



## FAQs

### **Q1. What are the secondary components of fitness?**

**Ans.** The secondary components are:

1. Balance: Balance is the ability to maintain a specific body position in either a stationary or dynamic (moving) situation.
2. Coordination: Coordination is the ability to use all body parts together to produce smooth and fluid motion.
3. Agility: Agility is the ability to change direction quickly.
4. Reaction time: Reaction time is the time required to respond to a specific stimulus.
5. Speed: Speed is the ability to move rapidly. Speed is also known as velocity (rate of motion).
6. Power: Power is the product of strength and speed. Power is also known as explosive strength.
7. Mental capability: Mental capability is the ability to concentrate during exercise to improve training effects as well as the ability to relax and enjoy the psychological benefits of activity (endorphins).

### **Q2. Write about Cardiorespiratory endurance.**

**Ans.** Cardiorespiratory endurance is the ability of the body to take in oxygen (respiration), deliver it to the cells (circulation), and use it at the cellular level to create energy (bioenergetics) for physical work (activity). In fitness, we also refer to cardiorespiratory capacity as aerobic capacity. This capacity includes aerobic endurance (how long), aerobic strength (how hard), and aerobic power (how fast). Some of the long-term adaptations of cardiorespiratory training are: decreased resting heart rate, decreased risk of cardiovascular disease, improved endurance, increased stroke volume and cardiac output.

### **Q3. Classify the different roles and name of the fitness instructor.**

**Ans:** The name and role of a fitness instructor can be classified as:

1. Aerobics instructor: A fitness instructor specialising in aerobic exercised and routines
2. Clinical exercise specialist: A trainer who works with patients and assists them to overcome and recover from injuries and physical ailments
3. Group fitness or gym instructor: A person who specializes in imparting the nuances of fitness routines to a group of people
4. Personal trainer: A fitness trainer who is exclusively associated with a particular client and looks after their fitness schedule, diet and training

**Q4. What are the main five components of health related fitness?**

**Ans:** The main five components of fitness are as follows,

1. Cardiorespiratory endurance
2. Muscular strength
3. Muscular endurance
4. Body composition
5. Flexibility

**Q5. What is the different between muscular endurance and flexibility?**

**Ans:** Muscular endurance is the ability of the muscle to continue to perform without fatigue. To improve one's muscle endurance, try cardio-respiratory activities such as walking, jogging, bicycling, or dancing. Whereas, flexibility is the range of movement or amount of motion that a joint is capable of performing. Each joint has a different amount of flexibility.

**Q6. Write about different kinds of work perform by the fitness trainer.**

**Ans:** Following are the different kinds of work of fitness trainer;

1. Personal trainers: Personal trainers work with clients on a one-on-one basis with celebrities and others who like privacy while they work out; either at a gym or at the client's home.
2. Aerobics instructors: Aerobics instructors conduct group workout sessions that involve aerobics, stretching and muscle conditioning exercises. These classes are normally conducted in a gym or at the studio.
3. Sports instructors: Sports instructors coach professional and non-professional athletes on an individual basis. They organise, instruct, train and lead athletes specialising in indoor and outdoor sports.
4. Yoga and naturopathy: Yoga and naturopathy experts work in yoga or fitness institutes and in hospitals as consultants or instructors.