

**GROSSMONT COLLEGE**  
**Department of Exercise Science and Wellness**  
The Way to a Long and Healthy Life – Study Guide  
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In your own words, what is Physical Fitness?

How do you know when you are fit?

What are the components of Physical Fitness? Name them and write a BRIEF description of each

1 \_\_\_\_\_

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2 \_\_\_\_\_

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3 \_\_\_\_\_

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4 \_\_\_\_\_

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5 \_\_\_\_\_

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List at least 4 health benefits associated with improved cardiovascular fitness as achieved with regular exercise. Which one of these 4 is the most important to you?

1

2

3

4

What is your body fat that was measured at the beginning of the semester? \_\_\_\_\_

Above what percentage is considered to be “over fat” for Females? \_\_\_\_\_

■ For Males? \_\_\_\_\_

What is Body Mass Index? \_\_\_\_\_

What is a healthy number for Body Mass Index? \_\_\_\_\_

What is your number that was measured at the beginning for the semester? \_\_\_\_\_  
(hint – this is on the print out from the body fat testing)

What does the acronym FITT stand for?

F \_\_\_\_\_

I \_\_\_\_\_

T \_\_\_\_\_

T \_\_\_\_\_

The focus of this class is cardiovascular and muscular endurance fitness improvement. Use the FITT principle above and let me know what you need to do to improve your cardiovascular fitness.

What is Progressive Overload?

How long does it take before your body starts losing fitness once you stop training? \_\_\_\_\_  
This is called Reversibility.

How many days per week do you need to do muscular conditioning exercises in order to achieve a fitness benefit?  
\_\_\_\_\_

What are some examples of the type of exercises you can do to improve your level of muscular fitness?

How often do you need to stretch in order to improve your level of flexibility? \_\_\_\_\_

How many times per week do you need to do cardio training in order to improve your cardiovascular fitness?  
\_\_\_\_\_

Based on the intensity guidelines on the bottom of page 9, what intensity should you be working at when you are doing your cardio training?  
\_\_\_\_\_

Are you in that range during our class? \_\_\_\_\_ If not – too high? Too low?

What does RPE stand for?

R \_\_\_\_\_

P \_\_\_\_\_

E \_\_\_\_\_

Describe RPE. What level of RPE do you think you are exercising at during our class?

How many fat cells does the average adult have? \_\_\_\_\_

Once you have them, can you get rid of them? \_\_\_\_\_

Why is it so hard to get the fat cells to shrink? What is it about the body that makes losing weight so difficult?

Why are low carb diets bad?

What is the Energy Balance Equation?

How many calories are there in a pound of fat? \_\_\_\_\_

Let's assume that you burn about 5-10 calories per minute when you are engaging in a fitness class (this number varies greatly according to your intensity). How long do you have to exercise before you will burn off that pound of fat?

\_\_\_\_\_

Based on the results of your body composition test at the beginning of the semester and what is considered a healthy level of body fat, do you need to improve your body composition by reducing fat and increasing muscle mass?

YES

NO

What is the BEST way to lose fat and increase muscle mass to improve body composition?

Believe it or not you will not be able to achieve optimum health and fitness, sufficient weight loss and/or muscle gain by ONLY participating in one Grossmont Fitness class two times per week. Based on the information in the text what other things do you need to do to achieve optimal health and wellness?

What are the 6 Essential Nutrients?

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List some food examples for each of the following categories.

Carbohydrates –

Simple -- \_\_\_\_\_

Complex -- \_\_\_\_\_

Fats –

Saturated -- \_\_\_\_\_

Unsaturated -- \_\_\_\_\_

Transfat -- \_\_\_\_\_

Proteins -- \_\_\_\_\_

Which category does Fiber fall into? \_\_\_\_\_

Do we need to take vitamins and minerals in pill form as supplements in order to get the amount we need everyday for good health? Justify your answer – yes or no.

How much water do you need to drink everyday for good health? \_\_\_\_\_

**Food Label Information:**

What order are the ingredients of a product listed in?

What is considered a “serving size”?

Think about a bowl of cereal that you might have for breakfast. How many servings (based on the information on the box label) do you think you typically eat when you pour yourself a bowl of cereal?

What are the 6 risk factors for heart disease?

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If you eat foods that have “no cholesterol” listed on the label will this protect you from developing heart disease?

Yes

No

Are these foods necessarily healthy? Why or why not?

Which type of cholesterol is the “good guy”?

What is one way to increase the level of “good cholesterol” you have in your blood?

What numbers do your readings have to be to be considered high blood pressure?

What is Metabolic Syndrome?