



Pathfinder's Name

Physical Fitness

1. List ten benefits of being physically fit.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

2. Know how the following help to achieve a balance for your body:

Exercise _____

Proper eating _____

Emotional stability _____

3. Define the following exercises:

Isometric _____

Isotonic _____

Isokinetic _____

Anaerobic _____

Aerobic _____

- 4. Know the meaning of the principles involved in the following exercise program:

Warm up _____

Aerobic exercises _____

Cool down _____

Calisthenics _____

- 5. Know how to determine your heart rate at rest and after exercise.

At rest _____

After exercise _____

- 6. Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.

- 7. Using the four steps given in requirement 4, do a regular exercise program at least four times a week for three months. Keep a chart of the following: (Complete Chart #1)

- a. Type of warm-up exercises performed
- b. Type of aerobic exercises performed
- c. How long aerobic exercises were performed
- d. Type of calisthenics performed

For each exercise period, maintain the minimum heart rate determined in requirement 7 for a period of at least 20 minutes.

Physical Fitness, Chart #1

Month: _____

Record a regular exercise program for a least 4 times a week for 3 months

	1st Week				2nd Week				3rd Week				4th Week			
Type of warm up exercises																
Type of aerobic exercises																
How long aerobic exercises performed?																
Heart Rate																
Type of calisthenics exercises																