

Personal Fitness Final Exam

1. Typically, physically active people live longer lives?
2. People who are not physically active are more at risk for:
3. One benefit of mental/emotional health is:
4. One benefit of social health is:
5. Heredity can also determine your likelihood of:
6. People who smoke or use tobacco products are at far greater risk of heart and lung disease than are nonsmokers.
7. People using chewing tobacco are at a higher risk for cancer of the throat.
8. Statistics reveal that about one-third of all American teens are not physically active and overweight.
9. Some benefits of personal fitness are:
10. Regular physical activity leads to improvements in academic and physical performance.
11. The physically inactive person has a shorter life expectancy than the physically active person.
12. Moderate physical activity may include
13. Vigorous physical activity may include
14. When beginning a fitness plan you should start at a low-to-moderate level.
15. When beginning a fitness plan you should start with the cardiovascular and flexibility components.
16. When starting a fitness plan you should start with the muscular strength and endurance components.
17. Example of the cardiovascular fitness component is:
18. Example of the muscular strength fitness component is:
19. Example of the muscular endurance fitness component is:
20. Example of the flexibility fitness component is:
21. The Body Mass Index (BMI) fitness component is helps determine your percentage of body fat
22. Some skill related components include:
23. Setting goals is essential to the success of any fitness plan.
24. Injury and illness are two situations that require adjustments to your fitness program.
25. Three components of a complete workout are:
26. The cool down's purpose is to lower your heart rate gradually.
27. The cool down portion of your work out is _____ important as the warm up portion.
28. Being overweight can lead to obesity.
29. Essential fat is needed to:
30. Body composition is affected by eating patterns and activity level