

# Health and Fitness, Weight Training and Advanced Fitness

**Reading/Writing Assignments for Makeup Activities** (please use at least one paragraph to answer the item number following reading the corresponding section).

- 1) Introduction: In one paragraph, explain the difference between self-esteem and self-efficacy. Also, give one example of how self-efficacy related to fitness may be beneficial in another area of your life.
- 2) Chapter 1: Is it recommended in the book to have “behavioral goals” or “adaptation goals”? Why? What is the difference? What is the “magic pill fallacy”?
- 3) Chapter 2: Give one example of a fitness obstacle, and give both a problem-focused and a task-focused adaptation to the obstacle. Can either or both of these approaches be (positive or negative) habit forming (your opinion)?
- 4) Chapter 3: How is metabolism similar to a car’s engine? Do all individuals have the same proportion of fast-twitch and slow-twitch muscle? Explain.
- 5) Chapter 4: What are the advantages and disadvantages of both public and home gyms? What are some ideas to get the most enjoyment out of your workout program?
- 6) Chapter 5: Do tendons and ligaments act like a rubber-band depending upon temperature? Explain. Is it best to perform held or “movement” stretches prior to exercise? Explain.
- 7) Chapter 6: How is muscular endurance different than muscular strength and cardio-vascular endurance? What type of workout could be performed that targets muscular endurance (give an example of a full workout with exercises, sets and repetitions).