

P.E. + Personal Fitness Review

1. When you develop your personal fitness goals, it is essential that you utilize the information regarding your present level of fitness.
2. Health-related fitness standards are best described as: satisfactory levels of flexibility, cardiovascular fitness, muscular strength and endurance, and body composition that are necessary for good health.
3. Physical fitness test that indicates results in percentile ranking are called: Norm-reference tests.
4. Periodic fitness self-testing is an effective way to: Determine the effectiveness of your personal fitness program, monitor your progress, and re-evaluate and update your previously set goals.

5. The purpose of the first fitness assessment or pre-test is to: Identify your strengths and weaknesses, and provide you with a basis for setting realistic goals.

6. Speed: The ability to cover a distance in a short period of time.

7. The integration of eye, hand, and foot movements is called: Coordination.

8. Reaction time: The amount of time it takes to get moving once your senses signal the need to move.

9. Power: The ability to do strength performances at a rapid pace.

10. Balance: The ability to keep an upright posture while either standing still or moving.

11. Agility: The ability to change the position of your body and to control the movement of your whole body.

12. The following are test components: Skinfold measurements , timed sit-ups , underwater weighing.

13. Body composition is best described as the: Ratio of fat to muscle, bone, and other tissues in a person's body.

14. Muscular endurance: The ability to use muscles for long periods of time.

15. Power: The ability of muscles to exert force one time.
16. Test that can be used for cardiovascular fitness are :
One-mile run, the Pacer test and the Step test.
17. Cardiovascular fitness: The ability of the heart, blood, blood vessels, and respiratory system to supply oxygen and necessary fuel to the muscle during exercise.
18. The sit and reach test measures the flexibility of the lower back and posterior thighs.
19. Flexibility: Range of movement possible at various joints.

20. The health-related components of physical fitness are mostly associated with how well the systems of your body operate.

21. When beginning an exercise program, a medical exam is important if you have been sick.

22. Evaluating your present fitness level prior to beginning an exercise program will help you set realistic goals and see progress.

23. Goals for your physical fitness program should be very specific and realistic.

24. Proper athletic footwear is the main requirement for the care and protection of your feet.
25. When trying on shoes, use the same type of sock you will use in your activity.
26. In hot weather wear light-weight, light color clothing.
27. Symptoms of heat stroke are hot dry skin, no sweat, unsteady walking and etc.
28. Symptoms of heat cramps are Thirst, chills, lack of sweat and etc.
29. The most serious heat illness is heat stroke.

30. To prevent heat illnesses drink fluids, before, during, and after exercise.

31. While exercising in cold weather dress in layers.

32. When beginning an exercise program after an illness, it is best to begin at a lower level of intensity and slowly increase your workouts.

33. To insure personal safety during workouts stay alert for dangerous situations.

34. Warming-up: Generates heat in the muscle and joint tissues, Help to make you feel like moving vigorously, Increases the blood supply to your muscles.

35. Warming-up: involves stretching as well as some aerobic activity such as easy jogging.

36. Cooling-down after working out is a process which allows the body to return to normal after exercise.

37. Cooling-down helps to prevent muscle from getting sore, may prevent a person from feeling light-headed, will prevent blood from pooling in the lower body.

38. A cool-down period will help with muscle soreness.

39. Shin splints may frequently be caused by over exercising, occur more often in poorly conditioned individuals, and can be caused by running on hard surfaces.

40. The best treatment for a sprained ankle is to apply ice and elevate the ankle.

41. Improved physical performance will help you enjoy leisure-time activities.
42. Being physically fit helps people feel more in control of their life.
43. Body image is the way you see yourself.
44. Most teenagers want to have strong healthy bodies.
45. The phrase “a sound mind in a sound body” relates to improved fitness may improve academic achievement.
46. Lifestyle choices have a big effect on energy levels.
47. A health risk factor is that many teenagers eat a diet that is too high in fat which can increase cholesterol levels.

48. High blood pressure frequently occurs in teenagers.
49. Arguing can affect peoples' minds as well as their bodies which causes stress.
50. Health risk factors which can be controlled are smoking, high blood pressure, inactivity, stress.
51. You can improve your health by controlling several primary health risk factors.
52. Physical fitness is best described as being able to carry out daily task without fatigue.
53. Media may have an affect on one's physical fitness level by frequently providing misleading or inaccurate information.

54. Heredity determines body type which can affect physical fitness.

55. Body weight can be misleading in physical fitness.

56. It can be said that youth sports have a negative effect on the physical fitness of many young people.

57. Many people believe physical fitness is a trend.

58. According to research many teenagers are in poor physical condition.

59. Your body is one of the biggest factors which determines your self concept.

60. In a personal fitness course, a positive attitude is very important.

61. Teen years could be best defined as a time when lives are “topsy turvy”

62. A good change that may occur during the teen years is the opportunity to take more control of your life.

63. Taking control of your health and fitness means learning how to set appropriate goals.

64. Goal setting is a process that can help everyone improve themselves.

65. Realistic goals keep you excited about self-improvement.

66. A goal that takes months or even years to reach is a long-term goal.

67. In setting goals, you should consider a physical fitness game plan, obstacles in your path, and the use of time lines.

68. Using a “time line” in goal setting gives you a better sense of control, helps you pace your efforts, and promotes a greater commitment to your goals.

69. A good strategy is to complete a self-assessment of where your current fitness level is prior to setting goals.

70. When setting goals think of goals as rungs on a ladder.

71. The most important factor in setting goals is to have the desire to improve yourself.

72. When you are successful in reaching your goal you will see the benefits you are looking for.

73. Identifying the benefits you will receive from reaching your goals will help to increase your desire and commitment.

74. When you are successful in reaching your goal you will feel a sense of self-confidence.

75. Accepting responsibility for your decisions is a sign of personal independence.

76. “Want power can become will power” is a self fulfilling prophecy.

77. Monitoring progress toward individual goals will show you when you need to readjust your goals.

78. Backing your plan with a solid belief in yourself helps you stay on track with your program.

79. Make a list of the benefits you will receive if you stick to your goal setting program.

80. Making a detailed plan to help you reach your goals is a very important step for all goal setters.