

## Physical fitness research questions

(Take ownership of your own learning process by researching the required information about the topic)

1. What is muscular endurance?
2. Describe the purpose of fat in the body?
3. What are cardiovascular benefits in aerobic exercise?
4. What are the results of cardiovascular endurance?
5. What metabolic benefits include in cardiovascular training?
6. Intensity in anaerobic exercise is determined by:
7. An aerobic activity is one that:
8. What body fuel does anaerobic activity use?
9. What is included in the byproducts of aerobic exercise?
10. List the major components of physical fitness

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

11. What is Hypertrophy training?

12. What is Strength training?

13. What is aerobic training?

14. Lower back pain can be alleviated by performing the following exercises:

15. What is the ratio of macronutrients (Macronutrients are carbohydrates, protein, and fat) advocated by the American heart Association, American Dietetic Association and the American council on Exercise?

Protein percentage: \_\_\_\_\_

Fat percentage: \_\_\_\_\_

Carbohydrates \_\_\_\_\_

16. Normal average resting blood pressure is considered to be:

17. The maximum heart rate is determined by what formula?

18. Research the formula for your own personal fat burning zone: