



Participant Worksheet

Honour Requirements (available [here](#))

1. *List ten benefits of being physically fit.*
2. *Know how the following help to achieve a balance for your body:*
 - a. *Exercise*
 - b. *Healthy diet*
 - c. *Mental health*
3. *Define the following exercises:*
 - a. *Isometric*
 - b. *Isotonic*
 - c. *Isokinetic*
 - d. *Anaerobic*
 - e. *Aerobic*
4. *Know the meaning of the principles involved in the following exercise programme:*
 - a. *Warm up*
 - b. *Aerobic exercises*
 - c. *Cool down*
 - d. *Strength exercises*
5. *Know how to determine your heart rate at rest and after exercise.*
6. *Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.*
7. *Using the four steps given in requirement 4, do a regular exercise programme at least four times a week for three months. Keep a chart of the following:*
 - a. *Type of warm-up exercises performed*
 - b. *Type of aerobic and/or anaerobic exercises performed*
 - c. *How long these exercises were performed*
 - d. *Type of strength exercises performed*

Use the sheets below to record your answers and fitness programme achievements.

1. List 10 benefits of being physically fit:

1.

2.

3.

4.

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10.

2a. Know how exercise helps to achieve a balance for your body:

2b. Know how a healthy diet helps to achieve a balance for your body:

2c. Know how mental health helps to achieve a balance for your body

3a. What is an isometric exercise? Provide 3 examples

3b. What is an isotonic exercise? Provide 3 examples

3c. What is an isokinetic exercise?

3d. What is an anaerobic exercise? Provide 2 examples

3e & 4b. What is an aerobic exercise? Provide 2 examples

4a. What is the purpose of a warm-up? Provide 2 examples of activities that might be included in a warm-up:

4b. What is the purpose of strength exercises? Provide 2 examples:

4c. What is the purpose of a cool down? Provide 2 example of activities that might be included in a cool down:

5. How can you measure your heart rate at rest and after exercise?

6a. How can you determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect if you are male? Provide an example using your age or your parent's age:

6b. How can you determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect if you are female? Provide an example using your age or your parent's age:

7. Use this sheet to record your 3-month exercise programme (you may need to print off several copies or copy and paste the table to make more copies if completing electronically).

Date	Warm up	An/aerobic activities	Strength exercises	Cool down
<i>e.g. 19th April 2020</i>	<i>0.5km walk at increasing pace incorporating dynamic leg stretches</i>	<i>5km run for 25 minutes</i>	<i>10 press-ups, 10 sit-ups and 10 squats at the end of the run</i>	<i>0.5km jog, reducing pace to a walk. 10 mins stretching whole body</i>