

# Concepts Study Guide LE2

## Chapters 6-9

Have you heard—chap 7 & 8

Warm up

Cool down

Fitness Facts—chap 8

Body fat percentage

10 Strategies for weight Management—chap 6

Overload Principle

Magnificent Seven

5 Key Workout Elements

Why People choose not to exercise

Disability Zone

Percentage of adults with back pain—8 of 10

Resting/maximum Heart Rate

TC/HDL Ratio

FITT Formula for Lifestyle Physical Activity

Flexibility vs Stretching

Comparing the 4 Types of Stretching

Cellulite-old fat

**A Dozen Reasons to Exercise**—*Internet*

**Exploding 10 Exercise Myths**—*Internet*

Brushing your teeth

How to buy shoes

How to shower/wash hair

Anything I said in Class

## Terms to Study

adipocytes

aerobic

aerobic conditioning

anaerobic

anaerobic conditioning

anorexia nervosa

atrophy

ballistic stretching

BMI

bulimia

chronological aging

creatine phosphate

diastolic pressure-resting

DOMS

flexibility

HDL

health-related goals

hypertrophy

isokinetic

isometric

isotonic

lean body mass

LDL

lifestyle diseases

MET

muscular endurance

muscular strength

osteoporosis

overload principle

physiological aging

PNF

repetition

RICE

set

spot reduction

systolic pressure-pumping

training effect

Type I diabetes

Type II diabetes

Don't wait  
until the  
last minute  
to study and  
let a "TON"  
of bricks hit  
you in the  
head!

