

Skills Worksheet

Concept Review

Section: Planning Your Fitness Program

PART I

Answer the following questions about heart rate.

1. What is RHR? _____
2. Does your regular exercise affect the RHR? _____
3. What is MHR? _____
4. How is the target heart rate zone related to the RHR? _____
5. What is the MHR for a 20-year-old person? _____

PART II

List the five steps in designing a fitness program.

1. _____
2. _____
3. _____
4. _____
5. _____

PART III

Explain why each of these tips can help you stay motivated to exercise.

1. Levels of exercise that are challenging _____
2. Focus with a friend _____
3. Set realistic goals _____
4. Understand that you'll never feel happy _____

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Jicheng Xie



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McGraw-Hill's SAT with CD-ROM, 2011 Edition Christopher Black, Mark Anestis, 2010-05-14 McGraw Hill's SAT will help you prepare for the big exam with its valuable features and interactive test taking practice online McGraw Hill's SAT is now equipped with new additions to better meet your needs The guide teaches critical thinking skills designed to help you solve any SAT problem And it provides test taking practice with questions just like those on the real SAT New Two complete interactive practice tests online in addition to the 4 tests in the book and 4 on CD ROM New Eight page Welcome section including How to Use This Book SAT Study Plan Getting the Most from the Online Tests and more 4 full length practice SATs with fully explained answers Detailed 10 week study plan Pull out Smart Cards for easy subject review Table of Contents Chapter 1 Conquer the SAT Chapter 2 Diagnostic SAT Chapter 3 Building Vocabulary Chapter 4 Critical Reading Skills Chapter 5 Sentence Completion Skills Chapter 6 What SAT Math Really Tests Chapter 7 Essential Pre Algebra Skills Chapter 8 Essential Algebra I Skills Chapter 9 Special Math Problems Chapter 10 Essential Geometry Skills Chapter 11 Essential Algebra II Skills Chapter 12 Writing a Great Essay Chapter 13 Essay Writing Practice Chapter 14 SAT Writing Questions Chapter 15 Essential Grammar Skills Chapter 16 4 Practice Tests Online 2 Practice Tests **McGraw-Hill's SAT I**

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STEM 2: Pencil It! Jason Changkyu Kim,2023-04-07 Practice Sheets and Activities

Systems Engineering and Safety Peter J. Glismann,2013-05-01 Enhancing awareness of the interdependence of systems engineering and safety Systems Engineering and Safety Building the Bridge covers systems engineering methodology safety tools and the management needed to build the bridge between these two disciplines It underscores the relationship between the disciplines and how understanding the relationship can benefit your organization and industry The book lays out the purpose of the methodology of systems engineering and the tools of safety It identifies the importance of management and the culture commitment communication and coordination that management must provide The author describes the systems engineering methodology the lifecycle processes and management and the technical processes that systems engineers and safety

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