

Reteaching

Section: Physical Fitness and Your Health

PART I

1. In the list below, circle the physical benefits of exercise.
2. In the list below, underline the mental benefits of exercise.

development of strong bones	improved body composition
mood improvement	decrease in anxiety
prevention of heart disease	healthy blood pressure level
increase in energy	healthy cholesterol level
improved self-image	improved sleep

PART II

Complete these statements about the five components of physical fitness.

3. Exercises that cause the muscles to push against a force heavier than they normally push against can develop _____.
4. Exercises that cause the muscles to keep working for a period of time can develop _____.
5. Aerobic activities can be done for an extended period of time and supply oxygen to your muscles. Such activities help develop _____.
6. Having good _____ can prevent injury when you are exercising.
7. You can change your _____ by exercising regularly and eating healthfully.
8. Being involved in _____ helps develop your motivation, leadership, and cooperation skills.
9. The _____ is an organization that enables and encourages people with learning disabilities to become physically fit.
10. Despite the fact that people who have _____ may experience tightness in the chest and coughing during exercise, physical activity is part of their treatment plan.
11. Exercising throughout life can help to delay or prevent some of the _____ associated with growing older.

- 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