**Topic 6.3 – 6.4 – Terms to Know**

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| Health Related Fitness (5 components) |  |
| Performance Related Fitness (6 components) |  |
| Flexibility |  |
| Muscular Strength |  |
| Muscular endurance |  |
| Cardiovascular endurance |  |
| Body composition |  |
| Agility |  |
| Balance |  |
| Coordination |  |
| Reaction time |  |
| Speed |  |
| Power |  |
| **For the tests below, Identify the component of fitness they measure**  **AND write a short description of each test.** | |
| Coopers 12 minute run |  |
| Harvard step test |  |
| Multi-stage fitness test (aka Pacer or Leger test) |  |
| Sit and reach test |  |
| Illinois Agility test |  |
| Hand Grip Dynamometer |  |
| 40 Meter Sprint Test |  |
| Hydrostatic Weighing |  |
| Stork stand |  |
| Hand ball toss |  |
| Ruler Drop Test |  |
| Sit ups Test and Push Up Test |  |
| **Define the terms below.** | |
| Genera Training Program (name the 6 components) |  |
| Principles of Training Program Design (name the 5 components) |  |
| Overload |  |
| Specificity |  |
| Reversibility |  |
| Variety |  |
| Periodization |  |
| Rate of Perceived Exertion |  |
| Target Heart rate |  |
| Karvonen Method (of Target Heart Rate) |  |