6th Grade Fitness Study Guide

1. **Be able to list the 5 components of being a FIT person**. –

Eat Healthy- people should eat at least 3 meals a day; eat the majority of your foods from the food pyramid; refrain from eating large amounts of processed foods,

 Exercise- children should get at least 60 minutes of activity a day

 Get enough Sleep- students should get at least 8-10 hours of sleep each night to gain the energy necessary for daily activities; help you concentrate more in class

 Good Hygiene- take care of your body; deodorant; regular baths and showers; regular check- ups with doctors and dentist; clean clothing

 Positive Self-Esteem- how you feel about yourself; being happy with who you are as a person

* Be able to list some FACTORS that can affect a students’ self-esteem

1. **Know the four parts of Exercise and be able to identify activities that may help to increase that part of exercise.**

Cardio Vascular Endurance- the ability of the heart, lungs, and circulatory system to supply nutrients necessary for prolonged activity.

Activities:

Muscular Strength- the ability of muscles to exert an extreme amount of force at once.

Activities:

Muscular Endurance- the ability to use muscles for an extended period of time with light force.

Activities:

Flexibility- range of motion in your joints

Activities:

**Know the two places to take your pulse:** Wrist and neck

**Know how to calculate your heart rate in beats per minute:** take your pulse for 6 or 10 seconds and multiply the number you get by either 10 or 6 to get number of heart beats per minute. Ex: 9 heart beats in 6 seconds = 90 beats per minute

Understand the difference between **resting heart rate** and **exercise heart rate**

* A healthy heart at rest will beat between 60-100 beats per minute; if you are an elite athlete resting HR could be as low as 40 BPM.
* Exercise HR or Target HR is 50 to 80% higher than your resting rate.  Your maximum heart rate is about 220 minus your age.

EATING DISORDERS

**Define eating disorder**: any of a range of psychological disorders characterized by abnormal or disturbed eating habits (such as anorexia nervosa).

**Know the difference between Anorexia and Bulimia**:

Anorexia - a lack or loss of appetite for food (as a medical condition).

An emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.

Bulimia- insatiable overeating as a medical condition, in particular.

* An emotional disorder involving distortion of body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by depression and self-induced vomiting, purging, or fasting.
* An eating disorder in which a large quantity of food is consumed in a short period of time, often followed by feelings of guilt or shame.