Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_ Due Date: \_\_\_\_\_\_\_\_\_

**Fitness Learning Packet (Junior/Senior)**

Be sure to answer ALL parts of the questions in COMPLETE SENTENCES. Not all the answers will be found in the packet. You will have to use other resources to find all the answers.

What is the difference between aerobic and anaerobic exercise? Give 2 examples of each

Why is core strength important? What are some other ways to strengthen your core other than doing crunches?

Why do many people use the 1 rep-max as a goal for their lifts to gain muscle?

Of the 5 fitness concepts, which do you feel is the most important and why?

Explain the 2 different types of stretching and when they will be used.

Why is it important to have weekly exercise goals?

Find 2 workout programs and explain why they could be beneficial and why they could be unsuccessful.

Find 3 community gyms that you would find beneficial to go to and list their contact information.

Explain why “fad diets and workouts” are normally successful at first but then in terms of long term goals, it isn’t successful.