

EXRX WEB SITE ASSIGNMENT

Go to the fitness information website exrx.net to begin.

Part I- The Beginners Page. Read Starting on the Right Foot, Starting an exercise program, Exercise Adherence Techniques and Fitness Components (this one is under exercise info on the main menu)

1. Why should you choose to engage in activities that you enjoy?
(Beginners Page-Starting on the Right foot
<http://exrx.net/ExInfo/StartingRight.html> and Adherence Techniques
<http://exrx.net/Psychology/AdherenceTips.html>)

2. Since most people drop out of their exercise regiments in the first 6 months, it is important to find ways to stay motivated. Name 8 suggestions that may help you stay motivated to stick to your exercise program. (Beginners Page- Starting on the right foot and exercise adherence techniques)

a.

b.

c.

d.

e.

f.

g.

h.

3. Name the five health related components of fitness, define them, and give two examples. (Beginners Page- Starting Outline <http://exrx.net/ExInfo/StartingOutline.html>)

A. _____ -
ex.

B. _____ -
ex.

C. _____ -
ex.

D. _____ -
ex.

E. _____ -
ex.

Define – <http://exrx.net/ExInfo/FitnessComponents.html>

Static strength

Example:

Strength

Example:

Power

Example:

Speed

Example:

Velocity

Example

4. Define- (Beginners Page- Starting Outline)

<http://exrx.net/ExInfo/StartingOutline.html>

Specificity-

Example of how to apply it:

Reversibility-

Example of how to apply it:

Progression-

Example of how to apply it:

Overload-

Example of how to apply it:

5. Give 3 keys to successful goal setting.(Beginners Page-Starting on the right foot-Adherence Techniques)

<http://exrx.net/Psychology/AdherenceTips.html>

Part II- Weight Training- Read the Guidelines, Spot Reduction Myth, and Toning with Weights

1. Explain the following (Weight training-fat loss myths <http://exrx.net/WeightTraining/Myths.html> and Weight Training with Endurance Training Enhances Fat Loss

<http://exrx.net/FatLoss/WT%26End.html>)

A. Spot Reduction Myth-

B. High Reps burn more fat Myth-

2. Which weighs more Muscle or Fat? (Weight training-toning
<http://exrx.net/WeightTraining/Toning.html>)

3. Name 3 rules to remember regarding exercise sequence. (Weight
training-guidelines <http://exrx.net/WeightTraining/Guidelines.html>)

A.

B.

C.

4. What are the recommended reps for novices? (weight training-guidelines <http://exrx.net/WeightTraining/Guidelines.html>)

5. Give 2 benefits of Warming Up. (exercise information-warm up <http://exrx.net/ExInfo/WarmUp.html>)

A.

B.

6. Define "tone"- (weight training-toning <http://exrx.net/WeightTraining/Toning.html>)

7. How many calories are burned by one pound of muscle each day? (weight training-toning <http://exrx.net/WeightTraining/Toning.html>)

8. What does "Toning with weights" say about the ability of men and women to "bulk up" <http://exrx.net/WeightTraining/Toning.html> .

9. What does it say about Weight Loss?
<http://exrx.net/WeightTraining/Toning.html>

Part III- Calculate your Target Heart Rate (fitness calculators <http://exrx.net/Calculators/TargetHeartRate.html>)

220- your Age= Maximum Heart Rate (MHR)

60% of your MHR (MHR x .6)= _____ = when fat burning begins

70% of your MHR (MHR x .7)= _____ = when cardiovascular training benefits occur

85% of your MHR (MHR x .85)= _____ = upper aerobic limit/ beginning of anaerobic training

So when engaging in cardiovascular exercises, one should exercise 30+ minutes within their Target Heart Rate Zone, or 60%-85% of one's maximum heart rate.

Your Target Heart Rate Zone _____ to _____ beats per min (bpm)

Part IV- Diet and Nutrition- Read all parts

10. List 10 Nutritional Guidelines (diet and nutrition-dietary guidelines <http://exrx.net/Nutrition/DietaryGuidelines.html>)

A.

B.

C.

D.

E.

F.

G.

H.

I.

J.

11. How many calories/gram of: (diet and nutrition- rationale
<http://exrx.net/Nutrition/Rationale.html>)

a. carbohydrates _____

b. protein _____

c. fat _____

Part V- Weight Loss- Read the Weight Loss Outline
<http://exrx.net/FatLoss/Outline.html> , Exercise Therapy
<http://exrx.net/FatLoss/ExTherapy.html> , and look at the Weight Training
with Endurance Training study <http://exrx.net/FatLoss/WT%26End.html> .

12. It is recommended that a person not eat less than 1800 calories per day. How does your body react when you drop your caloric input below this? (weight management-wt loss tips
<http://exrx.net/FatLoss/WeightLossTips.html> and why diets fail
<http://exrx.net/FatLoss/WhyDietsFail.html>)

13. Name 2 reasons Aerobic and Anaerobic exercises should be done when trying to control ones weight. <http://exrx.net/FatLoss/Exercise.html>

-

a.

b.

14. How many calories are in one pound of fat? (weight training-toning <http://exrx.net/WeightTraining/Toning.html>)

15. Name 4 reasons why 95% of all diets fail?(weight management-why diets fail <http://exrx.net/FatLoss/WhyDietsFail.html>)

a.

b.

c.

d.

16. Approximately how many US adults are overweight? (weight management-exercise and obesity summary

<http://exrx.net/FatLoss/Summary.html>)

Overweight ? _____ to _____ % Obese? _____%

17. Using the calculator figure out you estimated daily caloric requirement. _____ cal/day. (fitness calculators-caloric requirements <http://exrx.net/Calculators/CalRequire.html>)

18. Define- (beginners page-starting outline

<http://exrx.net/ExInfo/StartingOutline.html>) In general what does each mean?

Frequency:

Example:

Intensity:

Example:

Time/Duration:

Example:

Type:

Example:

Part IX- Find and examine 5 other fitness websites and give a 4-5 sentence synopsis of the site.

A. _____-

B. _____-

C. _____-

D. _____ -

E. _____ -