

Kennewick School District PE Competency Credit Test Study Guide

[Washington State Standards for PE and Health, 2016](#)

1. Know what the 6 skill-related fitness components are and be able to define them.
2. Know what the 5 training principles are, be able to define them, and know how they improve/impact fitness levels.
3. Explain how the target heart rate zone is identified/calculated.
4. Explain how fitness impacts recovery heart rate.
5. Identify various sport-specific movement skills.
6. Identify the different zones for students ages 14 - 18 for BMI using the Fitnessgram model.
7. Identify strategies to maintain or achieve a healthy BMI.
8. Know what the components of health-related fitness are, define them, and identify the exercise standards for each.
9. Know what the acronym SMART stands for as it relates to goal setting and be able to identify each SMART component when used practically.
10. Differentiate between agonist and antagonist muscles and identify muscle pairings.
11. Differentiate between the various types of stretching.
12. Know what the acronym FITT stands for, define what each letter means, and explain how to apply it to each of the components of health-related fitness.
13. Differentiate between anaerobic and aerobic activity, define each.
14. Identify the phases of a workout.
15. Define physical activity.
16. Define wellness.
17. Know the names of specific muscle groups and be able to name and identify them on the body.

