

Name: _____

Class: _____

Oct Assignment

Gr. 9 - Physical Fitness Assignment - Due date Oct 15th

Give a definition for the term FITNESS:

What is the difference between Muscular Strength and Muscular Endurance?

Draw a table / chart and label all 4 components that are needed for the FITT Principle:

OUTPUT				
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Physical fitness is something that is developed through conditioning the body at a higher level of effort than the body is used to.

List 6 benefits to regular physical activity

- 1
- 2
- 3
- 4
- 5
- 6

Explain the following descriptors and explain what is needed to calculate or answer the question.

Resting heart rate- (when is the best time to take it)

Maximum heart rate-

Moderate health zone-

Aerobic health zone-

