

Module 1: Defining Physical Activity

1. Pictured is an example of:



- a) sedentary behavior
- b) exercise
- c) physical activity

Explain your choice _____

2. Pictured is an example of:



- a) sedentary behavior
- b) exercise
- c) physical activity

Explain your choice _____

<https://www.news-gazette.com/>

3. Pictured is an example of:



- a) sedentary behavior
- b) exercise
- c) physical activity

Explain your choice _____

<https://campusrec.illinois.edu/>

4. Exercise is planned bouts of physical activity with specific goals to improve or maintain a component(s) of physical fitness

- a) true
- b) false

5. Sedentary behavior includes lifting weights, rowing, arm circles, riding a bicycle, working.

- a) true
- b) false

ANSWER KEY Module 1: Defining Physical Activity

1. Pictured is an example of:



- a) **sedentary behavior****
- b) exercise
- c) physical activity

2. These athletes play basketball for fun during their free time on the weekends. Therefore, playing basketball is considered _____ for them.



- a) sedentary behavior
- b) exercise
- c) **physical activity****

3. Isaac attends Zumba at his local YMCA because he wants to improve his cardiovascular endurance. Therefore, participating in Zumba is considered _____ for Isaac.



- a) sedentary behavior
- b) **exercise****
- c) physical activity

<https://campusrec.illinois.edu/>

4. Exercise is planned bouts of physical activity with specific goals to improve or maintain a component(s) of physical fitness

- a) **true**
- b) false

5. Sedentary behavior includes lifting weights, rowing, arm circles, riding a bicycle, working.

- a) true
- b) **false**

****You can include the “Explain your choice” option for students to engage in discussion applying their learning to their interpretation of the image.**