7th and 8th 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 and explain how these factors affect youth.

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.

**Signs and Symptoms of Anorexia and Bulimia:**

Anorexia: physical – irregular menstrual periods, hair falls out, body does not repair itself well, dizzy

 Spells, frequently tired and feel run down

Psychological –described as a “perfectionist”, experience mood swings or irritability, feel your body is the only thing you can control, you feel people are lying if they say you look too skinny or have lost weight

Behavioral – isolate yourself, exercise compulsively, avoid social gatherings in which food is involved, and wear baggy clothes so you can mask your weight loss

Bulimia: physical – brittle nails; bruise frequent; experience headaches that reoccur, weight shifts

 between 5-10 lbs., may throw up blood

Psychological– feel worthless after eating a certain amount of calories, often feel like you don’t belong, irritability around food, the scale determines whether or not it is a good day or bad day

Behavioral – force yourself to purge for any length of time, hoard food, only like eating alone, continually go on “diets” and stick to diet foods until you binge