

6th Grade Study Guide

FIVE COMPONENTS of FITNESS (Fitness Tests)

1. Cardiovascular Endurance - Pacer
2. Muscle Endurance - Sit-Ups
3. Muscle Strength - Flexed Arm Hang
4. Flexibility - Sit & Reach
5. Body Mass Index (BMI) - Height & Weight Measurements

RATE OF PERCEIVED EXERTION (RPE)

This rating scale asks the exerciser “how hard they think they are working or at what level of intensity.” The scale starts at #1 being not active and increases to #5 being very active/strenuous.

Cardiovascular Endurance - the ability to do aerobic exercise for a long period of time without stopping.

Muscle Endurance - the ability to lift a weight for many repetitions without stopping.

Muscle Strength - the maximum amount of weight that can be lifted one time.

Flexibility - Good flexibility improves sports performance and decreases injuries.

- Middle School students need 60 minutes of moderate to vigorous physical activity (MVPA) every day.
- Proper weight lifting technique is important for student (lifter) safety. If you do not use proper technique, you run the risk of injuring yourself.

TEN MAJOR MUSCLE USED IN STRENGTH TRAINING (lifts)

Biceps (front top arm) ~ Triceps (back top arm) ~ Deltoids (shoulders) ~ Latissimus Dorsi (back) ~ Pectorals (chest) ~ Abdominals (stomach) ~ Quadriceps (front upper thigh) ~ Hamstrings (back upper leg) ~ Gluteus Maximus (buttocks) ~ Gastrocnemius (calves)

****Students need to identify and locate 5 of these 10 muscles**