



# 4

## Reinforcement

### TRUE-FALSE PHYSICAL ACTIVITY CLUES

For each statement below, write T in the blank if it is true and F if it is false.

- \_\_\_\_\_ 1. When you increase your exercise program gradually, you are following the principle of progression.
- \_\_\_\_\_ 2. The four factors in the FITT formula are frequency, intensity, time, and type.
- \_\_\_\_\_ 3. The intensity of physical activity should be increased quickly so that the body does not have time to adapt to a particular load.
- \_\_\_\_\_ 4. A high performance rating is not a necessity for good health.
- \_\_\_\_\_ 5. You can improve your fitness without an increase in exercise.
- \_\_\_\_\_ 6. Your resting heart rate is the number of times your heart beats per minute while you are asleep.
- \_\_\_\_\_ 7. To check your heart rate during an exercise activity, count your pulse as soon as you finish the activity.
- \_\_\_\_\_ 8. A minimum goal should be to achieve high performance in all five parts of health-related fitness.
- \_\_\_\_\_ 9. The threshold of training is the minimum amount of overload you need to build physical fitness.
- \_\_\_\_\_ 10. The FITT formula can be applied differently for each area of fitness and for each body part.
- \_\_\_\_\_ 11. The principle of specificity states that most types of activity build the same parts of fitness.
- \_\_\_\_\_ 12. Exercising above your target ceiling is a good way to build fitness fast.
- \_\_\_\_\_ 13. An athlete's chances of success are increased if he or she has an excellent fitness rating.
- \_\_\_\_\_ 14. You can tell everything you need to know about your fitness from one physical activity.
- \_\_\_\_\_ 15. Maturation can play an important part in a person's skill-related fitness.
- \_\_\_\_\_ 16. For exercise to be of benefit, the frequency needs to remain the same for each kind of exercise.
- \_\_\_\_\_ 17. To improve fitness, you must work within your target fitness zone at least 15 to 30 minutes at one time.

The numbers below correspond to the true-false statements. If you black out each letter that corresponds to the number of a statement that was true, the remaining letters will spell a word from the chapter.

|   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| R | N | O | S | V | E | J | R | P | W  | L  | O  | Z  | A  | Q  | D  | X  |