

# **FITNESS FOR LIFE**

## **Unit Six**

### **Study Guide Review**



# CHAPTER SIXTEEN

## *A WELLNESS PERSPECTIVE*



Health  
&  
Wellness



# QUESTION ONE

What is Wellness?

A positive component of health that includes having a good quality of life and a good sense of well-being



## QUESTION TWO

List the five components of good health:

S: Social

P: Physical

I: Intellectual

E: Emotional

S: Spiritual



## QUESTION THREE

Why is a chain used to show the different components of health and wellness?

For a chain to be strong, each link must be strong. Quote: “A chain is only as strong as its weakest link.”

The goal for good health and wellness is to promote the positive while avoiding the negative in each component



## QUESTION FOUR

Prior to the 1900's, list some of the killer diseases.

Pneumonia

Small pox

Polio



# QUESTION FIVE

What are some of the leading causes of death in North America today? Why?

Heart disease, cancer, stroke, diabetes

The biggest contributor to the deaths is Lifestyle!!



## QUESTION SIX

Explain the difference between controllable and non-controllable risk factors. Give examples.

**Controllable:** risk factors that you can act upon to change

Examples: diet, exercise, weight, sedentary living, smoking, drinking

**Non-controllable:** risk factors that you can not control

Examples: age, gender, hereditary traits, body type





# QUESTION SEVEN

List the seven changes that you adopt to promote a healthy lifestyle?

1. Be physically active
2. Eat properly
3. Manage stress
4. Adopt good personal health habits
5. Avoid destructive habits
6. Adopt good safety practices



# DISCUSSION QUESTION ONE

What are some healthy lifestyles you practice?

What are some unhealthy lifestyles you have?

What are some healthy lifestyles your family practices?

Do you exercise with friends? Why or Why not?



## DISCUSSION QUESTION TWO

Ask one of your parents to tell you about what their history of health and wellness?

Did they enjoy fitness activities at your age?

What activities do they continue to practice to maintain a healthy lifestyle?



## CHAPTER SEVENTEEN

# ***Stress Management***



# QUESTION ONE

**Define Stress!**

**The body's reaction to a demanding situation**



## QUESTION TWO

A \_\_\_\_\_ is something that causes or contributes to stress.

Stressor



# QUESTION THREE

List and explain the three stages of stress response:

Stage one: Alarm Reaction

The body reacts to a stressor

Stage two: Stage of resistance

The body resists the stressor

Stage three: Stage of exhaustion

The body succumbs to the stressor



# DEFINE THE FOLLOWING...

## 4. Eustress: Positive Stress

feeling of euphoria or excitement

## 5. Distress: Negative Stress

feelings of worry, sorrow, anger or pain

## 6. Physical Stressor: Conditions of your body or environment that affect your physical well-being

Example: thirst, hunger, lack of sleep, illness, accidents





# DEFINE THE FOLLOWING...

7. Emotional Stressor: symptoms that affect your emotional well-being

Example: worry, fear, depression, grief, love

8. Social Stressors: arise from relationship with others

Example: family, friends, teachers, employers



# QUESTION NINE

List (6) effective ways to deal with stress...

1. Identify the stressor
2. Tackle one thing at a time
3. Manage time effectively
4. Think positively
5. Try not to let little things bother you
6. Be flexible



# QUESTION TEN

List (6) health practices to deal with stress...

Eat nutritiously

Avoid stressful situations

Get enough sleep

Pay attention to your body

Have fun

Exercise regularly



# DISCUSSION QUESTION

Give one example of a situation that was stressful for you.

Why was this situation stressful?

What have you learned by reading this chapter that can help you deal with stress?

How can you begin to manage your stress better in the future?



# CHAPTER EIGHTEEN

## ***Personal Program Planning***



# QUESTION ONE

A \_\_\_\_\_ is a brief summary of your fitness.

Fitness Profile



## QUESTION TWO

To build a health related physical fitness profile, you \_\_\_\_\_ all your self assessment results

Summarize



# QUESTION THREE

List the first Five Steps to Goal Setting:

Step One: Collect information

Step Two: Consider a variety of activities

Step Three: Set goals

Step Four: Write down your program

Step Five: Evaluate your program and revise





# QUESTION FOUR

When setting goals, what guidelines should you follow?

Be realistic

Be specific

Personalize



# QUESTION FIVE

What is the acronym we use for setting goals?

**SMART**

Specific

Measurable

Attainable

Realistic

Time Bound



## QUESTION SIX

Why is it wise to keep a fitness log?



## QUESTION SEVEN

Why is it necessary to periodically reevaluate your fitness program?



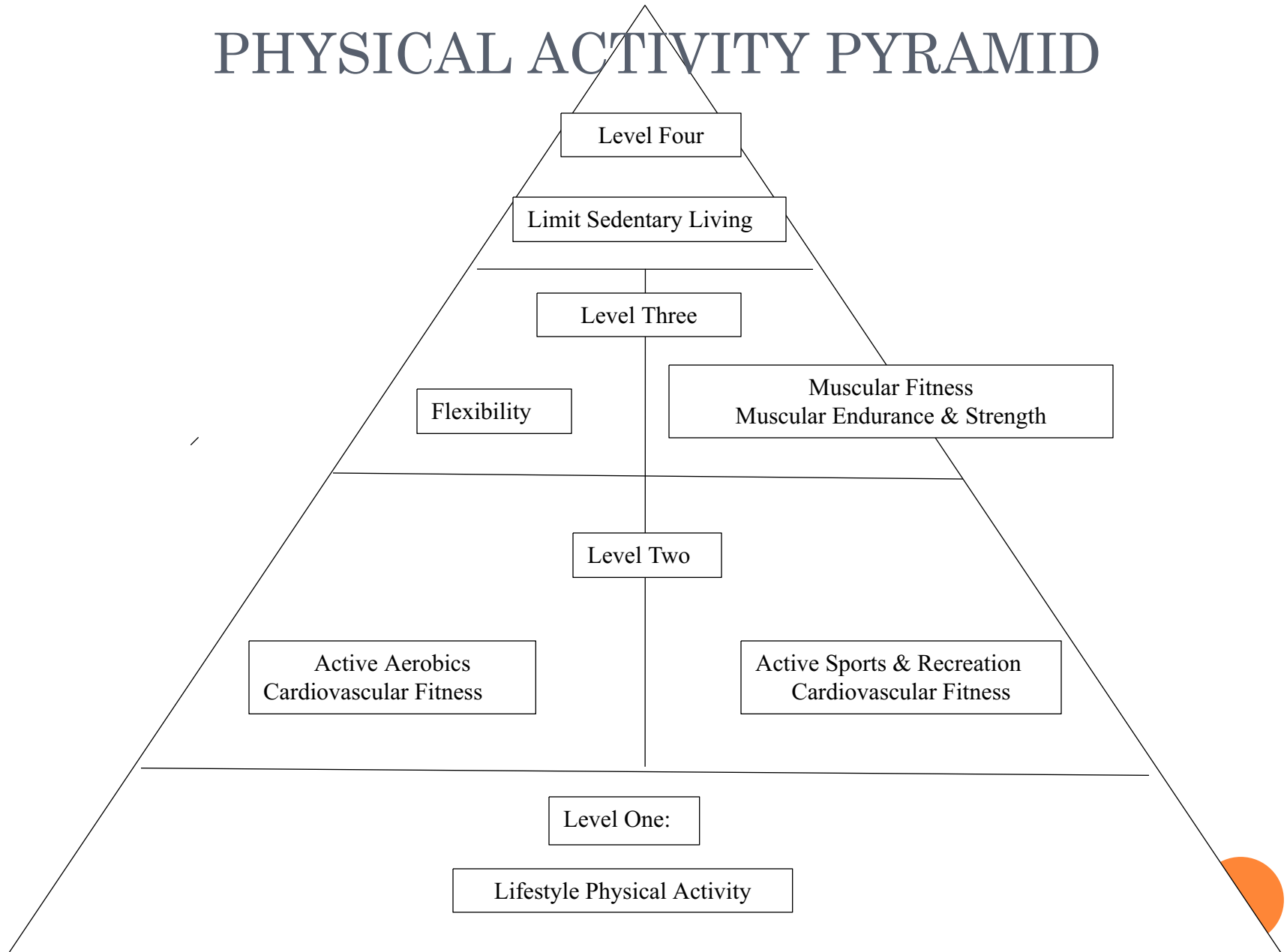
# REVIEW QUESTION ONE...

Label the Physical Activity Pyramid.

Place the (5) health related fitness components on the appropriate level



# PHYSICAL ACTIVITY PYRAMID



9. Which health related fitness component is affected in all areas of the pyramid? Body Fatness

## REVIEW QUESTION TWO...

Which health related fitness component is affected in all areas of the pyramid?

Body Fatness



# REVIEW QUESTION THREE:

List the six skill related fitness components:

Agility

Balance

Coordination

Power

Speed

Reaction Time





## REVIEW QUESTION FOUR:

Calculate Target Heart Rate Zone:

Max HR:  $208 - (.7 \times \text{age})$

Threshold of Training: MHR (x) .65

Target Ceiling: MHR (x) .90



## REVIEW QUESTION FIVE:

List the six food groups and recommended servings:

Grains: 6 – 11 (1 slice of bread)

Fruits: 2 – 4 (1 apple)

Vegetables: 3 – 5 (1 cup raw vegetables)

Meat: 2 – 3 (2 – 3 ounces of cooked lean meat)

Milk: 2 – 3 (1 cup milk)

Oils, Fats: sparingly (1 tsp butter)

