



- 1. List ten benefits of being physically fit.
- 2. Know how the following help to achieve a balance for your body:
 - a. Exercise
 - **b.** Proper eating
 - **c.** Emotional stability
- **3.** Define the following exercises:
 - a. Isometric
 - **b.** Isotonic
 - **c.** Isokinetic
 - d. Anaerobic
 - e. Aerobic
- **4.** Know the meaning of the principles involved in the following exercise program:
 - **a.** Warm up
 - **b.** Aerobic exercises
 - **c.** Cool down
 - d. Calisthenics
- 5. Know how to determine your heart rate at rest and after exercise.
- **6.** Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.
- 7. Using the four steps given in requirement 4, do a regular exercise program at least four times a week for three months. Keep a chart of the following:
 - a. Type of warm-up exercises performed
 - **b.** Type of aerobic exercises performed
 - c. How long aerobic exercises were performed
 - **d.** Type of calisthenics performed

For each exercise period, maintain the minimum heart rate determined in requirement 7 for a period of at least 20 minutes.

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