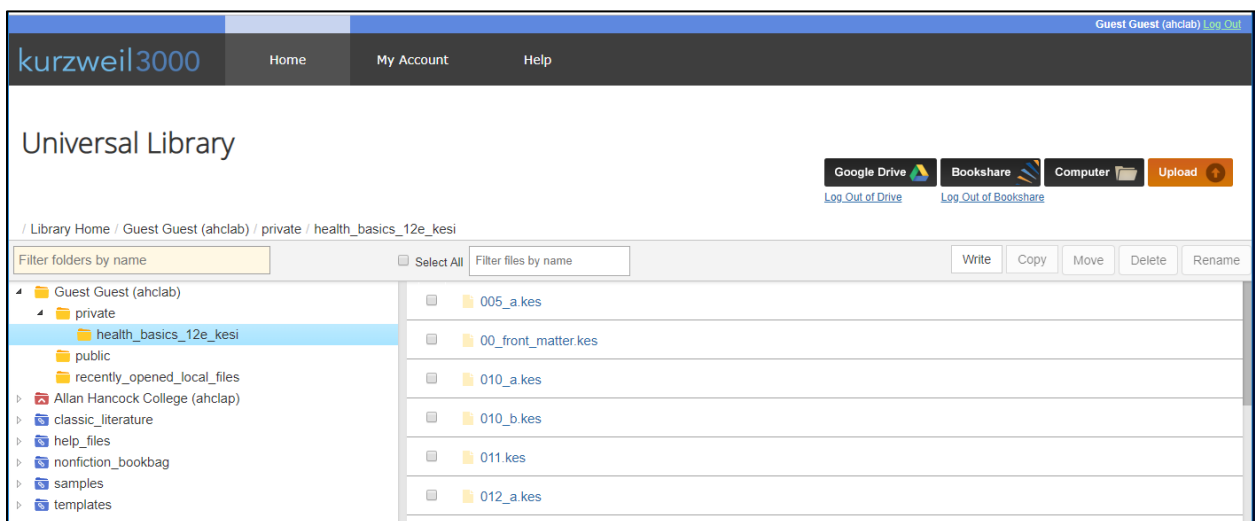


**K3000 Web Access and Universal Library Instructions** (No download required)  
(Use these instructions for access your etext from K3000's Universal Library.)

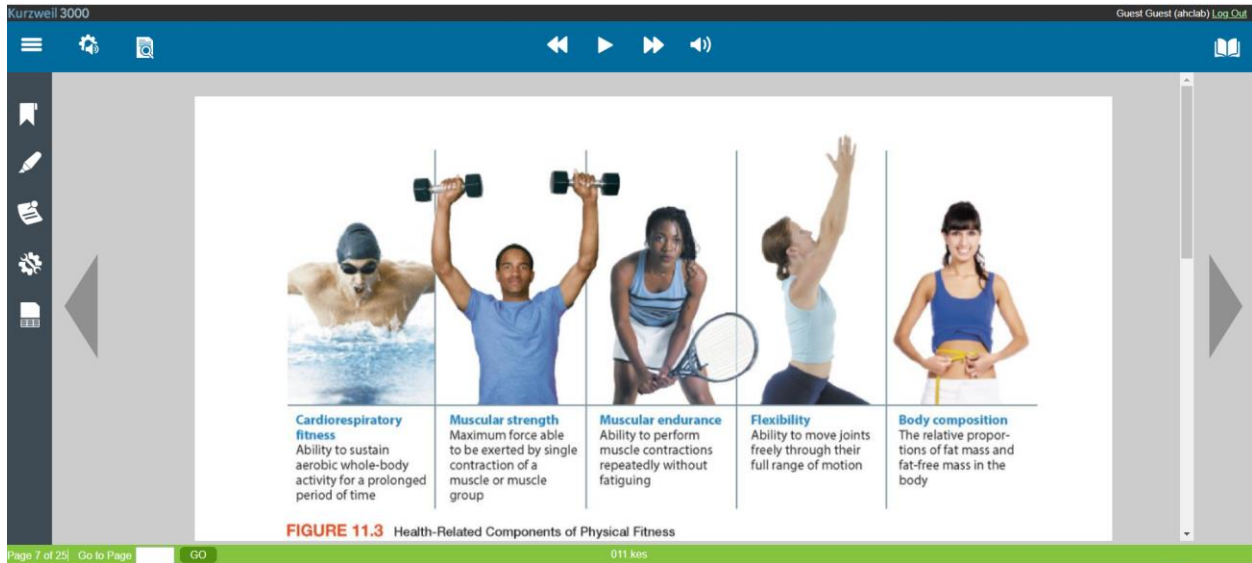
1. Go to: <https://www.kurzweil3000.com>
2. Log on by entering your h# (with a lower case h) into both the Username and Password box.



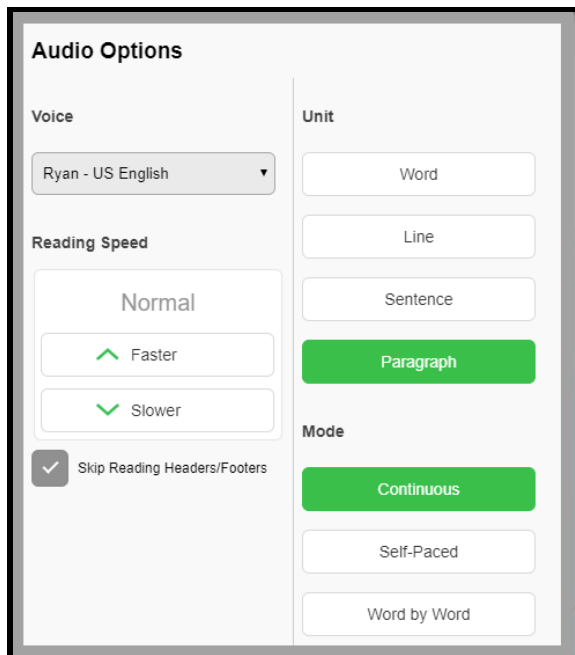
3. Open the e-text version of your textbook from the **Universal Library** by clicking on the folder identified by your name below (ex: Guest Guest), clicking on the **private** folder and then clicking the textbook/chapter that you would like to read.



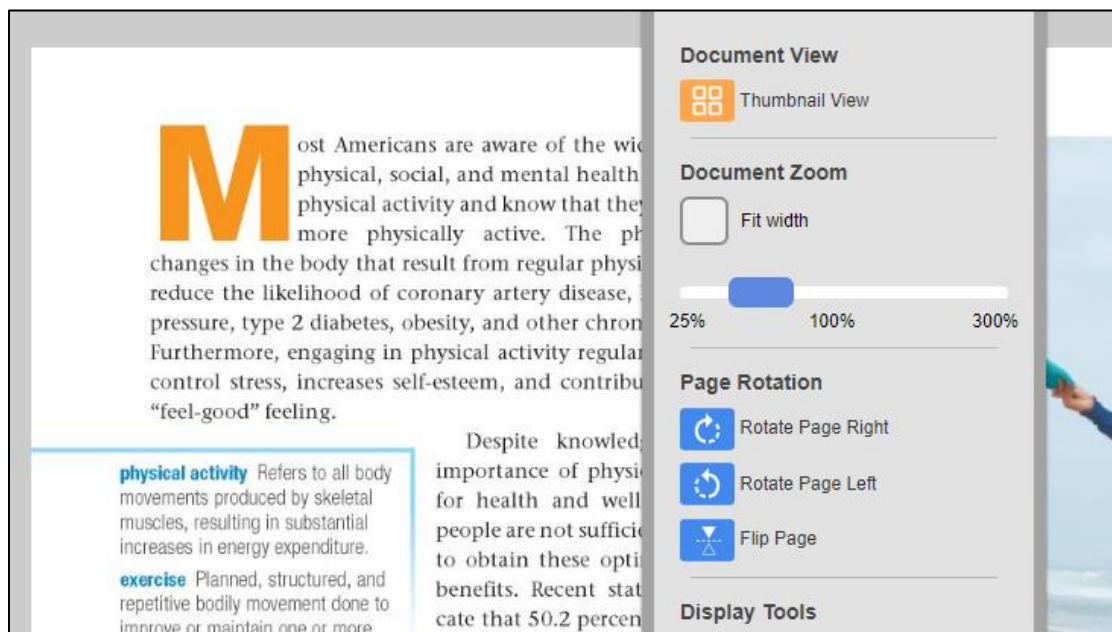
4. Your chapter should open with several tool buttons including the Main Menu, Audio Options, Options, Bookmarks, Go Back, Read/Pause, Go Forward, Audible Reading, Highlighters, View, Notes, References, Tools and Column Buttons.



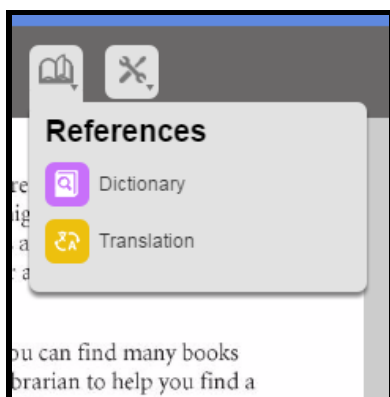
5. Click the **Read** button to start having the chapter read aloud. Click the **Audio Options** button to try a different voice, change the reading speed and other options.



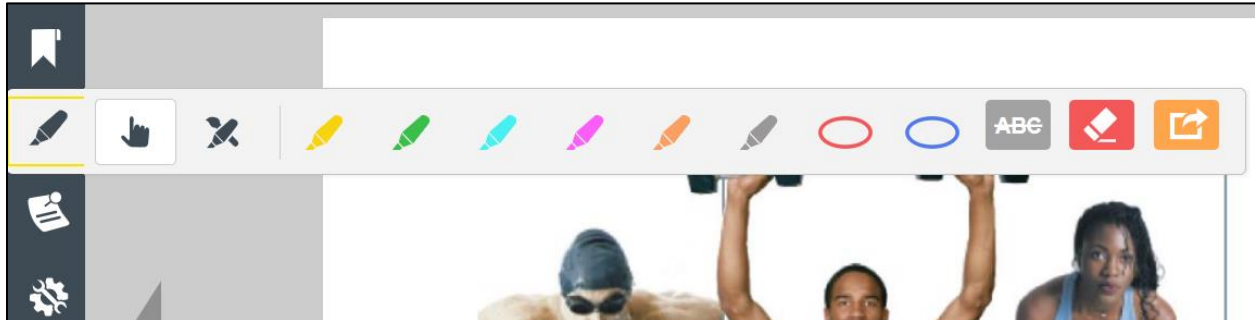
6. To change the size of the text, click the **View** button.



7. Use the built-in dictionary by clicking on a word, clicking the **References** button and then clicking **Dictionary**.



Create a Chapter Study Guide using Highlighters and the Extract Button:



8. Highlight headings, subheadings, keywords, etc. using the built-in highlighters and specifically:
  - a. Highlight the main or level 1 headings or in **yellow**
  - b. Highlight the subheadings or level 2 headings in **green**
  - c. Highlight sub subheadings or level 3 headings in **blue**
  - d. Highlight any key information in **pink**.

**LO 2 | PHYSICAL ACTIVITY FOR FITNESS AND PERFORMANCE**

Distinguish between the physical activity required for health, physical fitness, and performance.

Physical fitness refers to a set of attributes that are either health or skill related.

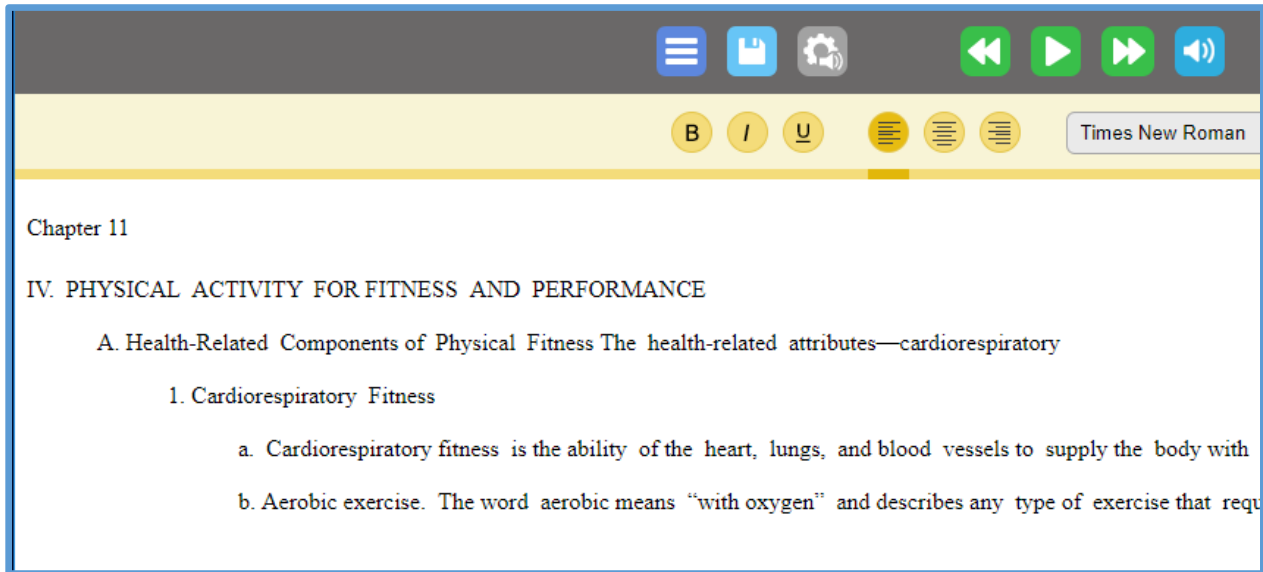
**Health-Related Components of Physical Fitness**

The health-related attributes—cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition—allow you to perform moderate- to vigorous-intensity physical activities on a regular basis without getting too tired and with energy left over to handle physical or mental emergencies. **FIGURE 11.3** identifies the major health-related components of physical fitness.

**Cardiorespiratory Fitness** Cardiorespiratory fitness is the ability of the heart, lungs, and blood vessels to supply the body with oxygen efficiently. The primary category of physical activity known to improve cardiorespiratory fitness is aerobic exercise. The word *aerobic* means “with oxygen” and describes any type of exercise that requires oxygen to make energy for prolonged activity. Aerobic activities, such as swimming, cycling, and jogging, are among the best exercises for improving or maintaining cardiorespiratory fitness.

Cardiorespiratory fitness is measured by determining aerobic capacity (power), the volume of oxygen the muscles consume during exercise. Maximal aerobic power (commonly written as  $VO_{2max}$ ) is defined as the volume of oxygen that the muscles consume per minute during maximal exercise. The

9. To extract the highlighted text into a separate document, click the **Highlighters** button and then **Extract Notes and Highlights**. If the text is highlighted using the instructions above, the text will be organized into an outline form.
  - a. Erase the highlights before printing by clicking the **Highlighters** button and then **Erase**.
  - b. To Print: Ctrl + P or
  - c. If you would like to make significant formatting changes, copy and paste into Word, make the changes, and then print from Word.



To learn more about K3000 Web Access:

1. Make an appointment with Sarah by calling 922-6966 ext. 3274 or
2. Email Sarah a question at [seaston@hancockcollege.edu](mailto:seaston@hancockcollege.edu)