

Name \_\_\_\_\_

**PERSONAL FITNESS STUDY SHEET**

functions of bones

*fitness*

*aerobic*

*aerobic exercise*

types of bones

*warming up*

*cooling down*

types of joints

*resting heart rate (female)*

*(male)*

*working heart rate*

types of muscle

*muscle strength*

*muscle endurance*

*lifetime sports*

functions of the circulatory system

*cartilage*

*ligaments*

*tendons*

blood

*arthritis*

*joints*

*flexion*

blood disorders/problems

*extension*

*isometric*

*isotonic*

blood vessels

**INJURIES**

*stress*

*eustress*

*distress*

*fight or flight*

**3 stages of the stress reaction**