Fitness Homework for 9th/10th Grade

1. Your target heart rate is a heart rate __________ in which an athlete would want to work at to achieve optimal fitness. There is a formula to calculate your THR which uses the number 220, your ________.

2. There are five components of fitness:
   A. Muscular __________________________
   B. Muscular __________________________
   C. Body ______________ __________________________
   D. Flex____________________
   E. Cardio_______________ _______________

3. There are many benefits of Exercising! Complete the sentence below based on your own opinion.
   I exercise to __________________________, ______________________ and ______________________. (Why do you exercise?)

   The other scientific benefits of exercising are to lower __________________________, lower __________________________, reduce __________________________, reduce________________________, increase________________________ and increase __________________________.

4. Your Body Mass Index (BMI) is a calculated range between your ___________ and your ___________.

5. Your Body Mass Index is an indicator of your health.
   A BMI less than 16 indicates you to be __________________________.
   A BMI between 16-18 indicates you to be __________________________.
   A BMI between 25-29 indicates you to be __________________________.
   A BMI over 30 indicates you to be __________________________.

6. Fill in the blanks to the chart below. You may have to use the muscle posters in the fitness room

<table>
<thead>
<tr>
<th>MUSCLE</th>
<th>BODY PART</th>
<th>STATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominals</td>
<td>Stomach</td>
<td>Bench Press</td>
</tr>
<tr>
<td>Heart</td>
<td>Chest</td>
<td>Treadmill</td>
</tr>
<tr>
<td>Gluteals</td>
<td>Front of arm</td>
<td>Leg Press</td>
</tr>
<tr>
<td></td>
<td>Back of thigh</td>
<td>Squats</td>
</tr>
</tbody>
</table>