

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

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a) **sedentary behavior****

b) exercise

c) physical activity

Explain your choice_____

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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.**