

## Chapter 4

### Guidelines for Exercise

True or False:

- \_\_\_\_\_ 1. Proper shoes are the most important consideration when selecting your exercise wardrobe.
- \_\_\_\_\_ 2. The color of clothing does not make any difference when exercising in hot weather.
- \_\_\_\_\_ 3. It is important that you evaluate your level of fitness prior to beginning a personal fitness program.
- \_\_\_\_\_ 4. Microscopic tears in muscle fibers and connective tissue cause muscle soreness after you exercise.
- \_\_\_\_\_ 5. Dressing in layers during cold weather is an exercise myth.
- \_\_\_\_\_ 6. Your body is easily cooled by evaporation on a day with high humidity because you sweat more.
- \_\_\_\_\_ 7. It is best to limit fluid intake to people who are sweating profusely because the water may cause stomach cramps.
- \_\_\_\_\_ 8. Shin splints are typically caused by overuse of poorly conditioned muscles.
- \_\_\_\_\_ 9. A common treatment for blisters is to place a "doughnut" shaped piece of foam over the blister.
- \_\_\_\_\_ 10. The exact cause of a stitch-in-the-side is not known.
- \_\_\_\_\_ 11. Setting goals is one of the most important steps to take when setting up your personal fitness program.
- \_\_\_\_\_ 12. The way in which you begin your self-improvement program does not depend on what you have been doing for the past few months.
- \_\_\_\_\_ 13. If you are sick, you should quit exercising until you feel better.
- \_\_\_\_\_ 14. You may not feel comfortable if you exercise after a large meal since it may interrupt your digestive process.
- \_\_\_\_\_ 15. Exercising near heavily traveled highways is all right since there is very little pollution in those areas.

- \_\_\_\_\_ 16. It is a good idea to exercise in the cooler parts of the day if you are beginning an exercise program.
- \_\_\_\_\_ 17. You should be able to recognize heat illnesses and know what to do to take care of them.
- \_\_\_\_\_ 18. The warm-up is not an important part of a fitness program.
- \_\_\_\_\_ 19. You should drink plenty of water before, during, and after exercise.
- \_\_\_\_\_ 20. You should take salt tablets to help replace salt lost through sweating after you have worked out.

## ACTIVITY 4-1

### GUIDELINES FOR EXERCISE

NAME \_\_\_\_\_ DATE \_\_\_\_\_ CLASS \_\_\_\_\_

**PURPOSE:** To apply exercise guidelines to various physical activity situations.

**PROCEDURE:** Read Chapter 4 and react to each of the following situations.

1. Your friend has decided to start a jogging program to help her lose 15 pounds. It is summer time and the weather is very hot, but your friend is wearing a rubber suit in order to sweat more. What is your advice?
2. In addition to wearing a rubber suit, your friend tells you that she is taking salt tablets every day to help replace the salt she loses while jogging. What is your advice?
3. Your brother is playing Little League Football and you enjoy watching his practices. Everything seems to be going well except the coaches do not allow the players to have water during practice. What is your reaction?
4. It is a hot, humid day. You are jogging and have gone farther than you have ever gone before. You think about going farther, but you are beginning to feel weak, dizzy, and chilled. What is the problem and what should you do?

5. Your uncle is 45 years old and is starting an exercise program consisting of jogging and weight training. He has told you he is going to start jogging a distance of 5 miles. What is your advice?

6. A friend has been following a rope skipping program for two weeks and is doing very well, but she is getting very bored with it. What suggestions would you make?

7. Your older brother is going out to jog. You hear on the weather report that the temperature is 20 degrees F. What should he consider before jogging in this type of weather?

8. Your friend is complaining of muscle soreness after she performs her weight training exercises. You have noticed her lying down immediately after performing her last exercise. What advice should you give her?

## Methods to Increase Overload – F.I.T.

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

**Purpose:** To gain a better understanding of the various methods to increase overload.

**Procedure:** Complete the following as directed.

The various systems of the body become stronger and function better when increased demands (overload) are placed upon them. The principle of overload may be accomplished by increasing one of three variables: frequency, intensity, time.

- The letters F.I.T. can be used to remind you how the principle of overload may be increased. Match each word on the left to its meaning on the right. Write the letter of the meaning in the space provided.

F requency	_____	A. How long you exercise
I ntensity	_____	B. How often you exercise
T ime	_____	C. How hard you exercise

- Check whether each exercise listed below relates to frequency, intensity, or amount of time the exercise is performed.

	Frequency	Intensity	Time
A. Stretching further	_____	_____	_____
B. Stretching more often	_____	_____	_____
C. Running faster	_____	_____	_____
D. Running a longer distance	_____	_____	_____
E. Running five days per week instead of three	_____	_____	_____
F. Increasing number of sets	_____	_____	_____
G. Making the heart beat faster	_____	_____	_____
H. Increasing number of repetitions	_____	_____	_____
I. Increasing number of weight lifted	_____	_____	_____
J. Increasing the pace of your run	_____	_____	_____
K. Holding the stretch longer	_____	_____	_____
L. Lifting weight three days per week instead of two	_____	_____	_____
M. Playing two games of racquetball instead of one	_____	_____	_____
N. Playing tennis five days per week instead of three	_____	_____	_____

