. What are the four ways to use the Overload Principle in the weight room?

6. You must be in your target heart rate zone to be working out aerobically. Using the formula, compute your target heart rate zone.

    Minimum beats to minute_____   Maximum beats per minute_____

7. Place the following on the continuum (remember not all are on the line; some are at the end): Strength, marathon, aerobic, jumps, endurance, sprints, anaerobic, cross country skiing, fast-twitch muscle fiber, slow-twitch muscle fiber.

_____

8. Define the following words. You will not need to know definitions word for word for the test.

Overload Principle

Cardio

CV system

CV fitness

Aerobic

Anaerobic

Muscular strength

Muscular endurance

Flexibility

Dynamic stretch

Static stretch

Ballistic stretch

9. To develop strength in the weight room, _____ resistance and _____ reps.

10. To develop endurance,_____ resistance and _____ reps..

11. What is the four step treatment for a soft tissue injury?

12. What are the five components of physical fitness?

13. Write the <u>name of the muscle and function</u> in each of the locations. On the test you will write out
     the name of each muscle – spelling counts – and match the function of each muscle.

Shin

Lower back

Front of upper arm

Shoulder

Calf

Buns

Front of hip

Back of upper leg

Inner thigh

Outer thigh

Middle back

Chest

Thigh

Stomach

Back of upper arm

Upper back and neck