

# Fitness Packet Questions

Name: \_\_\_\_\_ Period \_\_\_\_\_ Date: \_\_\_\_\_

1. What are the 5 components of Health Related Physical Fitness

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

2. What are the 6 components of Skill Related Physical Fitness

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

3. What are 10 benefits from being physically fit?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_
- i. \_\_\_\_\_
- j. \_\_\_\_\_

4. What are the 3 components of exercising?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

5. What is aerobic activity? \_\_\_\_\_  
\_\_\_\_\_

6. What is anaerobic activity? \_\_\_\_\_  
\_\_\_\_\_

7. What is a pulse? \_\_\_\_\_  
\_\_\_\_\_

8. Why is it important to know your target heart rate? \_\_\_\_\_  
\_\_\_\_\_