FITNESS FOR LIFE

FRAYER MODEL STUDY GUIDE

Quarter 2 & 4

STUDY GUIDE

1. **Physical Fitness-**enhances one’s performance in athletic activity and is the ability to become and stay physically healthy.
2. **Conditioning-** is the workouts that someone puts himself/herself through to be in shape for the specified sport.
3. **Anaerobic-**Anything exercise under that 2.5-minute is considered anaerobic. All ball, puck, and combat sports are anaerobic as well. Even though the duration of the games seems aerobic, the sports are played in sprint interval fashion rather than nonstop steady state movement. Sprints for running, cycling, swimming. Weightlifting, pushups, pull-ups, air squats, lunges, hand stands, toes-to-bar – for anything under 90 reps, depending on the difficulty of the movement.
4. **Aerobic**- is any type of exercise that gets the heart pumping and quickens your breathing, requires oxygen. Any exercise performed steadily for longer than roughly 2.5 minutes switches into the aerobic phase. Swimming, Running, Cycling for distance. Marathons, triathlons, Ironman’s, Tour de France, cross-country skiing and any other ultra-distance race are metabolically aerobic. Dancing.
5. **Dynamic Stretching**-refer to an individual’s absolute range of motion that can be achieved with movement. Repeatedly, controlled stretches that do not force the muscle past a comfortable range of motion. Often incorporated in a warm up. In other words, how far can we reach, bend or turn by using velocity to achieve maximum range of motion. Is sometimes referred to as ballistic or functional flexibility.
6. **Static Stretching-** refers to an individual's absolute range of motion that can be achieved without movement. In other words, how far can we reach, bend or turn and then hold that position. Sometime referred to as passive flexibility.
7. **PNF Stretching-** The area to be stretched is positioned so that the muscle (or muscle group) is under tension. The individual then contracts the stretched muscle group for 5 - 6 seconds while a partner (or immoveable object) applies sufficient resistance to inhibit movement. The effort of contraction should be relevant to the level of conditioning. The contracted muscle group is then relaxed and a controlled stretch is applied for about 30 seconds. The athlete is then allowed 15 to 30 seconds to recover and the process is repeated 2 - 4 times.
8. **Reaction Time-**is the ability to reach or respond quickly to what you hear, see, or feel.
9. **Power-**is the ability to move the body parts swiftly while applying the maximum force of the muscles.
10. **FIT** – Training guidelines. Frequency-how often, Intensity- how hard, Time-how long.