

# Rhythms Final Exam Study Guide

## Physical Fitness

1. You should exercise in your target heart rate range for at least \_\_\_\_\_ minutes to improve your aerobic condition.
2. To be healthy, you should exercise \_\_\_\_\_ to \_\_\_\_\_ times a week.
3. Your \_\_\_\_\_ is a good way to measure your intensity.
4. To calculate your maximum heart rate you use the constant number \_\_\_\_\_ and subtract your \_\_\_\_\_.
5. Your target heart rate range is \_\_\_\_\_% to \_\_\_\_\_% of your maximum heart rate.
6. When you exercise within your \_\_\_\_\_ range and strengthen your heart, you lower your \_\_\_\_\_.
7. Your \_\_\_\_\_ is taken after your cool-down.
8. Always use your first two fingers to take your pulse and never your \_\_\_\_\_ because it has a pulse of its own.
9. List the 5 Health-Related Fitness Components
  
10. List the 6 Skill-Related Fitness Components
  
11. What is the name of the pulse that is taken on the side of the neck? \_\_\_\_\_
  
12. The FIT Formula stands for:  
F \_\_\_\_\_  
I \_\_\_\_\_  
T \_\_\_\_\_

Name the Yoga pose pictured.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

13. Yoga is designed to improve what health fitness component? \_\_\_\_\_

14. Name 3 benefits of core workouts: \_\_\_\_\_  
\_\_\_\_\_

15. What is the typical beat count for our tinkling routines? \_\_\_\_\_

16. What three muscle groups should be focused on to develop a strong core? \_\_\_\_\_

17. What benefit(s) does physical activity have on the heart? \_\_\_\_\_

18. What benefit(s) does physical activity have on the brain? \_\_\_\_\_

19. What is fitness walking? \_\_\_\_\_

20. What do you mean when you refer to the pace of a fitness walk? \_\_\_\_\_

21. Name the 3 benefits of your arm swing when fitness walking. \_\_\_\_\_

22. Name at least 3 things that jumping rope will improve \_\_\_\_\_  
\_\_\_\_\_

23. What exercise burns more calories per minute than any others?

24. Name 3 benefits of step aerobics. \_\_\_\_\_

25. Name 3 ways to increase/decrease the intensity of your step aerobics workout.  
\_\_\_\_\_

26. What is the main benefit of using a BOSU ball? \_\_\_\_\_

27. Name 5 stability ball exercises

28. What are 3 benefits of using a stability ball for a core workout?  
\_\_\_\_\_

29. Name the 6 principle of Pilates.

30. The Pilates powerhouse refers to what 3 muscle groups?

---

31. What physical benefits should you expect from practicing Pilates on a regular basis?

---

32. What are 3 health benefits of a muscle endurance workout?

---

33. What is circuit training?

---

34. Muscle endurance gives you the physical ability to do what 2 things?

---

35. Give an example of a muscle endurance routine in terms of sets and repetitions.

---