

5 Written questions

1. how well your body functions

TYPE THE ANSWER

2. all of your health

TYPE THE ANSWER

3. The sum of your surroundings, includes family, neighborhood, and life experiences

TYPE THE ANSWER

4. measurements for flexibility

TYPE THE ANSWER

5. measurements for muscular endurance

TYPE THE ANSWER

5 Matching questions

- | | |
|---|-----------------------------------|
| <p>1. _____ Any activity using large muscle groups, is rhythmic in nature and can be maintained continuously for 10 minutes</p> | <p>A. Unbalanced</p> |
| <p>2. _____ What effects all the sides of the health triangle</p> | <p>B. Culture</p> |
| <p>3. _____ When one side of the health triangle receives too much or too little attention, it makes it</p> | <p>C. Behavior</p> |
| <p>4. _____ the ability to be in touch with feelings and express them in appropriate ways</p> | <p>D. mental/emotional health</p> |
| <p>5. _____ the collective beliefs, customs, and behaviors of a group</p> | <p>E. Aerobic</p> |

5 Multiple choice questions

1. helps you to respond quickly to stimuli: helpful when driving or playing sports

- Nervous system
- Specificity
- highest level
- flexibility

2. 5 elements of fitness

- Running, Biking, Swimming, Hiking, Dancing
- ONE of sit-ups, push-ups, pull ups, flexarm hang

Cardiorespiratory Endurance

Muscular Strength

- Muscular Endurance

Flexibility

Body Composition

Heredity

Environment

Media

- Technology

Values

Attitude

Behavior

3. Ratio of body fat to lean body tissue

- less physical activity
- sedentary
- social health
- body composition

4. regular physical activity allows the system to work more efficiently, breathing larger amounts of air and not tire as quickly

- Environment
- Family
- Respiratory system
- Family, neighborhood, life experiences

5. the ability of the muscles to perform physical tasks over a period of time without becoming fatigued

- muscular strength
- mental/emotional health
- muscular endurance
- Unbalanced

5 True/False questions

1. measurements for cardiorespiratory endurance → pinch test (skin-fold caliper)

- True
- False

2. frequency → F

- True
- False

3. progressive disorder in which body cells become less responsive to insulin, a serious disorder that prevents the body from converting food into energy. → type 2 diabetes

- True
- False

4. a condition characterized by a decrease in bone density. → flexiability

- True
- False

5. a way of life that involves little activity → journal

True

False
