

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. How do you adjust your weight training for muscle strength vs muscle endurance?
- 8.What is the energy that drives immediate muscle contractions?
9. What type of diet promotes superior performance in athletes?
10. What nutrient raises muscle glycogen concentration?
- 11.What substance builds up in tissues when those tissues are deprived of oxygen?
- 12.During vigorous physical activity, how long until glycogen reserves are depleted?
- 13.What nutrient is depleted when a runner “hits the wall”?
- 14.What fuel is used predominantly by muscle cells after about 20 minutes of low or moderate physical activity?
- 15.What nutrient is depleted most rapidly with exercise?
16. What percent of body water loss will affect physical performance?
- 17.What should be the composition of the pregame meal in the athlete?
- 18.When would using a sports beverage be recommended?
- 19.Who is at risk for sports anemia?
20. What is the best way to stay hydrated?