Chapter 14: Fitness

1. What are the components of fitness?

2. What is muscle atrophy?

3. What is muscle hypertrophy?

4. What is the progressive overload principle?

5. What are the benefits of cardiorespiratory conditioning?

6. What is the minimum time cardio-respiratory endurance episodes should be sustained for maximum benefits?

7. What is the energy that drives immediate muscle contractions?

8. What type of diet promotes superior performance in athletes?

9. What nutrient raises muscle glycogen concentration?

10. What substance builds up in tissues when those tissues are deprived of oxygen?

11. During vigorous physical activity, how long until glycogen reserves are depleted?

12. What nutrient is depleted when a runner “hits the wall”?

13. What fuel is used predominantly by muscle cells after about 20 minutes of low or moderate physical activity?

14. What nutrient is depleted most rapidly with exercise?

15. What percent of body water loss will affect physical performance?

16. What should be the composition of the pregame meal in the athlete?

17. Why should you avoid fiber in the pregame meal?