Midterm Study Guide
Chapters 1, 4-8, 12 (Weight Management/Control)

Exercise/Disease Prevention
Metabolic Systems (Aerobic/Aerobic Systems)
Cardiovascular System
   Blood pressure, HDL/LDL
Benefits of Exercising
Components of Fitness
   Cardiorespiratory Endurance, Body Composition, Flexibility, Muscular Endurance/Strength
FITT
Principles of Exercise
Setting Goals
Body Alignment
   Points of Alignment
Monitoring Intensity by Heart Rate
   Maximum Heart Rate Formula – Target Heart Rate Zone
Alternative Measurements of Intensity
   Talk Test, Perceived Exertion, Borg Scale, Dyspnea Scale
Stretches
Structure of an Aerobic Workout
   Warm-up, Aerobics, Cool-down, Body toning/conditioning, flexibility, relaxation
Caloric Expenditure
Weight Management
   1 lb = 3500 calories
Weight Loss
Spot Reduction
Eating Disorders
Weight Control – Body Shapes
   BMI, Set-Point Theory, Waist-to-Hip Ratio, Overweight, Overfat, Obese

*NOTE- Bring a #2 pencil and calculator.

MIDTERM
Thursday, March 4
VKC 105