

**GRADE 10**  
**FITNESS UNIT REVIEW**

1. Muscle Anatomy
  - a. Know how to spell and locate the following muscles (there will NOT be a word bank): DELTOID, PECTORALIS MAJOR, BICEPS, TRICEPS, RECTUS ABDOMINUS, LATISSIMUS DORSI, GLUTEUS MAXIMUS, QUADRICEPS, HAMSTRINGS, & GASTROCNEMIUS
  - b. Identify what muscle group is being used in common exercises (i.e. Bicep curl → bicep; pushups → pectoralis major)
  
2. Fitness Components
  - a. List and define 4 fitness components
  - b. FITT principle for each component
  
3. Cardiovascular Endurance
  - a. Describe the different heart rate zones (light, moderate vigorous) and provide exercise examples of each
  - b. What are the benefits of exercising in the moderate to vigorous heart rate zone?
  - c. FITT principle for cardiovascular endurance
  - d. Know all the different heart rates (resting heart rate, working recovery heart rate, working heart rate, starting heart rate)
  - e. What 2 heart rates indicate a person's cardiovascular fitness level?
  
4. Muscular Strength & Endurance
  - a. Benefits of muscular strength/endurance training
  - b. Define isotonic and isometric exercises and provide examples
  - c. Benefits of isometric exercises
  - d. Explain Atrophy and Hypertrophy and why they can happen
  
5. Flexibility
  - a. Name and explain the different types of stretches
  - b. What are the benefits to having good posture?
  
6. Body Composition
  - a. Define body composition
  - b. Define MESOMORPH, ECTOMORPH, & ENDOMORPH.

THE FITNESS TEST IS ON \_\_\_\_\_