

Concept Review

Section: Physical Fitness and Your Health

PART I

Identify each benefit of exercise. Write "P" for physical and "M" for mental benefits.

- _____ 1. Helps you improve your body composition
- _____ 2. Lowers your chances of having conditions such as heart disease
- _____ 3. Helps you cope with everyday anxiety
- _____ 4. Helps improve joint flexibility and muscle strength and helps prevent back injuries

PART II

Identify the component of physical fitness that best fits each description.

- 5. _____ refers to the amount of force that a muscle can apply at one time and repeatedly for an extended period of time.
- 6. _____ refers to your body's ability to endure 20 minutes or more of continuous exercise.
- 7. _____ refers to the ratio of lean body tissue to body fat tissue, which can change according to your eating and exercise habits.
- 8. _____ refers to your body's ability to extend and flex its major joints through their full range of motion.

PART III

Match each tip for good sportsmanship with the description of how to implement it. Write the letter of the correct tip on the line.

- a. Be a good fan.
 - b. Be a gracious winner.
 - c. Assume some responsibility.
 - d. Be a good loser.
 - e. Show respect for others' abilities.
 - f. Be mannerly.
- _____ 9. Don't purposely make the members of the other team feel like losers.
 - _____ 10. Cheer—don't jeer.
 - _____ 11. Don't blame your teammates if your team loses.
 - _____ 12. Never use foul language.
 - _____ 13. Accept that you will sometimes win and sometimes lose.
 - _____ 14. Thank the opposing team for a good game when the game is over.

- Answers may vary but may include: smoke, pet dander, dust mites, mold, pollen, perfume or cologne, hairspray, baby powder, and some chemicals.
- Answers may vary but may include: remove or frequently vacuum rugs, reduce dust levels, get rid of pets, stop using cleaning products that are heavily scented, stop using perfumes or colognes, and purchase an air filter system for each room.

Reteaching

SECTION: PHYSICAL FITNESS AND YOUR HEALTH

Part I

- Circled physical benefits: improved body composition, healthy cholesterol level, healthy blood pressure level, increase in energy, prevention of heart disease, development of strong bones
- Underlined mental benefits: improved self-image, decrease in anxiety, mood improvement, improved sleep

Part II

- muscular strength
- muscular endurance
- cardiorespiratory endurance
- flexibility
- body composition
- organized sports
- Special Olympics
- asthma
- chronic diseases

SECTION: PLANNING YOUR FITNESS PROGRAM

- Schedule A: aerobic fitness, muscular strength, and muscular endurance
- Schedule B: aerobic fitness and flexibility
- Schedule C: aerobic fitness and improved body composition

SECTION: EXERCISING THE SAFE WAY

Ways to Avoid Sports Injuries:

Answers may vary but may include conditioning, stretching, cooling down, avoiding dehydration, avoiding overtraining, avoiding overuse, and choosing correct clothing.

Benefits of Exercising the Safe Way:

Answers may vary but may include avoiding next-day stiffness; helping prevent injuries; avoiding stress to bones, ligaments, tendons, and muscles; and avoiding chronic injury, discomfort, or death.

SECTION: SLEEP

- Answers may vary but may include the following: Keep a regular sleep schedule. Try to set a regular bedtime so that you're "programmed" to get tired when it's time to turn in.
- Finish your exercise program at least three hours before bedtime. It's not a good idea to do anything too physically trying before going to sleep.
- This statement is correct.
- This statement is correct.
- Don't eat too late. Indigestion or a too-full stomach can cost you precious hours of sleep. If at all possible, eat dinner before 6 P.M. and avoid snacking right before going to bed.
- This statement is correct.

Concept Review

SECTION: PHYSICAL FITNESS AND YOUR HEALTH

Part I

- P (answer in Spanish: F)
- P (answer in Spanish: F)
- M (answer in Spanish: M)
- P (answer in Spanish: F)

Part II

- muscular strength and endurance
- aerobic fitness
- body composition
- flexibility

Part III

- b
- a
- c
- e
- d
- f