



Personal Fitness

Learning Objectives

Identify if

current and target appropriate cardio-aerobic and strength-training as your fitness activities (aerobic: 150 min/week for adults weekly) and strength-training (2-3 times/week for all ages)

Identify reading rate associated with intensity from word analysis.

Identify schedule:

if you are back working, daily change and regularly have rest of continuous conditioning during the week.

Identify the effectiveness of specific work-up and rest periods.

Identify your physical fitness level (aerobic: 150 min/week for adults weekly) and strength-training (2-3 times/week for all ages) including getting light-weighted. Identify the increase muscle strength provided. Identify your current condition.

Identify the effectiveness of specific work-up and rest periods during and after the physical activity.

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Personal Fitness Study Guide

**NSCA -National Strength &
Conditioning Association**



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