

NAME:

GRADE LEVEL: 11

PHYSICAL EDUCATION

Identify the Physical fitness in each number and write your answer on space provided.

- _____ 1. It is the ability of the muscles to generate the greatest force. One repetition maximum is the heaviest load that can be lifted in one repetition.
- _____ 2. Is a condition that allows the body to effectively cope with the demands of daily activities and still has the energy to enjoy other active leisure activities.
- _____ 3. It is the capacity of the heart, lungs, and blood vessels to supply oxygen and nutrients to the working muscles efficiently to sustain prolonged rhythmical exercises.
- _____ 4. Is the ability to move a joint without pain over its entire range of motion.
- _____ 5. Is the ability of the muscles to resist fatigue when performing multiple repetitions of a submaximal load.
- _____ 6. It refers to the total make-up of the body using the concept of two component model: the lean body mass and the body fat.
- _____ 7. Increase the elasticity of muscles and tendons surrounding the joint to improve flexibility.
- _____ 8. Require the muscle to contract against an external load (e.g., barbell) to improve muscular strength, muscular endurance, and bone strength.
- _____ 9. Involve large muscle groups (e.g., thighs that perform rhythmic and continuous movement for a prolonged period of time to improve aerobic capacity.
- _____ 10. States that the body must work harder than what it is used to in order for it to adapt. It implies that exercise is a controlled form of stress that will stimulate the body to become stronger.
- _____ 11. State that the body will adapt specifically to the workload it experienced. It implies that improvements in fitness level will be limited to the activities that one is performing.
- _____ 12. State that the body should experience a gradual increase in workload. How soon.
- _____ 13. That take place as a result of training are all reversible. While an exercise program requires rest for the body to recover, too much rest may be counterproductive.
- _____ 14. State that no two persons are the same and their rate of adaptation to the same workload differ. This principle emphasizes the need to create an exercise program that is individual-specific.

ESSAY

How principle of exercise training is important? (Explain) 6pts.