Pathfinder’s Name

Physical Fitness

1. List ten benefits of being physically fit.
   1. __________________________________________________________
   2. _________________________________________________________
   3. _________________________________________________________
   4. _________________________________________________________
   5. _________________________________________________________
   6. _________________________________________________________
   7. _________________________________________________________
   8. _________________________________________________________
   9. _________________________________________________________
  10. _________________________________________________________

2. Know how the following help to achieve a balance for your body:
   Exercise __________________________________________________
   Proper eating _____________________________________________
   Emotional stability _________________________________________

3. Define the following exercises:
   Isometric _________________________________________________
   Isotonic _________________________________________________
   Isokinetic _______________________________________________
4. Know the meaning of the principles involved in the following exercise program:

   Warm up ____________________________________________________
   __________________________________________________________
   __________________________________________________________

   Aerobic exercises ____________________________________________
   __________________________________________________________
   __________________________________________________________
   Cool down __________________________________________________
   __________________________________________________________
   __________________________________________________________
   Calisthenics _______________________________________________
   __________________________________________________________
   __________________________________________________________

5. Know how to determine your heart rate at rest and after exercise.
   At rest _____________________________________________________
   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 program at least four times a week for three months. Keep a chart of the following: (Complete Chart #1)
   
   a. Type of warm-up exercises performed
   b. Type of aerobic exercises performed
   c. How long aerobic exercises were performed
   d. Type of calisthenics performed

For each exercise period, maintain the minimum heart rate determined in requirement 7 for a period of at least 20 minutes.
Physical Fitness, Chart #1

Month: ____________________

Record a regular exercise program for at least 4 times a week for 3 months

<table>
<thead>
<tr>
<th></th>
<th>1st Week</th>
<th>2nd Week</th>
<th>3rd Week</th>
<th>4th Week</th>
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</thead>
<tbody>
<tr>
<td>Type of warm up exercises</td>
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<tr>
<td>Type of aerobic exercises</td>
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<td>How long aerobic exercises</td>
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<tr>
<td>Heart Rate</td>
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<tr>
<td>Type of calisthenics exercises</td>
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