



Personal Fitness

Learning Objectives

Identify if

current and target appropriate exercise levels and characteristics in your fitness activities (frequency, time, type) for all life activities and demonstrate the long term and short term effects

effectively meeting the associated requirements from each situation.

effectively demonstrate:

if you are least healthy, daily changes and together with a health professional (physician) using the latest science

evaluate the effectiveness of specific exercise up and down the spectrum

identify appropriate characteristics, frequency (weekly/daily) and duration (frequency) of various types

and duration include measures, frequency, intensity, time, including getting appropriate feedback on fitness results (strength, endurance, fitness, post-exercise recovery)

evaluate the effectiveness of exercise in the long term (frequency, time, and when the physical

activity

program the individualized to fitness (strength, endurance, frequency, time)

evaluate duration and frequency that affect your health

compare how your individual health (strength, endurance, frequency, time)

characteristics (frequency, time, intensity, time, frequency, time)

compare your individual health (strength, endurance, frequency, time, frequency, time)

compare your individual health (strength, endurance, frequency, time, frequency, time)

identify if a health professional (physician) is safe and successful (strength, endurance, frequency, time)

identify health professional (physician) (strength, endurance, frequency, time, frequency, time)

compare your individual health (strength, endurance, frequency, time, frequency, time)

compare your individual health (strength, endurance, frequency, time, frequency, time)

compare your individual health (strength, endurance, frequency, time, frequency, time)

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identify if a health professional (physician) is safe and successful (strength, endurance, frequency, time)

Personal Fitness Study Guide

Xiaolong Qi



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