Physical Fitness for Life
Course Introduction

Please, do not omit this section from your reading! The information contained in the introduction is of vital importance for the successful completion of this course. Please, read this section carefully.

Textbook
Corbin, Charles B; Lindsey, Ruth. *Fitness for Life*. Fifth Edition. Charles B. Corbin and Ruth Lindsey, 2005

*It is strongly recommended that you purchase your textbook as soon as possible.*

Materials
- Textbook
- Notebook
- proper clothes and shoes for walking/jogging

Course Organization
Physical Fitness for Life is comprised of 12 lessons and two exams. There will be a computer graded mid-course exam comprised of 100 multiple-choice questions that should be taken after you complete Lesson 6. The final exam covers Lessons 7-12. It is computer graded and also consists of 100 multiple-choice questions. It must be taken after Lesson 12. Review your graded lessons and the lesson/chapter review questions from each chapter to prepare for the exams.

Expectations
Since this is a physical education course, you will be required to participate in physical activity. You must have your parent or guardian sign a permission slip giving their parental consent for you to participate in this course.

For each lesson you are expected to do the following:
1. Read the corresponding chapter(s) as noted in this study guide and take notes in a notebook. It is not recommended that you substitute highlighting the textbook for note taking.
2. Answer the *lesson review* questions after each chapter section and the *chapter review* questions at the end of each chapter. Check your answers in Appendix A of this study guide for lesson and chapter review questions. The instructor will not grade them, but they will aid in understanding the material and in preparation for the exams.
3. Complete the lesson assignment in this study guide and return it to be graded.
**Course Objectives**
Upon completion of this course, you will have a basic understanding of the major aspects of physical fitness. You will learn how to effectively plan, implement, and assess your own exercise program to meet your individual needs. Basic knowledge of skill and health-related fitness along with the principles of exercise, exercise safety, and being a smart consumer are major areas of emphasis. A major goal is to have you take the knowledge gained and apply it toward maintaining a healthy lifestyle.

**Preparation of Lesson Assignments**

**Computer-graded Lesson Assignments**
Lessons 2, 3, 4, 5, 7, 8, 9, 11, and 12 will be computer-graded. The lesson will be graded and returned to you. Please remember you are allowed to turn in three lessons per week. The correct answers will be marked for you. Go over all of your answers, especially the answers that were marked incorrect. Graded lessons are obviously an important part of the course work because they help in analyzing your level of understanding and will aid in preparing for the mid-course and final exams.

**Instructor-graded Lesson Assignments**
Lessons 1, 6 & 10 will be graded by your instructor.

**Lesson 1** This lesson contains information for you to begin the *Walking Program*. You will also determine your heart rate range and answer questions from Chapters 1 & 2. **A parental signature is required to be returned with this lesson.**

**Lesson 6** This lesson is the *Walking log*. It involves you walking a minimum of 30 minutes 4 days/week in your target heart rate zone for 4 weeks. You will record data on the *Walking Activity Log* and turn it in as Lesson 6.

**Lesson 10** Involves you creating your own fitness circuit following the guidelines listed in the lesson. After designing the circuit you will perform the circuit on 3 separate days, evaluate your circuit and record adjustments you would make in the future. **You must pass Lessons 1, 6 & 10 to pass the course!**

If you become injured/ill to the extent you cannot continue participation in activities required for this course, please contact the *Louisiana High School Correspondence Courses* office immediately at 225.572.7431.

**Grading**
For those students who pass the final exam and Lessons 1, 6 & 10, the final course grade will be determined as described below.

- Nine computer-graded lessons: 20%
- Three instructor-graded lessons (1, 6 & 10): 25%
- Mid course exam: 25%
- Final exam: 30%
HS 138  Physical Fitness for Life

Exams:
After you have finished the first six lessons, you will take a midcourse exam. Exams are not automatically sent to your school. You must request your exams by logging in to your LHSCC account and using the request exam feature located towards the bottom left. Your midcourse and final exams will be prepared and mailed to your school or designated testing facility. It is your responsibility to check with your school official to see if your exams have arrived, and to schedule a date and time to take them. After completing the remaining five lessons, you will take a final exam.

Important Notes:
- Lesson 6 consists of the turning in of your completed Walking Activity Log (the record of your 4 consecutive weeks of activity).
- Lesson 10 consists of designing, implementing and evaluating a fitness circuit. Be sure to read and follow the directions for each lesson carefully!
  - You cannot pass the course unless you pass lessons 1, 6 & 10. You must turn the Walking Activity Log in completely and correctly filled out for lesson 6 and the circuit chart and related information for lesson 10.
- If lessons 1, 6 and/or 10 are unacceptable, you will make an F for that lesson; however, if you pass the final examination and still have a minimum of 4 weeks left in your enrollment period, you will be allowed to start a new activity log or create another circuit.
- You may restart the activity portion of your course and resubmit the walking activity log and/or circuit design and related data when it is complete. The time allowed for completion of the walking activity log can be no less than 4 weeks from the date you start the new walking activity.
- If you are unable to walk due to a disability, please contact LHSCC at our email address.
- There is a self assessment (yellow pages in the textbook) and activity (blue pages in the textbook) included in each chapter. Selected assessments and activities have been chosen for you to complete. When appropriate, record your results in your notebook. You will not turn in your results to your instructor. Little equipment is needed as described in the textbook for each assessment and activity.
- Computer graded lessons can either be mailed in or the answer sheet can be scanned and emailed to LHSCC office in a pdf format. (admissions@highschoolcredit.org)

The grading scale for all lessons and exams:

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100</td>
<td>A</td>
</tr>
<tr>
<td>80-89</td>
<td>B</td>
</tr>
<tr>
<td>70-79</td>
<td>C</td>
</tr>
<tr>
<td>60-69</td>
<td>D</td>
</tr>
<tr>
<td>59 or below</td>
<td>F</td>
</tr>
</tbody>
</table>
Lesson One: (There are two parts to Lesson One)

1. The Introduction to the Walking Program
2. Course Material from Chapters One and Two

Part I: Walking for Wellness

Lesson Objectives:
At the end of this lesson you will be able to:
- understand and implement the FITT formula.
- take your heart rate as a measure of intensity during physical activity.
- develop awareness for the number of calories burned during physical activity.
- select proper clothing and footwear for exercise.
- recognize and take precautions due to weather or environmental conditions.
- recognize and prevent common injuries associated with exercise.
- begin a safe and effective walking program.

Lesson Introduction
Before beginning an exercise program, it is important to be familiar with basic information and concepts related to exercise so that you have a safe and productive experience.

First and foremost, you should be physically able to participate in physical activity. If you have any type of medical problem that may be aggravated by exercise or if you have been ill, consult your physician before beginning this program.

The next factor you need to consider is proper clothing and shoes. You should wear loose fitting, comfortable clothing when it is warm and layer clothing when it is colder. Be sure to choose the proper type of shoe for participation and one that fits your feet well.

You should be careful to select a good time to walk, particularly if you are exercising outdoors. Exercising in hot/humid weather (especially in south Louisiana) can be extremely harmful, even life-threatening. If the weather is hot and humid, it is best to exercise in the morning hours before 10:00 am or after 3:00 pm.

When exercising, it is imperative to drink fluids (water is great!) even if you don’t feel thirsty. Normally, 6-8 glasses (eight ounces each) a day is normal. If exercising, you should drink more. Fluid intake is especially important if you are sweating an excessive amount when exercising.

Last, but not least, you should realize that there is a risk of injury when exercising. The risk of injury can be greatly reduced if you begin your program sensibly. It is recommended you progress gradually and give your body time to adjust to the changes taking place. If you have not been working out on a regular basis (3-5 times a week for the past 4-6 weeks) then you may feel muscle soreness within the first 12-24 hours following exercise, especially if you tried to do too much too soon.
In America we seem to always think that more is better. For example, we think that if doing 30 minutes of exercise is good, then one hour is better. That is not necessarily true if you are just beginning an exercise program. If you are presently exercising on a regular basis, hopefully your program will be strengthened. It should be encouraging to know that the walking program is flexible and that you can progress at your own rate.

**Walking is the activity** selected for you to participate in for this course because it uses large muscle mass, is a good cardiovascular activity, and can be done with little equipment.

*You will keep an activity log for the duration of your walking program. The walking log will be turned in as Lesson 6.*

**Activity requirements**
- Exercise (walk) at least 4 times a week for 4 consecutive weeks.
- Walk at least 30 minutes.
- Walk within your target heart rate zone each session (calculated below).

If your heart rate is below your zone, you will need to increase your intensity (walk faster, begin jogging); if your heart rate is above your zone, you will need to decrease your intensity (walk at a slower pace).

**Special Considerations**
- Be sure to wear appropriate clothing and footwear for the activity and weather.
- Each workout period should include a warm-up and a cool-down to decrease the chance of pain and/or injury. See pages 7 – 9 as a guide to your warm up/cool-down and pages 34 – 37 for exercises to avoid. Additional flexibility exercises may be found on pages 167 – 172. These are good stretches to complete during your warm up and cool down.
- Be consistent with your workouts. It is best to set a schedule where there is a day of rest between workouts.
- If at any time you feel light-headed or dizzy, STOP! If the condition persists, tell your parents or guardian and you may want to consult your physician. If any condition you have is aggravated by your workout, tell your parents or guardian and consult your physician.
- Begin your workouts slowly, especially if you haven’t worked out recently or if you have recently recovered from illness.
- If you feel inclined to walk 5-6 days a week, you can expect greater fulfillment and benefits. Be sure to include a day of rest and recovery. Of course, you are only required to walk 4 days/week following the requirements above.
- Walk in clearly lit areas always being aware of your surroundings.
Explanation of the Walking Log

a. The Walking Log will be completed and turned in as Lesson 6.
b. Students are required to participate for a minimum of 4 consecutive weeks. This is mandatory for passing this course.
c. You will keep a record of the date, heart rate, and calories expended and total time walked on a walking log. If you choose to use a pedometer, you can also log total steps for the duration of your walk.
d. Your parent/guardian must sign the form indicating student participation on the days recorded.

Following is an explanation of each segment.

**Date** – the day you actually walked

**Heart rate** – midway through walking, you should stop to take your heart rate. This is the best indicator of the intensity of your workout (how hard your body is working). You will learn how to take your heart rate below.

**Calories expended** – you can determine the calories expended using the chart (found on page 99). If you have a pedometer with this feature, you may use it for determining the number of calories expended.

**Steps/miles walked** -- this information will be recorded on your pedometer *if you choose* to use one. Approximately 2,000 steps = 1 mile

**Calculating your heart rate**

*To take your pulse at the wrist,* place your index and middle fingers against the skin at the base of your thumb on the soft areas of the wrist. *To measure your pulse rate at the carotid artery of the neck,* move your index and middle fingers from the ear lobe midway toward your Adam’s apple. Refer to page 9 & 10 in your textbook for further explanations.

Count your pulse for 30 seconds and double that number to obtain a one-minute pulse rate and write your answer below as

“my resting heart rate: __________”

You may want to practice taking your pulse rate several times before doing it during your first activity period. As with most skills, practice makes it easier and more accurate. If you have access to a heart rate monitor, you may use it to determine your heart rate.

**Walking Log** – You will need to print two sheets of the Walking Log from the files that were emailed with the course study guide. *This Log will be turned in as Lesson #6.*
Lesson One: Part 1 – print the Lesson One sheet from the files you received. Complete the sheet and send it in with part II of your assignment.

Lesson One: Part II  Chapter 1- Fitness for Life  
Chapter 2- Safe and Smart Physical Activity

Lesson Objectives Chapter 1:
At the end of chapter one you will be able to:
➢ define physical fitness, health, and wellness.
➢ describe some of the benefits of fitness, health, and wellness.
➢ name and describe the five parts of health-related physical fitness.
➢ name and describe the six parts of skill-related physical fitness.
➢ explain how to use the Stairway to Lifetime Fitness.

Lesson Objectives Chapter 2:
At the end of chapter two you will be able to:
➢ explain how to prepare yourself for physical activity
➢ explain how the environment affects physical activity
➢ describe some steps for dressing for physical activity in normal environments
➢ list and describe some activity-related physical injuries
➢ list some guidelines for preventing injuries during physical activity.
➢ explain how to apply the RICE formula to the treatment of physical injuries
➢ identify different types of risky exercises.

Lesson Introduction Chapter 1 
In chapter 1 you will be guided through the basics of physical fitness. You’ll learn what physical fitness is and how it relates to health and wellness. The components (skill & health-related) of fitness will give an in depth description of the individual units that comprise fitness. Further, you’ll begin to gain an understanding of how all these parts fit together for a lifetime of fitness. Your goals and interest will determine which components you’ll most often be involved in now and in the future.

Lesson Introduction Chapter 2 
You will learn about safety concerns involved in physical activity. This includes determining your readiness to exercise and preparing yourself to engage in exercise. Hot, humid weather as well as cold, windy and wet conditions must be planned for to reduce your risk of injury. It’s important to warm-up before each workout to get your body prepared for the activity to come. A workout session should be concluded with a cool-down so that your body systems will return to normal. Proper stretching, before and after exercise, is critical for optimal results and to reduce your risk of injury. Keep in mind that an ounce of prevention is worth a pound of cure. It’s always better to prevent injuries instead of having to treat them. It’s a good philosophy when leading an active lifestyle.
Self-Check Chapter 1
- Read and take notes on Chapter 1 (pages 1 – 20).
  As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 3 and 12.
- Write the answers to the lesson review questions on pages 6 and 15 in your notebook.
- Write the answers to the chapter review questions on page 21 in your notebook.

Self Check Chapter 2
- Read and take notes on Chapter 2 (pages 22-40).
  As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 23 and 32.
- Write the answers to the lesson review questions on pages 28 and 37 in your notebook.
- Write the answers to the chapter review questions on page 41 in your notebook.
  After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.

ADDITIONAL ACTIVITIES
Self Assessment – yellow pages Chapter 1
- On pages 7-11 complete the self-assessment for Exercise Basics.
- Pay particular attention to the details involved in performing a warm-up and cool-down.
- Part 2 of the self-assessment involves counting your heart rate. It’s a skill that usually improves with practice. Follow the directions carefully, and practice taking your pulse several times during the day.
  Note: when your heart rate is higher and what you were doing at the time. You should be familiar with taking your heart rate and recording it on your log each day you walk.

Activity Two – blue pages Chapter 2
In this chapter on pages 39 & 40 complete Safe Exercise Circuit.
These exercises are safe to do if done properly. Follow the directions carefully paying particular attention to the “caution” for each exercise.
Lesson Assignment 1
Multiple Choice: Choose the best answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapters 1 and 2 to locate the answers.

_____1. The ability of your body systems to work together efficiently to allow you to be healthy and effectively perform daily activities is known as:
   A. wellness
   B. physical activity
   C. health
   D. physical fitness

_____2. What is a state of being that enables you to reach your fullest potential; it expands the definition of health.
   A. wellness
   B. physical activity
   C. medicine and technology
   D. physical fitness

_____3. Early definitions of health focused on:
   A. physical activity
   B. illness (the presence or absence of it)
   C. cardiovascular endurance
   D. mental well-being

_____4. Health–related physical fitness components are targeted to help you:
   A. develop coordination
   B. develop speed
   C. develop power
   D. stay healthy, overall

_____5. Skill-related physical fitness components are targeted to help you:
   A. perform well in sports/activities that require skill
   B. increase cardiovascular endurance
   C. strengthen your biceps
   D. increase your flexibility

_____6. The ability to use your muscles many times without tiring is known as:
   A. strength
   B. cardiovascular fitness
   C. muscular endurance
   D. flexibility

_____7. The amount of force your muscles can produce is known as:
   A. strength
   B. body fatness
   C. flexibility
   D. muscular endurance
8. The percentage of body weight that is made up of fat when compared to bone and muscle is known as:
   A. agility
   B. coordination
   C. body fatness
   D. strength

9. The ability to use your joints fully through a wide range of motion is known as:
   A. agility
   B. balance
   C. muscular endurance
   D. flexibility

10. What are health problems caused partly by a lack of physical activity known as?
    A. obesity
    B. diabetes
    C. hypokinetic conditions
    D. hypoglycemia

11. The ability to use your senses together with your body parts or to use two or more body parts together is known as:
    A. agility
    B. reaction time
    C. balance
    D. coordination

12. The ability to keep an upright posture while standing still or moving is known as:
    A. reaction time
    B. balance
    C. agility
    D. coordination

13. The ability to change the position of your body quickly and to control your body's movements is known as:
    A. speed
    B. balance
    C. cardiovascular endurance
    D. agility

14. The ability to perform a movement or cover a distance in a short period of time is known as:
    A. reaction time
    B. power
    C. speed
    D. agility
15. The ability to use strength quickly is known as:
   A. agility
   B. speed
   C. power
   D. balance

16. The amount of time it takes to move once you realize the need to act is known as:
   A. reaction time
   B. strength
   C. power
   D. flexibility

17. Power is sometimes called a “combined part of fitness” because it requires:
   A. agility and strength
   B. flexibility and coordination
   C. speed and strength
   D. balance and coordination

For 18 - 30 mark A if the activity is health related or B if it is skill related.

18. practicing dribbling skills in basketball
19. running 3 miles
20. walking on a balance beam
21. stretching after your workout is completed
22. lifting weights to become stronger
23. performing quick feet drills to increase your speed
24. performing change of direction drills to become a better tennis player
25. bouncing and catching a ball off a wall to develop hand/eye coordination
26. performing Olympic lifts in the weight room to develop power
27. bouncing two basketballs at the same time
28. performing push-ups
29. measuring body fatness
30. hopping backwards
Multiple Choice: Choose the best response.

_____31. A series of steps to help you achieve lifetime fitness is known as:
    A. Stairway to Lifetime Fitness
    B. Physical fitness testing
    C. Health-related skills
    D. Skill – related activities

_____32. Physical activity for the purpose of getting fit is known as:
    A. Wellness for today
    B. exercise
    C. combined fitness
    D. health and physical activity

_____33. A gymnast would likely score the highest in the following area:
    A. balance
    B. reaction time
    C. cardiovascular endurance
    D. speed

_____34. Practicing dribbling a basketball is an example of what type of activity?
    A. health related activity
    B. skill related activity
    C. community building activity
    D. school activity

_____35. Which of the following is a hypokinetic condition?
    E. low body fat
    F. good flexibility
    G. side effects from a stroke
    H. good grades

_____36. A benefit of regular exercise is:
    A. high blood pressure
    B. high blood sugar
    C. good food choices
    D. increased energy

_____37. On the Stairway to Lifetime Fitness, one moves from a level of dependence to a level of:
    A. independence
    B. decision making
    C. high level of self-motivation
    D. lifetime fitness
38. Muscular endurance helps one to:
   A. develop better flexibility
   B. increase reaction time
   C. gain weight
   D. improve ability to resist getting tired

39. You must be an athlete to improve in skill-related areas of fitness?
   A. true
   B. false

40. Some people have more natural ability in skill-related areas of fitness?
   A. true
   B. false

41. Where should you place your two fingers to determine your heart rate (pulse):
   A. your neck or inside wrist
   B. the top of your arm
   C. the side of your head
   D. over your heart

42. If Tyler has a pulse of 40 in 30 seconds, what is his heart rate for 1 minute?
   A. 80
   B. 100
   C. 120
   D. Not enough information is given to determine heart rate

43. When your body temperature rises too high, it is known as:
   A. humidity
   B. hyperthermia
   C. hypothermia
   D. muscle cramps

44. Excessively low body temperature is known as:
   A. hypothermia
   B. hyperthermia
   C. windchill factor
   D. heat exhaustion

45. Which choice is not a measure for preventing a heat-related condition?
   A. drink plenty of water
   B. begin your exercise program gradually
   C. layer your clothing
   D. rest frequently
46. If a heat related injury occurs, you should:
   A. continue exercising, you’ll likely work through it
   B. exercise faster so you’ll finish in less time
   C. see a doctor immediately
   D. find shade and apply wet towels or spray the body with water

47. Muscle cramps caused by excessive exposure to heat and low consumption of water is known as:
   A. heatstroke
   B. heat exhaustion
   C. heat cramps
   D. humidity

48. The amount of water vapor present in the air is known as:
   A. humidity
   B. heat index
   C. hyperthermia
   D. hypothermia

49. What is the heat related illness characterized by high body temperature, lack of sweating, rapid pulse, dizziness, or unconsciousness?
   A. heat cramps
   B. heat exhaustion
   C. heat stroke
   D. hypothermia

50. If the temperature outside is 85 degrees and the relative humidity is at 90%, how hot does it actually feel?
   A. 85
   B. 97
   C. 102
   D. 122

51. A condition characterized by paleness, cold clammy skin, profuse sweating, weakness, nausea, dizziness, vomiting or fainting is known as:
   A. heat cramps
   B. heat exhaustion
   C. heat stroke
   D. hypothermia

52. When exercising in hot or cold climates, you should always do the following to avoid injury:
   A. dress properly for the conditions
   B. decrease your intake of water
   C. exercise during the hottest or coldest part of the day
   D. begin with long periods of activity
53. Which of the following isn’t a symptom of frostbite?
   A. glossy skin that appears white or grayish yellow
   B. the affected area feels intensely cold and numb
   C. pain is sometimes felt early, but often feeling is lost
   D. muscle cramps

54. Air pollution and altitude are factors that can influence the safety of exercise.
   A. true
   B. false

55. Your warm-up should begin with several minutes of:
   A. stretching
   B. sprinting
   C. balancing
   D. an activity to gradually increase your heart rate such as, slow jogging, slow bicycling or walking

56. The second phase of your warm-up should include:
   A. coordination activities
   B. stretching your muscles
   C. light strength training
   D. an activity to gradually increase your heart rate

57. A cool-down normally consist of a heart cool-down and a muscle cool-down.
   A. true
   B. false

58. When warming up or cooling down, a good stretch is characterized by:
   A. fast, bouncing action
   B. jerky action
   C. a person trying to extend well beyond their normal stretching ranges
   D. slow and easy motion

59. After participating in vigorous activity, experts say you should continue moving to gradually cool down the muscles before stretching. This helps to prevent:
   A. heat stroke
   B. a high heat index
   C. pooling of blood in the legs
   D. frostbite

60. The fitness self-assessment program used for this course is called:
   A. the President’s Physical fitness test
   B. PAR-Q
   C. FITT
   D. FitnessGram
61. An injury to ligaments is known as:
   A. sprain
   B. strain
   C. side stitch
   D. tendon fragment

62. Pain in the side of the lower abdomen usually experienced during running activities is known as a(n):
   A. sprain
   B. strain
   C. side stitch
   D. muscle tension

63. A tissue that connects muscles to bones is known as a:
   A. ligament
   B. tendon
   C. joint
   D. side stitch

64. Injuries that occur when you repeat a movement so much that wear and tear occur to our body is known as:
   A. microtrauma
   B. side stitch
   C. strain
   D. overuse injury

65. Injuries can occur when you ignore the signs and symptoms your body is giving you.
   A. true
   B. false

66. Which of the following should be avoided to prevent injuries?
   A. Regular daily physical activity
   B. gradually begin exercising if you haven’t been working out on a regular basis
   C. wear proper shoes and socks to workout
   D. work full speed through your activity especially if feeling sore or pain

67. An invisible injury is known as a(n):
   A. side stitch
   B. overuse injury
   C. microtrauma
   D. biomechanical principle
68. Illegal supplements taken by some athletes to enhance their performance, but often with dangerous side effects are known as:
   A. steroids
   B. anti-inflammatory medication
   C. aspirin
   D. protein drinks

69. In the RICE formula to treat simple sprains and bruises, the 2nd action to take is:
   A. elevate the injured part above the heart
   B. apply ice to the injured part
   C. wrap the injury
   D. apply heat to the injured part

70. Which of the following is considered a “risky” exercise?
   A. back bends
   B. back-saver hamstring stretch
   C. hip and thigh stretch
   D. knee to nose touch

71. To avoid problems, you should balance muscle development around a joint.
   A. true
   B. false

72. If you are doing exercises to develop the bicep muscles in your arms, you should create a balance and also do exercises to develop your _________ muscles.
   A. hamstring
   B. deltoid
   C. tricep
   D. lumbar

73. A good way to develop self-confidence is to practice the skill in front of your peers so they can critique your abilities.
   A. true
   B. false

74. Two exercises involved in the safe exercise circuit in chapter 2 are:
   A. sprints and basic stretching
   B. the pacer run and reverse curl
   C. curl-ups and back-saver hamstring stretch
   D. push-ups and pull-ups
75. DOMS is caused by:
   A. microscopic muscle tears
   B. ligament tears
   C. tendon tears
   D. major nerve damage

1. Print Copies of Walking Log from the emailed files.

2. If you have not already done so, print Lesson Assignment 1, Part 1 from the Course Study Guide files. Complete the sheet and send it in with Part II.

At this time, print a lesson answer sheet from the Course Study Guide file. Transfer your answers to the answer sheet. Be careful when you transfer your answers making sure that you are marking the answer sheet correctly.

Mail your answer sheet and Walking Log to:
   L. H. S. C. C.
   P. O. Box 2751
   Baton Rouge, LA 90821-2751
Lesson Objectives Chapter 3:

At the end of this lesson you will be able to:

- **describe** three hypokinetic conditions.
- **list** four benefits of physical activity that contribute to health and wellness.
- **explain** how physical activity is related to hyperkinetic conditions by using examples.
- **explain** how good fitness helps your back work efficiently
- **describe** three common posture problems
- **list** four biomechanical principles that will help you improve posture and avoid back problems.

Lesson Objectives Chapter 4:

At the end of this lesson you will be able to:

- **name** and discuss the 3 basic principles of exercise.
- **explain** how the FITT formula helps you build fitness
- **explain** how to use the Physical Activity Pyramid to plan a physical activity program.

Lesson Introduction Chapter 3

In chapter 3 you will learn that many of the diseases Americans have today are a result of lifestyle choices. These are things we choose to do or not to do. Modern science and technology has virtually eliminated the diseases that infected people 100 years ago. Today, heart disease, cancer, and stroke lead the list of conditions negatively affecting our health. The prevalent use of labor saving devices coupled with basic sedentary living (inactive) has had a negative impact along with poor food choices. Video games, computer usage, and viewing television shows have taken the place of children “playing” in their neighborhoods. Where an active lifestyle was once part of everyday life (often in the form of farm chores), today, many people are relatively inactive throughout their day. To achieve optimal health and wellness, time for exercise must be planned for as other important priorities are scheduled.

Lesson Introduction Chapter 4

In chapter 4 you will learn about the basic principles of exercise, FITT formula and Physical Activity Pyramid. They will help guide your workouts so that they will be safe and effective in accomplishing your goals. They will give direction to your physical activity and make your workout more meaningful. The chance of overuse injuries, boredom, and a lack of anticipated results are decreased allowing you to do your best and become your best.

Self-Check Chapter 3

- Read and take notes on chapter 3 (pages 42-57).
- As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 43 and 51.
Write the answers to the lesson review questions on pages 47 and 53 in your notebook.

Write the answers to the chapter review questions on page 58 in your notebook. After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.

ADDITIONAL ACTIVITIES (Bold Print)
Self-Assessment – yellow pages Chapter 3
On pages 48-50 complete The Healthy Back Test. Follow the directions carefully. It will help you evaluate the strength of your back. If possible, use a partner to complete this activity. Record your results in your notebook.

Activity Two - blue pages Chapter 4
On pages 72-74 do the Circuit Workout. Exercises for all parts of your body are included. You will need a jump rope and something to step up on for the bench step to complete this activity. Follow the directions carefully and follow the circuit closely noting the safety tips. Refer to table 4.2 on page 74 for assistance in completing.
Lesson Assignment 2
Multiple choices: Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapters 3 and 4 to locate answers.

1. How much does sedentary living (inactivity) cost our nation each year?
   A. $250,000
   B. $150 billion
   C. $150 million
   D. $700 billion

2. According to *Fitness for Life*, the leading cause of death in America is:
   A. cancer
   B. stroke
   C. obesity
   D. heart disease

3. A primary risk factor of heart disease is:
   A. sedentary (inactive) living
   B. stressful lifestyle
   C. alcohol abuse
   D. atherosclerosis

4. What is likely to occur when the blood supply to the heart is severely reduced or cut off?
   A. stroke
   B. cancer
   C. obesity
   D. heart attack

5. Clogging of the arteries is known as:
   A. atherosclerosis
   B. diabetes
   C. cancer
   D. obesity

6. Diseases that are caused in part from sedentary living are known as:
   A. hyperkinetic
   B. hyperactive
   C. hypokinetic
   D. risk factors

7. One of the best ways to reduce illness and increase wellness in our society is:
   A. use public forms of transportation
   B. to participate in regular physical activity
   C. increase the time you are sedentary on a weekly basis
   D. to participate in volunteer work
8. What is likely to occur when the oxygen supply to the brain is greatly reduced or eliminated?
   A. stroke  
   B. heart attack  
   C. cancer  
   D. diabetes

9. The force of blood against your artery wall is known as:
   A. stroke  
   B. blood pressure  
   C. cancer  
   D. diabetes

10. Hypertension is another name for:
    A. heart disease  
    B. diabetes  
    C. hyperkinetic diseases  
    D. high blood pressure

11. One way to reduce high blood pressure is to:
    A. be sedentary  
    B. participate in regular physical activity  
    C. see a physician twice a month  
    D. delay doing things you know must be completed

12. Normal blood pressure is:
    A. 150/99  
    B. 180/115  
    C. 120/80  
    D. 160/110

13. When a person’s body cannot regulate sugar levels, the person has a disease called?
    A. cancer  
    B. hypertension  
    C. heart disease  
    D. diabetes

For each of the following, mark A for systolic blood pressure or B or diastolic blood pressure:

14. the higher of the two readings

15. represents the pressure against the artery just before the next heart beat

16. represents pressure in your artery immediately after the heart beat
Multiple Choice: Choose the best response.

_____17. in a blood pressure reading of 140/90, which is the diastolic number
   A. 140
   B. 90
   C. there’s not enough information given to determine the diastolic number

_____18. This condition is a primary risk factor for heart disease and stroke.
   A. cancer
   B. high blood sugar
   C. hypertension
   D. hypotension

_____19. The uncontrollable growth of abnormal cells is known as:
   A. diabetes
   B. cancer
   C. hypertension
   D. stroke

_____20. A person with diabetes will have excessively high levels of:
   A. sugar
   B. cholesterol
   C. iodine
   D. body fat

_____21. According to Fitness for Life, the second leading cause of death in the US is:
   A. heart disease
   B. diabetes
   C. accidents
   D. cancer

_____22. All types of diabetes are a result of sedentary living (being inactive).
   A. true
   B. false

For each of the following, mark A for type 1 diabetes and B for type 2 diabetes:

_____23. a hypokinetic condition
_____24. is hereditary
_____25. Accounts for 10% of all diabetics
_____26. the most common type
_____27. can most often be controlled by proper diet and exercise
_____28. sometimes referred to as adult-onset diabetes
Multiple Choice: Choose the best response.

_____29. According to *Fitness for Life*, since 1980, the percentage of obese teens has increased:
   a. 10%
   b. 100%
   c. 300%
   d. the percentage has remained the same

_____30. A condition resulting from bones deteriorating and becoming weak is known as:
   A. obesity
   B. diabetes
   C. overuse injuries
   D. osteoporosis

_____31. Those who exercise regularly develop stronger bones than those who are sedentary.
   A. true
   B. false

_____32. A lack of this element contributes to osteoporosis:
   A. iron
   B. potassium
   C. calcium
   D. sodium

_____33. Which of the following isn’t a result of regular physical activity?
   A. Increase immune system functioning
   B. reduce symptoms of some forms of arthritis
   C. decrease in the rate/severity of depression
   D. increase in body fatness

_____34. According to *Fitness for Life*, just because some physical activity is good, more must be better.
   A. true
   B. false

_____35. Which of the following isn’t likely to be an overuse injury?
   A. stress fractures
   B. shinsplints
   C. blisters
   D. high blood sugar
36. People who are overly concerned about getting enough exercise and are upset if they miss a regular workout are often referred to as having:
   A. diabetes
   B. overuse injuries
   C. activity neurosis
   D. activity enhancement disease

37. Health problems caused by doing too much physical activity is known as:
   A. hyperkinetic conditions
   B. hypokinetic conditions
   C. high blood oxygen level conditions
   D. there is no such condition

38. What condition occurs when a person tries to achieve an ideal body by doing excessive exercise?
   A. high blood sugar
   B. body image disorder
   C. osteoporosis
   D. hypertension

39. What back problem is seen among teens in which there’s too much arch in the lower back?
   A. kyphosis
   B. ptosis
   C. lordosis
   D. hypokenesis

40. A protruding abdomen characterizes this type of poor posture:
   A. kyphosis
   B. ptosis
   C. lordosis
   D. kplosis

41. This type of poor posture is characterized by a rounded back and shoulders:
   A. kyphosis
   B. ptosis
   C. lordosis
   D. srdosis

42. Which of the following isn’t a biomechanical principle to help you improve your posture and avoid back problems?
   A. use the large muscles of the body when lifting things.
   B. keep your hips low when lifting
   C. divide a load to make it easier to carry
   D. lift heavy objects rather than pushing or pulling
43. Which principle of exercise states that the amount and intensity of your exercise should be increased gradually?
   A. principle of overload
   B. principle of progression
   C. principle of specificity
   D. threshold training

44. Which principle states that the specific type of exercise you do determine the specific benefit you receive?
   A. principle of overload
   B. principle of specificity
   C. principle of progression
   D. target fitness zone

45. The correct range of physical activity is known as the:
   A. threshold of training
   B. principle of progression
   C. target fitness zone
   D. principle of overload

46. The double leg lift is a good exercise to strengthen your:
   A. low back and lower legs
   B. abs
   C. upper legs
   D. lower back and gluteus muscles

47. The minimum amount of overload you need to build physical fitness is known as:
   A. target fitness zone
   B. threshold of training
   C. principle of overload
   D. FITT formula

48. The “no pain, no gain” theory is good to follow for maximum health benefits.
   A. true
   B. false

49. The FITT formula is an acronym for a nutritious diet plan.
   A. true   B. false

50. According to the target fitness zone chart on page 61, if you are exercising in your target fitness zone you’re likely to:
   A. build your fitness level
   B. see your fitness level decrease
   C. experience over use injuries
   D. be exercising at a rate that’s too high
51. The Cooper Institute is a:
A. gym specifically for obese teens in Dallas
B. a hospital in Atlanta
C. health and fitness research facility in Dallas
D. sports and recreation facility in LA

52. According to the physical activity pyramid on page 64, how many days of the week should you perform flexibility exercise to build and maintain flexibility?
A. 1
B. 2
C. A minimum of 5
D. 3-7

53. What is the minimum amount of time you need to be active continuously to build cardiovascular endurance?
A. 10 minutes
B. 15 minutes
C. 20 minutes
D. 45 minutes

54. You can best determine the intensity of your cardiovascular activity by:
A. counting your heart rate during exercise
B. determining how long you can hold your breath midway of your workout
C. by how much you sweat
D. by how your legs feel

55. The upper limit of activity is known as:
A. target heart rate
B. target ceiling
C. intensity
D. duration

56. If your best friend expects to continue to improve her endurance and strength, she’ll need to increase the amount of her physical activity.
A. true
B. false

57. According to the Physical Activity Pyramid on page 64, what is the minimum amount of time you should be involved in Active Aerobic Activities?
A. 10 minutes
B. 15 minutes
C. 20 minutes
D. 35 minutes
58. Referring to the Physical Activity Pyramid on page 64, stretching and Yoga activities are best to develop:
   A. flexibility
   B. strength
   C. skills to play golf
   D. power

59. According to the Physical Activity Pyramid, you should accumulate moderate activity from the pyramid on all or most days of the week and vigorous activity at least ______ day(s) a week.
   A. 1
   B. 2
   C. 3
   D. 6

60. The _____ formula can be used to help you apply the basic principles of exercise.
   A. exercise
   B. hypokinetic
   C. hyperkinetic
   D. FITT

61. What is the name of the computer program that can help you keep track of your physical activity?
   A. Fitness for Life
   B. Fitness for You
   C. ActivityGram
   D. Activity Pyramid

62. Periods of rest and sleep are important to good health.
   A. true
   B. false

63. General inactivity or sedentary living is encouraged during hours when you are awake.
   A. true
   B. false

64. According to the physical activity pyramid on page 64, playing computer games is considered:
   A. muscle fitness activity
   B. active aerobic activity
   C. sports and recreational activity
   D. sedentary activity
65. Most experts recommend that you judge your fitness using standards that:
   A. are criterion referenced – use standards of health & wellness
   B. compare yourself to others
   C. use your age to determine the standard
   D. change weekly

66. Which of the following contributes the least to your physical fitness level?
   A. lifestyle choices
   B. level of physical activity
   C. maturation
   D. number of siblings

67. According to the fitness ratings on page 68, which fitness rating indicates you have the necessary level of fitness needed to live a full, healthy life?
   A. high performance
   B. good
   C. marginal
   D. low

Questions 68 – 70 refer to the FITT formula

68. Biking 3-4 times a week refers to:
   A. frequency
   B. intensity
   C. duration
   D. effort

69. Swimming in your target heart zone refers to the ___ of your workout.
   A. frequency
   B. intensity
   C. duration
   D. overload

70. Exercising 30 minutes refers to the ___ of your workout.
   A. frequency
   B. intensity
   C. duration
   D. specificity

71. Lifting more weight than you normally lift refers to the Principle of _____.
   A. overload
   B. progression
   C. specificity
   D. frequency
72. Exercising your legs by doing squats and lunges refers to the Principle of ____
A. overload
B. progression
C. specificity
D. frequency

73. Increasing the amount you exercise gradually; running from 1 mile to 1 1/2 miles refers to the Principle of _________.
A. overload
B. progression
C. specificity
D. frequency

74. Your physical activity program should include activities from all parts of the Physical Activity Pyramid?
A. true
B. false

75. It isn’t a good idea to compare yourself to others when evaluating your fitness levels because:
A. their goals/needs may be different
B. they enjoy physical activity and you don’t
C. they may participate in athletics and you don’t
D. your assessment will always be lower and get you depressed

At this time, print a lesson answer sheet from the course files that were emailed to you. Transfer your answers to the answer sheet. Be careful when you transfer your answers making sure that you are marking the answer sheet correctly.

Mail your answer sheet to:  L. H. S. C. C.
             P. O. Box 2751
             Baton Rouge, LA  90821-2751
Lesson Three: Chapter 5- Learning Self-Management Skills
Chapter 6- Activities for a Lifetime and Choices from the Pyramid

Lesson Objectives Chapter 5:
At the end of this chapter you will be able to:
- **describe** the stages of physical activity change
- **describe** several different self-management skills.
- **explain** how you can use self-management skills for living a healthy life.
- **explain** how goal setting can help you plan your fitness program.
- **identify** some guidelines you should follow when setting goals.

Lesson Objectives Chapter 6:
At the end of this chapter you will be able to:
- **describe** various types of Lifestyle Physical Activity.
- **describe** the FITT formula for lifestyle physical activity.
- **list** some negative attitudes about physical activity and describe how to change them into positive attitudes.
- **list** some reasons why people like to exercise.
- **explain** how you can help others have a positive attitude toward physical activity.

Lesson Introduction Chapter 5
In chapter five you will learn about the stages of physical activity and self-management skills. How much physical activity and the type of exercise you chose will depend on your goals – with these points clarified, your program become tailored to meet your needs. You’ll learn how to become active and if you are already one who regularly exercises, how to stay active.

Lesson Introduction Chapter 6
In chapter six you will learn how to choose lifetime activities and there importance. You will also gain a clearer understanding of how your feelings towards physical activity – your attitude, can affect your health throughout life. Having a positive attitude is key to success in many areas, including fitness.

Self-Check Chapter 5
- Read and take notes on chapter 5 on pages 76-88.
  **As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 77 & 83.**
- Write the answers to the lesson review questions on pages 80 & 85 in your notebook.
- Write the answers to the chapter review questions on page 89 in your notebook.
  **After you have completed the questions you are encouraged to check your answers in Appendix A in the back of this study guide.**
Self-Check Chapter 6

➢ Read and take notes on chapter 6 on pages 90-99.
As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 91 and 95.

➢ Write the answers to the lesson review questions on pages 93 and 97 in your notebook.

➢ Write the answers to the chapter review questions on page 100 in your notebook.
After you have completed the questions you are encouraged to check your answers in Appendix A in the back of this study guide.

ADDITIONAL ACTIVITIES
Self-Assessment - yellow pages Chapter 6
On page 94 complete The Walking Test. The walking test is a cardiovascular test used by beginners. It is an alternative to the 1 mile run or the step test during the next lesson (pages 109-109). You may perform one of these tests if you are a very active person and currently participate in physical activity (in your target zone) 3 – 4 times per week.

Activity 2 – Blue pages Chapter 5
On pages 87 & 88 complete the Elastic Band Exercise Circuit. Elastic band exercises are an inexpensive way of building muscle fitness. If you have an elastic band or rope, follow the directions carefully performing each exercise.
Lesson Assignment 3

Multiple Choice: Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapters 5 and 6 to locate answers.

_____1. The factors involved in determining who will be active and who will not are sometimes called:
   A. self-management skills
   B. sport skills
   C. enhancers
   D. determinants

_____2. According to Fitness for Life, there are ____ stages of physical activity.
   A. 2
   B. 3
   C. 4
   D. 5

_____3. More than 40% of all adults (over 18 yrs.) are included in this stage because they don’t participate in regular physical activity.
   A. coach potato
   B. planner
   C. activator
   D. active exerciser

_____4. The ultimate goal would be for all people to progress to the stage of the ____?
   A. inactive thinker
   B. planner
   C. activator
   D. active exerciser

_____5. Girls are less active than boys in all types of activity other than ______ exercises.
   A. strength training
   B. cardiovascular
   C. flexibility
   D. agility

_____6. As teens progress through school, they become more active.
   A. true
   B. false

_____7. People who have _____ skills and use them regularly are likely to be active and stay active.
   A. hypokinetic
   B. self-management
   C. hyperkinetic
   D. readiness
8. Skill and skill-related fitness are the same thing.
   A. true
   B. false

9. Lower economic groups are _____ active than higher economic groups.
   A. less
   B. more
   C. as
   D. there’s no data available to determine each group’s level of activity

10. Lower economic groups are _____ likely to have more health problems.
    A. less
    B. more
    C. as
    D. there’s no data available to determine each group’s level of activity

11. Which of the following isn’t a self-management skill for active living, health, and wellness?
    A. identifying risk factors
    B. self-monitoring
    C. managing times effectively
    D. decreasing motivation

12. Research has shown that ______ and playing video games are associated with inactivity and greater risk of ______.
    A. watching television; obesity
    B. jogging; diabetes
    C. jumproping; heart disease
    D. shopping; obesity

13. The back-saver sit & reach measures
    A. cardiovascular endurance
    B. power
    C. flexibility
    D. coordination

14. The Body Mass Index (BMI) is an indicator of your:
    A. flexibility
    B. body composition
    C. leg strength
    D. agility
15. Goals that take months or even years to accomplish are called:
   A. short-term
   B. middle-term
   C. long-term
   D. realistic goals

16. Long-term fitness goals are important because the probability that fitness improvement will occur ________:
   A. increases
   B. decreases
   C. remains the same

17. Goals that can be reached in a few days or a few weeks are called:
   A. short-term
   B. middle-term
   C. long-term
   D. realistic goals

18. A series of long-term goals may be set to help accomplish short-term goals.
   A. true
   B. false

19. Walking 30 minutes a day for a two week period is an example of a(n):
   A) short-term goal
   B) long-term goal
   C) good way to increase flexibility
   D) a good way to increase your overall strength

20. The key to reaching fitness goals is to:
   A. try to keep up with your best friend
   B. workout 2 times per day
   C. set the right goals for you
   D. work until your muscles burn

21. How many weeks does it take to see improvement in your fitness?
   A. 1-2
   B. 1-3
   C. 2-3
   D. 4-6

22. Which of the following isn’t a guideline in developing personal fitness goals?
   A. be realistic
   B. focus on improvement
   C. concentrate on developing sport skills
   D. personalize your goals
23. ___________ exercises are an inexpensive way of providing resistance for building strength and muscular endurance.
   A. Elastic band
   B. Power gym weight set
   C. Jump rope
   D. Stretching

Refer to table 5.1 on page 79 for numbers 24 – 29.

24. What self-management skill helps you identify, assess and reduce health risks?
   A. choosing good activities
   B. self-monitoring
   C. building performance skills
   D. identifying risk factors

25. What self-management skill allows you to test your own fitness to help you see where you are and to help you get where you want to be?
   A. identify risk factor
   B. self-assessment
   C. self-monitoring
   D. building performance

26. What self-management skill helps you find and interpret information that will be useful in making decisions and solving problems?
   A. self-assessment
   B. thinking critically
   C. preventing relapse
   D. self-monitoring

27. What self-management skill helps you stick with healthy behaviors even when not motivated?
   A. goal setting
   B. self-assessment
   C. preventing relapse
   D. managing time effectively

28. What self-management skill helps you learn to keep records (logs) to see whether you are doing what you set out to do?
   A. finding success
   B. managing time
   C. thinking critically
   D. self-monitoring
29. What self-management skill helps you to be good at and enjoy sports and other physical activities?
   A. building performance skills
   B. building intrinsic motivation
   C. thinking critically
   D. overcoming barriers

30. If Jennifer is 5’5” and weights 125 pounds, which fitness zone is she in according to the BMI chart on page 81?
   A. low
   B. good
   C. marginal
   D. obese

31. Activities that all people can do regardless of age or physical ability are known as:
   A. coordination
   B. strength
   C. lifestyle physical activity
   D. endurance

32. What intensity level is lifestyle physical activity considered?
   A. mild
   B. moderate
   C. high
   D. it varies depending on your attitude

33. Lifestyle activities can be done at home, school or at work.
   A. true
   B. false

34. ________ is an example of a lifestyle activity.
   A. raking the leaves
   B. watch television
   C. playing computer games
   D. using the elevator to get to the 6th

35. What represents the energy you expend while resting?
   A. ACE
   B. MET
   C. FITT
   D. BMI
36. According to the FITT Formula (table 6.2 on page 92), it is recommended that teens (and adults) do _____ minutes of moderate physical activity on most to all days of the week.
   A. 10
   B. 15
   C. 25
   D. 30

37. Which of the following isn’t a lifestyle physical activity?
   A. walking
   B. bricklaying
   C. mopping floors
   D. participating in a triathlon

38. Research has shown that if you establish the habit of doing lifestyle physical activity early in life, you are more likely to continue to be active as you grow older.
   A. true
   B. false

39. A health goal for the nation is to increase the percentage of teens that do moderate lifestyle physical activity at least 5 days a week from the current 27% to _____%.
   A. 30
   B. 35
   C. 50
   D. 75

40. The intensity for moderate physical activity such as walking briskly is _____ mets.
   A. 1
   B. 2
   C. 4
   D. 12

41. 30 minutes was chosen as a minimum value of moderate physical activity because if you do that amount you get many of the benefits without a lot of effort.
   A. true
   B. false

42. According to Fitness for Life, the most popular form of lifestyle physical activity is:
   A. biking
   B. swimming
   C. walking
   D. football
____ 43. A self-monitoring device that counts your steps when walking is a:
   A. stop watch
   B. heart rate monitor
   C. blackberry
   D. pedometer

____ 44. If you are physically fit, the 1 mile run or pacer test may be best for evaluating your:
   A. strength
   B. cardiovascular fitness
   C. flexibility
   D. coordination

____ 45. When an active teen has more positive attitudes than negative attitudes, this is known as:
   A. positive balance of attitudes
   B. negative balance of attitudes
   C. neutral balance of attitudes
   D. positive energy

____ 46. Which of the following is a reason people like to be physically active?
   A. physical activity is fun
   B. physical activity is a way to relax
   C. physical activity is a good way to improve your health
   D. all of the above

____ 47. Some people use negative feelings as an excuse to avoid being active.
   A. true
   B. false

____ 48. Using the chart on page 99, determine how many calories a 150 lb. person could expect to expend each minute of brisk walking.
   A. 2.3
   B. 2.9
   C. 3.5
   D. 4.7

____ 49. A person weighing 200 lbs. would expend _____ calories/minutes than someone weighing 125 lbs. when walking briskly.
   A. more
   B. less
   C. the same
50. You should expend a minimum of at least _____ calories a day in physical activity.
   A. 50  
   B. 100  
   C. 200  
   D. 1000

51. The number of Mets required for lifestyle activity characterized as yard work is:
   A. 1  
   B. 2-3  
   C. 3-7  
   D. 8-12

52. Some experts believe that if you walk at least ________ steps each day, you will be in the target zone for lifestyle physical activity.
   A. 100  
   B. 1,000  
   C. 10,000  
   D. 100,000

53. Pedometers are a good way to help you self-monitor your physical activity.
   A. true  
   B. false

54. The word mile comes from the ________ phrase mila passum.
   A. Italian  
   B. French  
   C. Latin  
   D. German

55. All of the self-management skills can help you no matter what your current stage of physical activity.
   A. true  
   B. false

56. 9th graders are _____ times more likely to do moderate activity as 12th graders.
   A. 2  
   B. 3  
   C. 4  
   D. 5
Refer to Table 5.1 on page 79 for numbers 57 – 68.

_____57. The self-management skill that helps you stay active despite a lack of time and the weather is known as:
   A. finding success
   B. overcoming barriers
   C. goal setting
   D. self-assessment

_____58. The self-management skill that allows you to experience accomplishment is:
   A. learning to say “no”
   B. building intrinsic motivation
   C. identifying risks
   D. finding success

_____59. The self-management skill that helps keep you from doing things you don’t want to do:
   A. overcoming competitive stress
   B. building intrinsic motivation
   C. learning to say “no”
   D. finding social support

_____60. The self-management skill that helps you prevent or cope with the stresses of competition or tension felt when performing some types of activity:
   A. overcoming competitive stress
   B. building intrinsic motivation
   C. learning to say “no”
   D. finding social support

_____61. The self-management skill that helps you think positively about yourself so you can stay active for a lifetime:
   A. managing time effectively
   B. finding social support
   C. building positive self-perception
   D. goal setting

_____62. This self-management skill helps you learn to schedule time efficiently:
   A. managing time effectively
   B. finding social support
   C. building positive self-perception
   D. goal setting
63. This self-management skill helps you learn to enjoy physical activity for your own personal reasons rather than because others think it is good for you.
A. finding social support
B. building positive attitudes
C. building self-confidence
D. building intrinsic motivation

64. This self-management skill helps you find ways to get the help and support of others to adopt healthy behaviors and to stick with them.
A. building positive attitudes
B. finding social support
C. building positive self-perceptions
D. thinking critically

65. This self-management skill allows you to identify and build attitudes that will help you be active throughout life.
A. building positive attitudes
B. finding social support
C. building positive self-perceptions
D. thinking critically

66. This skill helps you set realistic and practical goals for being active and achieving physical fitness.
A. building self-confidence
B. choosing good activity
C. goal setting
D. preventing relapse

67. This self-management skill helps you select activities that are best for you personally.
A. choosing good activities
B. building self-confidence
C. self-monitoring
D. finding social support

68. This self-management skill helps you build the feeling that you are capable of being active for life.
A. choosing good activities
B. building self-confidence
C. self-monitoring
D. finding social support
69. If Mike is in a lower socioeconomic group than John, national surveys indicate that Mike would be ________ active than John.
   A. More  
   B. Less  
   C. About the same

70. If Brittany is in a lower socioeconomic group than Courtney, a nation survey indicates that Brittany would be ________ to have health problems as Courtney.
   A. more likely  
   B. less likely  
   C. just as likely

71. Research has shown that Sarah, a teen, spends as many as _____ hours/day watching television and playing computer games than the time in school.
   A. 2  
   B. 3  
   C. 4  
   D. 5

72. John is 5’11” and weights 230 lbs. According to the Body Mass Index Chart on page 81, his body mass index reading would indicate:
   A. he has too little body fat  
   B. he is in the good fitness zone  
   C. his body composition is excellent  
   D. he is in the obese range

73. If Melissa does aerobics 3-4 days a week for 3 months, she would be trying to reach a:
   A. short term fitness goal  
   B. long term goal  
   C. goal to building power and speed  
   D. goal to improve coordination and reaction time

74. The elastic band exercise that develops your quadriceps and muscles of your buttocks is:
   A. toe push  
   B. arm curl  
   C. two leg press  
   D. upright row
75. The elastic band exercise that develops your pectorals and tricep muscles is known as:
   A. leg curl
   B. toe push
   C. arm curl
   D. arm press

At this time, print a lesson answer sheet from the course files that were emailed to you. Transfer your answers to the answer sheet. Be careful when you transfer your answers making sure that you are marking the answer sheet correctly.

Mail your answer sheet to: L. H. S. C. C.
P. O. Box 2751
Baton Rouge, LA 90821-2751
Lesson Four:  
Chapter 7- Cardiovascular Fitness  
Chapter 8- Active Aerobics

Lesson Objectives Chapter 7:
At the end of this chapter you will be able to:
- **describe** the benefits of cardiovascular fitness to health and wellness.
- **explain** the relationship between physical activity and good cardiovascular fitness.
- **describe** and demonstrate some methods you can use to assess your cardiovascular fitness.
- **determine** how much cardiovascular fitness is enough
- **explain** the difference between aerobic activity and anaerobic activity.
- **describe** the FIT formula for developing cardiovascular fitness.
- **explain** how to determine a threshold of training and a target zone for building cardiovascular fitness using two different heart rate methods.

Lesson Objectives Chapter 8:
At the end of this chapter you will be able to:
- **explain** the difference between lifestyle physical activity and active aerobics.
- **describe** some of the benefits and risks of active aerobic activities.
- **describe** several types of active aerobic activity.
- **define** recreational activity and leisure time.
- **describe** several types of active recreation including their benefits and risks.
- **describe** some safety considerations for active recreation and active aerobics
- **define** social support and describe how it can help you to be physically active.

Lesson Introduction Chapter 7
In this chapter you will learn about the important benefits of cardiovascular fitness in achieving wellness. This includes fitness of the heart, lungs, arteries, veins, and blood. You will be able to evaluate your own level of cardiovascular fitness to determine your strengths and weaknesses.

Heart/Lung Endurance is another term for cardiovascular endurance. Cardiovascular fitness is the most important health component due to the benefits achieved through this type of exercise. Normally, exercises to improve/maintain cardiovascular fitness uses large muscle mass and are done continuously for a **minimum** of 20 minutes 3-4 times a week.

Lesson Introduction Chapter 8
In this chapter you will learn about active aerobics, which are activities on the 2nd level of the physical activity pyramid. These activities include jogging, cycling, circuit training, aerobic machines (treadmills, stair steppers, rowing machines, exercise bicycles) and swimming. Active forms of recreation are also found on the 2nd level of the physical activity pyramid. These types of activities are usually done during leisure time. They are often good forms of relaxation. Backpacking/hiking, boating, canoeing, rowing, skateboarding, skating, and orienteering are all forms of recreational activity.
Recreational activities can be a form of cardiovascular fitness if the heart rate is elevated to sufficient levels and maintained. Active aerobic activities and recreational activities are often chosen because they are noncompetitive, don’t require a high level of skill and are FUN! Safety precautions should always be taken into consideration when participating in all types of activity.

**Self-Check Chapter 7**

- Read and take notes on Chapter 7 on pages 102-116.
  
  As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 103 and 110.

- Write the answers to the lesson review questions on pages 107 and 112 in your notebook.

- Write the answers to the chapter review questions on page 117 in your notebook.

  *After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.*

**Self-Check Chapter 8**

- Write the answers to the lesson review questions on pages 121 and 127 in your notebook.

- Write the answers to the chapter review questions on pages 131 in your notebook.

  *After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.*

**ADDITIONAL ACTIVITIES**

**Self-Assessment Chapter 7**

On pages 108 & 109 complete *Cardiovascular Fitness – Step Test and 1 Mile Run if you are in good physical condition*. Follow the directions carefully. Use the tables on pages 108-109 to rate yourself. If you are not a beginner and are interested in determining your level of fitness, these are quick and easy tests to assess your level of cardiovascular fitness. Later, you can test yourself again after exercising for a period of time. If you are a beginner, The Walking Test on page 94 (from the previous lesson) may be more appropriate.

**Self-Assessment Chapter 8**

On pages 129 & 130 complete *Jogging: Biomechanical Principles and Guidelines*. At some point you may want to advance from walking to an excellent cardiovascular activity – jogging. Read and follow the guidelines to assure you are jogging “correctly”. Little equipment is needed, but it’s important you learn good running form.
Lesson Assignment 4  
Multiple choice: Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapters 7 and 8 to locate answers.

_____ 1. Which of the following organs isn’t involved with improved cardiovascular fitness?  
A. heart  
B. lungs  
C. arteries  
D. liver

_____ 2. Which of the following isn’t a benefit of regular physical activity?  
A. controlling weight  
B. increasing blood pressure  
C. building muscle  
D. making blood vessels healthier

_____ 3. Which of the following isn’t part of the cardiovascular system?  
A. brain  
B. heart  
C. blood vessels (arteries and veins)  
D. blood

_____ 4. In your lungs, oxygen enters your blood while carbon dioxide is eliminated.  
A. true  
B. false

_____ 5. Your heart is a(n):  
A. artery  
B. vein  
C. muscle  
D. a filter for blood

_____ 6. If your heart is unable to pump enough blood during exercise, your muscles will become ______ fatigued.  
A. more  
B. less  
C. remain the same  
D. exercise doesn’t effect the heart

_____ 7. A person who exercises regularly may have a resting heart rate _____ than a person who doesn’t exercise regularly.  
A. higher  
B. lower  
C. that will be the same  
D. exercise doesn’t effect resting heart rate
8. A very fit person’s heart beats approximately ______ million times less each year than that of an average person.
   A. 6.5
   B. 9.5
   C. 7.1
   D. 70

9. A fatlike substance found in meats, dairy products and egg yolks is known as:
   A. fibrin
   B. lipoproteins
   C. insulin
   D. cholesterol

10. Vessels which carry blood away from the heart are known as a(n):
    A. arteries
    B. veins
    C. lipoproteins
    D. cholesterol

11. A substance involved in blood clotting is known as:
    A. veins
    B. lipoproteins
    C. cholesterol
    D. fibrin

12. Good cholesterol is often referred to as:
    A. low-density lipoprotein
    B. fibrin
    C. high-density lipoprotein
    D. protein

13. Cholesterol is carried through the bloodstream by particles called:
    A. fibrin
    B. lipoproteins
    C. veins
    D. insulin

14. Bad cholesterol is often referred to as:
    A. fibrin
    B. high density lipoprotein
    C. low density lipoprotein
    D. fats

15. People who exercise regularly develop fewer coronary arteries.
    A. true
    B. false
16. High amounts of fibrin can contribute to the development of _____.
   A. diabetes
   B. atherosclerosis
   C. high density lipoproteins
   D. low density lipoproteins

For 17-29 refer to Table 7.1 on page 105. Mark A if the statement is a benefit of physical activity and B if it’s not an expected benefit of physical activity.

17. The heart pumps less blood with each beat.
18. The heart muscle gets weaker.
19. Lower blood pressure.
21. Increased risk of atherosclerosis
22. More high density lipoproteins in blood
23. Less low density lipoproteins in blood
24. Increase heart rate at rest
25. More oxygen delivered to the blood
26. Lungs work more efficiently
27. Eliminate of less wastes
28. Use sugars and insulin more effectively to produce energy
29. Fewer substances in the blood that cause clots.

Multiple Choice: Choose the best response.

30. Vessels which carry blood toward the heart are known as:
   A. lipoproteins
   B. arteries
   C. fibrin
   D. veins

31. Regular physical activity helps cells use _____ and get ride of waste materials effectively.
   A. carbon dioxide
   B. oxygen
   C. water
   D. cholesterol
32. A lab test for cardiovascular fitness is called the:
   A. graded exercise test
   B. agility run
   C. FITT run
   D. Shuffle test

33. Self assessments are as accurate as laboratory tests of fitness:
   A. true
   B. false

34. Which test is a good indicator of fitness for most people but is not best for assessing high-level fitness.
   A. pacer
   B. 1-mile run
   C. Step test
   D. Walking test

35. Each __________ has its own strengths and weaknesses.
   A. self-assessment
   B. pacer
   C. step test
   D. stress test

36. Benefits of physical activities are associated with moving out of the _____ Fitness zone.
   A. aerobic
   B. high
   C. anaerobic
   D. low

37. Which term is not used when referring to cardiovascular fitness?
   A. aerobic fitness
   B. cardiovascular endurance
   C. anaerobic endurance
   D. cardio respiratory fitness

38. A health goal for the nation is to increase the percent of teens that do vigorous physical activity at least 3 days a week from 65% to _____%.
   A. 70%
   B. 75%
   C. 80%
   D. 85%
39. The term aerobic means:
   A. with oxygen
   B. without oxygen
   C. anaerobic oxygen control
   D. cardiovascular output

40. The term that describes activity that is steady enough to allow the heart to supply all the oxygen your muscles need is known as:
   A. anaerobic activity
   B. active aerobic activity
   C. aerobic activity
   D. active anaerobic activity

41. __________________ physical activities are considered to be aerobic because you can do them for long periods without stopping.
   A. advanced lifestyle
   B. moderate lifestyle
   C. lower lifestyle
   D. anaerobic

42. A vigorous type of aerobic activity that elevates the heart rate high enough to build cardiovascular fitness is known as:
   A. aerobic activity
   B. anaerobic activity
   C. active aerobic activity
   D. inactive aerobic activity

43. How much moderate intensity physical activity should Americans (including teens) accumulate on most days of the week?
   A. 10 minutes
   B. 20 minutes
   C. 25 minutes
   D. 30 minutes

44. National guidelines suggest that teenagers should do regular vigorous physical activity.
   A. true
   B. false

45. If Emily walks for 30 minutes on Monday, Wednesday, Friday and Saturdays for 4 – 6 weeks in her target heart zone, she can expect to see cardiovascular benefits.
   A. True
   B. False
46. To achieve cardiovascular fitness, your heart rate must be in your ________.
   A. target fitness zone
   B. threshold of anaerobic training
   C. anaerobic fitness zone
   D. maximal fitness zone

47. Anaerobic activity cannot be sustained for a long time because it is:
   A. not a good form of physical activity
   B. not a favorite form of exercise
   C. so intense
   D. a new form of physical activity & takes time for your body to adjust

48. Activity that is so intense that your body cannot supply adequate oxygen to sustain it for long periods of time is known as:
   A. anaerobic activity
   B. aerobic activity
   C. threshold activity
   D. active aerobic activity

49. Anaerobic activities are usually done:
   A. in long periods of time
   B. after 2 days of rest
   C. after cardiovascular activity for 30 minutes or more
   D. in short bursts – short periods of time

50. Which heart rate method uses the range between your resting and maximal heart rate for calculation?
   A. aerobic heart rate
   B. heart rate range method
   C. percent of maximal heart rate
   D. anaerobic heart rate

51. Which of the following isn’t an example of an aerobic activity?
   A. jogging 5 miles
   B. swimming for 30 minutes
   C. sprinting 100 yards
   D. biking for 45 minutes

52. What is a written account of the physical activity that you participate in during a specified time?
   A. activity log
   B. activity note
   C. journal
   D. personal assessment
53. What is activity done during your leisure time known as?
   A. aerobic activity
   B. anaerobic activity
   C. recreational activity
   D. orienteering

54. Time free from work or school commitments is known as:
   A. physical activity
   B. leisure time
   C. orienteering
   D. active sports

55. Activities that are fun and typically non-competitive are known as:
   A. anaerobic activity
   B. aerobic activity
   C. active recreation
   D. skateboarding

56. Which activity combines walking, jogging, and map-reading skills?
   A. backpacking
   B. skating
   C. rock climbing
   D. orienteering

57. Which activity was originally developed as a method of training for skiers in the summer?
   A. hiking
   B. canoeing
   C. orienteering
   D. skating

58. The main purpose of active recreation is to build fitness.
   A. true
   B. false

59. What activity is a safe alternative to rock climbing that can be done in the natural environment?
   A. bouldering
   B. skiing
   C. rowing
   D. orienteering
60. The PACER test is a test of:
   A. coordination
   B. agility
   C. cardiovascular fitness
   D. muscular strength

61. What does the trunk lift measure?
   A. cardiovascular endurance
   B. flexibility of the back and trunk muscles
   C. flexibility of the hamstrings
   D. muscular strength of the abdominals

62. Judo and karate are just two types of:
   A. recreational activities
   B. circuit training
   C. martial arts exercise
   D. water aerobics

63. One of the oldest art forms that are a means of expression for many cultures is known as?
   A. water aerobics
   B. martial arts
   C. skating
   D. dance

64. The continuous performance of various dance steps to music is known as:
   A. aerobic dance
   B. water aquatics
   C. rope jumping
   D. martial arts

65. The heart rate of very small animals is ______ than the heart rate of larger animals.
   A. lower
   B. the same as
   C. higher
   D. no information is available on the heart rate of different size animals

66. Older people typically have ______ maximal heart rates than young people.
   A. lower
   B. higher
   C. the same
67. A good method of determining how hard you are exercising is:
   A. determine your heart rate
   B. by the amount you are sweating
   C. by using the FITT formula
   D. use a pedometer

68. Most overuse injuries can be prevented by:
   A. not over exercising
   B. training daily
   C. running long distances daily
   D. performing continuous dance steps to music

69. Exercise for strength and muscular endurance is on the same pyramid level as:
   A. active aerobics
   B. active recreation
   C. active sports
   D. exercise for flexibility

70. Active aerobics is on the same pyramid level as:
   A. flexibility
   B. strength and muscular endurance
   C. active sports and recreation
   D. lifestyle physical activity

71. The goal of circuit training is to:
   A. keep the heart rate in the target zone
   B. stay in the threshold of training
   C. increase flexibility
   D. develop better coordination

72. Which of the following IS a proper biomechanical principle for jogging?
   A. swing your arms across your body
   B. run on the front of your foot
   C. keep your trunk erect
   D. allow your feet to turn to the sides

73. Experts indicate that people who find the support of others are more likely to participate in regular physical activity.
   A. true
   B. false

74. Which of the following ISN’T a safety tip for active aerobic and recreation?
   A. wear the proper equipment needed for the activity
   B. try activities beyond the limits of your skill level
   C. get proper instruction before participation
   D. plan ahead
75. Using Table 7.5 on page 114, what is the estimated maximal heart rate for a 15 year old?
   A. 200
   B. 199
   C. 198
   D. 197

At this time, print a lesson answer sheet from the course files that were emailed to you. Transfer your answers to the answer sheet. Be careful when you transfer your answers making sure that you are marking the answer sheet correctly.

Mail your answer sheet to:  L. H. S. C. C.
                      P. O. Box 2751
                      Baton Rouge, LA  90821-2751
Lesson Five: Chapter 9- Skills and Skill-Related Physical Fitness
Chapter 10- Flexibility Facts

Lesson Objectives Chapter 9:

At the end of this lesson you will be able to:

- define physical skills and give examples
- explain how skill-related fitness abilities differ from physical skills.
- identify and explain factors that affect skill-related fitness and skills.
- discuss the importance of assessing personal skill-related fitness.
- identify four categories of sports
- explain why fitness is important to sports participants
- identify categories of sports for which participants must be especially fit.
- discuss guidelines for choosing a sport.

Lesson Objectives Chapter 10:

At the end of this chapter you will be able to:

- describe the characteristics of flexibility.
- describe how you benefit from good flexibility.
- explain why it is important to balance strength and flexibility exercises
- explain how the fitness principles of overload, progression, and specificity apply to flexibility.
- explain the differences among static stretching, PNF stretching and ballistic stretching.
- describe the fitness target zones for static and ballistic exercise.
- list the guidelines for doing flexibility exercises safely.

Lesson Introduction Chapter 9

The main focus until this point has been on health related components of physical fitness. Now we will focus on the skill-related components.

Unlike the health components, skill-related components are more related to your ability to learn sport skills.

Skill related assessments are important because they will help you determine your strengths and weakness giving you the ability to match your abilities with various activities, especially those you can participate in for a lifetime.

Lesson Introduction Chapter 10

In chapter 10 you will learn about the amount of movement you can make (range of motion) where your bones come together (joints). Flexibility is important to maintain good health and mobility.

You’ll learn why flexibility exercises should be done to prevent muscle soreness and injury.

You’ll also gain an understanding of how the fitness principles relate to flexibility.

In the second part of the chapter the types of flexibility exercises are discussed along with guidelines for building safe and effective flexibility.

Self-Check Chapter 9

- Read and take notes on Chapter 9 on pages 132 to 172 in your notebook.
As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 133 and 142.

- Write the answers to the lesson review questions on pages 136 and 146 in your notebook.

- Write the answers to the chapter review questions on page 150 in your notebook.

After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of the study guide.

Self-Assessment Chapter 9
On pages 137 – 141 complete Assessing Skill-Related Physical Fitness. There are several components to skill-related fitness. Follow the directions for completing each part of the assessment. Tables 9.3 and 9.4 on page 141 will help you determine your strengths and weaknesses.

Activity Two Chapter 10
On pages 167 – 172 complete The Basic 10: Flexibility Exercise Circuit. Flexibility exercises should be done most if not all days of the week. Stretching helps keep your range of motion in your joints. The circuit allows for stretching all major muscle groups and can help you improve in areas you may not have scored well in on the flexibility assessment. You may already be doing these as part of your warm-up and cool-down when you walk or while doing other activities.
Lesson Assignment 5

Multiple Choice: Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapters 9 and 10 to locate answers.

_____1. What is closely related to your ability to learn sports and other kinds of physical skill?
   A. health-related fitness
   B. skill-related fitness
   C. fitness principles
   D. FITT formula

_____2. What are specific physical tasks that people perform such as catching and throwing known as?
   A. skill-related fitness
   B. flexibility
   C. physical skill
   D. orienteering

_____3. What are abilities that help you learn particular skills known as?
   A. skill-related fitness
   B. physical skill
   C. health related fitness
   D. FITT principles

_____4. Repeating a skill over and over is known as:
   A. hard work
   B. mental toughness
   C. heredity
   D. practice

_____5. Which of the following isn’t a skill-related component of fitness?
   A. balance
   B. coordination
   C. muscular strength
   D. speed

_____6. Heredity influences skill-related fitness abilities?
   A. true
   B. false

_____7. Having great speed will allow you to:
   A. balance on a beam
   B. juggle 3 tennis balls
   C. run fast
   D. turn sharply at a corner while running
8. If you want to improve in a particular sport, you should practice:
   A. specific skills for that sport
   B. develop cardiovascular endurance
   C. develop high levels of speed
   D. develop great balance

9. If you excel in one part of skill-related fitness, you’ll likely excel in another part.
   A. True
   B. false

10. To excel it is best to use practice time on the _______________ of the sport you want to improve.
    A. health-related skills
    B. specific skills
    C. fitness profile
    D. general skills

11. The first step for a person interested in learning a lifetime sport or physical activity is to assess ____________?
    A. skill-related fitness abilities
    B. heart rate
    C. hereditary potential
    D. explosive strength

12. A skill-related fitness profile can help determine your
    A. heart rate range
    B. select appropriate lifetime activities/sports that suit you
    C. develop a good program for cardiovascular endurance
    D. determine your percentage of body fat

13. A _________________ can help you determine which type of physical activity is better suited for your abilities.
    A. health related endurance test
    B. specificity test
    C. fitness profile
    D. step test

14. Which of the following isn’t a benefit of a fitness profile?
    A. help you determine which activities will be the easiest for you to learn
    B. enable you to choose activities that you are already competent at enjoying
    C. help you identify your strengths and weaknesses
    D. it will aid in determining your target heart zone
15. It is often _______ to improve on skill-related fitness abilities than health-related fitness abilities.
   A. easier
   B. harder
   C. about the same level
   D. not enough information is available to determine if it would be easier, harder or about the same level for improvement

16. Which of the following ISN’T advancement in fitness technology?
   A. oversized tennis racquets
   B. large golf clubs
   C. light weight metals for softball bats
   D. wooden baseball bats

17. Many activities do not require high levels of abilities (skills) to enjoy it.
   A. true
   B. false

Refer to pages 137 – 140 for numbers 18 – 24

18. Which of the following ISN’T a skill-related assessment?
   A. side shuttle
   B. standing long jump
   C. wand juggling
   D. pacer test

19. This skill related assessment is for reaction time:
   A. short sprint
   B. yardstick drop
   C. standing long jump
   D. side shuttle

20. This skill related assessment is for coordination:
   A. standing long jump
   B. yardstick drop
   C. wand juggling
   D. short sprint

21. This skill related assessment is for speed:
   A. short sprint
   B. side shuttle
   C. standing long jump
   D. wand juggling
22. This skill related assessment is for power:
   A. short sprint
   B. yardstick drop
   C. side shuttle
   D. standing long jump

23. Standing on a stick with one foot while your other foot is raised from the floor is a skill-related assessment for:
   A. balance
   B. coordination
   C. agility
   D. reaction time

24. This skill-related assessment is for agility:
   A. wand juggle
   B. standing on a stick with one foot while your other foot is raised
   C. side shuttle
   D. yardstick drop

25. Which of the following ISN’T as likely to be involved in an individual’s choice of lifelong physical activities?
   A. height
   B. skill-related fitness abilities
   C. interests
   D. personal fitness goals

26. Physical activities that are competitive and that have well-established rules are known as:
   A. sports
   B. recreational activities
   C. health-related activities
   D. lead-up games

27. Which of the following ISN’T considered a sport?
   A. bowling
   B. golf
   C. tennis
   D. working out on a treadmill

28. Active sports are included at the second level of the Physical Activity Pyramid because they are:
   A. enjoyed by most people
   B. sports that elevate the heart rate above the threshold
   C. sports that decrease the heart rate as one participates
   D. don’t require much equipment
29. The 100 and 200 meter dashes are considered to be:
   A. almost totally anaerobic
   B. almost totally aerobic
   C. an equal amount of anaerobic and aerobic activity
   D. good for developing cardiovascular endurance

30. Intense activity done for a short period of time is known as:
   A. aerobic activity
   B. threshold activity
   C. anaerobic activity
   D. cardiovascular activity

31. Soccer, basketball, and tennis aren’t considered to be truly aerobic in nature because:
   A. most people enjoy playing them
   B. they require 8-12 people to play
   C. a lot of equipment is required to play
   D. there’s frequent stopping and starting

Refer to table 9.5 on page 143 for numbers 32 – 43.

32. Which of the following develops excellent cardiovascular fitness?
   A. rowing
   B. table tennis
   C. football
   D. canoeing

33. Which of the following is classified as an outdoor, challenge, or extreme sport?
   A. bowling
   B. gymnastics
   C. BMX cycling
   D. Racquetball

34. Which sport is excellent for developing flexibility?
   A. volleyball
   B. gymnastics
   C. basketball
   D. football

35. Which sport is classified as a dual or partner sport?
   A. softball
   B. canoeing
   C. martial arts
   D. rowing
36. Which sport would be a poor choice for developing cardiovascular fitness?
   A. bowling
   B. cross country skiing
   C. racquetball
   D. soccer

37. Which of the following is classified as an individual sport?
   A. canoeing
   B. table tennis
   C. martial arts
   D. golf

38. Which sport is excellent for muscular endurance?
   A. martial arts
   B. volleyball
   C. BMX cycling
   D. Baseball

39. Which sport is poor for strength development?
   A. badminton
   B. gymnastics
   C. football
   D. mountain climbing

40. Which sport is best at helping control body fat levels?
   A. cross country skiing
   B. martial arts
   C. basketball
   D. horseback riding

41. Which sport is classified as a team sport?
   A. bowling
   B. soccer
   C. BMX cycling
   D. Canoeing

42. Which activity is excellent for developing balance?
   A. badminton
   B. bicycling
   C. golf
   D. jogging
43. Which activity is excellent for developing coordination?
   A. basketball
   B. bicycling
   C. jogging
   D. weight training

44. Range of motion in joints is developed by doing:
   A. speed training
   B. flexibility exercises
   C. agility drills
   D. cardiovascular training

45. Most people commonly focus on this component of health-related fitness the least of all:
   A. cardiovascular fitness
   B. strength training
   C. muscular endurance
   D. flexibility

46. The amount of movement you can make in a joint is known as:
   A. balance
   B. flexibility
   C. agility
   D. coordination

47. When the knee doesn’t fully extend, it may be due to:
   A. short hamstring muscles
   B. long hamstring muscles
   C. the muscles being too relaxed
   D. short quadriceps

48. Which of the following is a joint?
   A. hand
   B. foot
   C. arm
   D. knees

49. Which of the following is a benefit of stretching?
   A. speed development
   B. cardiovascular fitness development
   C. to help prevent injury and muscle soreness
   D. coordination development
50. Differences in _______ help determine the limits of personal flexibility.
   A. coordination
   B. cardiovascular fitness
   C. emotional development
   D. anatomical build

51. Generally, males tend to be more flexible than females.
   A. true
   B. false

52. As people get older, flexibility normally:
   A. increases
   B. decreases
   C. remains about the same
   D. not enough research has been done to draw a conclusion on flexibility & aging

53. What is the condition in which there is an unusually large range of motion (ROM) in joints; often referred to as being double jointed?
   A. joint laxity
   B. hypermobility
   C. muscle toneness
   D. large joint syndrome

54. When the supporting tissue around a joint allows the bones to move in ways other than intended it is known as:
   A. hypermobility
   B. coordination
   C. joint laxity
   D. balance

55. If Johnny does stretching exercises when he is young, he is likely to reduce the risk of joint problems when he is older.
   A. true
   B. false

56. ___________ is usually an inherited trait.
   A. balance
   B. athletic attitude
   C. hypermobility
   D. joint laxity

57. ___________ occurs when the ligaments around a joint are overstretched.
   A. joint laxity
   B. hypermobility
   C. PNF
   D. CRAC
58. A balanced exercise program includes both strength and __________
   Exercises so that you muscles can apply equal force on all sides of a joint.
   A. coordination
   B. agility
   C. speed
   D. flexibility

59. To avoid becoming permanently hunched over, you need to make sure these muscles on the front of the body get stretched.
   A. triceps and hamstrings
   B. biceps, quads, & pectorals
   C. triceps and calf muscles
   D. lower back, bicep and chest muscles

60. To avoid becoming permanently hunched over, you need to strengthen these muscles on the back of the body.
   A. hamstring, calf muscles and lower back
   B. biceps, triceps and quads
   C. triceps, quads and chest muscles
   D. pectorals, biceps, and hip flexor

61. The muscles that should be stretched to prevent soreness, pain and back injuries:
   A. chest muscles
   B. calf muscles
   C. lower back
   D. front of shoulders

62. It is possible to overstretch muscles?
   A. true
   B. false

63. Keeping muscles on opposite sides of a joint in balance helps them pull with equal force in all directions creating balance which helps ensure ____________.
   A. good posture
   B. joint laxity
   C. hypermobility
   D. poor posture

64. A goniometer is used to assess:
   A. balance
   B. coordination
   C. strength
   D. flexibility
65. If you don’t use the ROM you have available in a joint, the muscles will shorten and you will lose ____________.
   A. coordination
   B. speed
   C. flexibility
   D. strength

66. The principle of overload states that if you stretch your muscles longer than normal ____________.
   A. flexibility increases
   B. flexibility decreases
   C. strength increases
   D. speed increases

67. For greater flexibility, the principle of progression should be applied by:
   A. working on other areas like balance and coordination
   B. stretching farther than normal
   C. stretching the same as usual
   D. stretching a shorter amount of time than normal

68. The principle of ____________ states that flexibility exercises improve ONLY the specific muscles at the specific joints that you stretch.
   A. overload
   B. progression
   C. specificity
   D. flexibility

69. Your muscles will shorten and you will lose flexibility if you:
   A. don’t train with weights
   B. don’t train to increase agility
   C. don’t train for cardiovascular endurance
   D. don’t stretch

70. To develop overall ____________ you must stretch all muscles that need stretching.
   A. flexibility
   B. balance
   C. agility
   D. coordination

71. The following is an assessment for shoulder, arm, and chest flexibility.
   A. 1 mile run
   B. Zipper
   C. Skinfold measurements
   D. Leg change
72. This flexibility test evaluates spine, shoulder, and hip flexibility.
   A. ½ mile run
   B. Ankle flex
   C. Side shuttle
   D. Trunk rotation

73. Michelle was stretching slowly, as far as possible, without pain but with little tension.
   This type of stretching is known as:
   A. Ballistic Stretching
   B. Static Stretching
   C. ROM
   D. Bounce Stretching for warm-up

74. Which of the following is a guideline to follow for stretching:
   A. Stretch swollen joints to help them heal faster.
   B. Stretch until you feel pain
   C. Use static stretching when you begin or for general health
   D. Be progressively and rapidly increase the time and number of repetitions.

75. The intensity for static stretching is
   A. Stretch the muscle beyond its normal length
   B. Stretch each muscle group daily
   C. Hold each stretch 15 – 30 seconds
   D. Stretch 3 days a week

At this time, print a lesson answer sheet from the Course files that were emailed to you.
Transfer your answers to the answer sheet. Be careful when you transfer your answers
making sure that you are marking the answer sheet correctly.

Mail your answer sheet to:  L. H. S. C. C.
                               P. O. Box 2751
                               Baton Rouge, LA  90821-2751
Lesson Assignment 6 – Activity Log

Turn in your walking log.

If you have completed the walking log (4-weeks of walking at least 30 minutes; a minimum of 3 times per week in your target heart zone) you may submit your completed log as Lesson 6.

The activity requirements, special considerations, and an explanation of the course activity log were explained in Lesson 1 Part I.

You are now ready for your midcourse exam.

Requesting an exam:
Exams are not automatically sent to your school. You must request your exams by logging in to your LHSCC account and using the request exam feature located towards the bottom left.

Your exams will be sent to your school by way of U.S. Mail. Please allow one week for preparation and mail time.
Exams cannot be emailed or faxed.

The midcourse exam consists of 100 multiple choice questions from your lesson assignments.
Lesson Seven:

Chapter 11- Muscle Fitness: Basic Principles and Strength
Chapter 12- Improving Muscular Endurance

Lesson Objectives Chapter 11:

At the end of this chapter you will be able to:

- understand the difference between strength and muscular endurance.
- describe some of the health benefits of muscle fitness
- describe the various types of muscles and muscle fibers.
- describe some of the methods of progressive resistance exercise used to improve muscle fitness.
- explain health and wellness benefits of strength
- share some myths about strength and tell why they are wrong.
- explain FIT formula for developing strength
- describe some basic guidelines for safe PRE (progressive resistance exercise)

Lesson Objectives Chapter 12:

At the end of this chapter you will be able to:

- understand the differences among muscular endurance, cardiovascular fitness, and muscular strength
- describe benefits of good muscular endurance.
- explain the FIT formula for building muscular endurance.
- describe several guidelines for building muscular endurance.
- perform some methods of doing inexpensive PRE for health, fitness and wellness.
- describe some of the methods of training for improving performance
- list several ergogenic aids and describe their effects and safety.

Lesson Introduction Chapter 11

In chapter 11 you will learn the basic principles and knowledge of muscular fitness. Muscular strength & muscular endurance comprise muscle fitness. You will learn how to develop and assess muscular fitness and the benefits of it.

Muscle strength is the amount of force a muscle can exert. Muscle endurance is the ability to contract muscles without tiring or to hold a muscle contraction for a long period.

You’ll also be introduced to the exercises you can perform to increase muscle fitness.

Lesson Introduction Chapter 12

In chapter 12 you will learn how to improve muscular endurance by applying the FITT principle.

The benefits of muscle endurance along with ways to improve it are explained.

Specific exercises are described to help in the development of muscles. The disadvantage and harmful effects of steroids are discussed.

Self-Check Chapter 11

- Read and take notes on chapter 11 (pages 174-198).
As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 175-185.

- Write the answer to the lesson review questions on pages 180 & 190 in your notebook.
- Write the answer to the chapter review questions on page 199 in your notebook.

**After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.**

**Self-Check Chapter 12**
- Read and take notes on chapter 12 (pages 200 – 217).
- As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 201 & 207.
- Write the answer to the lesson review questions on page 203 & 211.
- Write the answer to the chapter review questions on page 218.

**After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.**

**ADDITIONAL ACTIVITIES**

**Self-Assessment Chapter 11**
It is **not recommended** that you complete the Modified 1RM and grip strength tests unless you have someone experienced in this area helping you complete it. It is recommended that you skip this assessment.

**Self-Assessment Chapter 12**
On pages 204 – 206 complete the *Muscular Endurance* self-assessments. Be sure to warm-up before beginning.

**Activity 2 Chapter 11**
It is **not recommended** that you complete *Fundamentals of Weight and Resistance Training* unless you have an experienced person to assist you in completing it. You’ll also need access to the equipment used for training. For this course, it is recommended you skip this activity.

**Activity 2 Chapter 12**
On pages 213-217 complete the *Muscular Endurance Exercise Circuit*. Be sure to warm-up and complete each exercise correctly. It will be useful to have someone assist with these activities. Adhere to the safety tips to assure you’re doing the exercises safely.
Lesson Assignment 7
Multiple Choice: Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapters 11 and 12 to locate answers.

1. Muscle fitness is comprised of:
   A. flexibility and balance
   B. muscular strength and endurance
   C. muscular strength and agility
   D. coordination and balance

2. To build muscular strength and endurance you have to work your muscles:
   A. by running short sprints
   B. by doing speed drills
   C. against a resistance
   D. by performing agility and coordination drills

3. Exercises that gradually increase the amount of overload you apply to the muscle is called:
   A. isotonic contraction
   B. isometric contraction
   C. progressive resistance exercise
   D. progressive cardiovascular overload

4. An increase in muscle size is known as:
   A. hypotrophy
   B. repetitions
   C. isometric contraction
   D. hypertrophy

5. One group of repetitions is known as:
   A. continuous repetitions
   B. a set
   C. a group
   D. hypertrophy

6. The number of consecutive times you do an exercise is known as:
   A. a set
   B. a group
   C. repetitions
   D. hypotrophy
7. Fibers which have characteristics of both slow and fast twitch muscle fibers are known as:
   A. medium twitch muscle fibers
   B. isometric fibers
   C. intermediate muscle fibers
   D. isotonic fibers

8. These muscle fibers are white in color and contract quickly:
   A. fast twitch muscle fibers
   B. intermediate muscle fibers
   C. isotonic fibers
   D. slow twitch muscle fibers

9. These muscle fibers are red in color and contract more slowly:
   A. intermediate muscle fibers
   B. isometric fibers
   C. slow twitch muscle fibers
   D. progressive resistance muscle fibers

10. This occurs when muscles contract and pull with equal force in opposite directions; no movement occurs.
    A. isotonic contraction
    B. 1 repetition
    C. Intermediate contraction
    D. Isometric contraction

11. This occurs when muscles contract and pulls on the bones producing movement over body parts.
    A. isotonic contraction
    B. isometric contraction
    C. intermediate contraction
    D. 1 set

12. Pushing your hands and arms together in front of your body is known as:
    A. isotonic contraction
    B. isometric contraction
    C. concentric contraction
    D. eccentric contraction

13. The best test for teens to assess muscle strength is:
    A. modified repetition maximum test
    B. pacer run
    C. agility test
    D. skinfold test
14. Muscular endurance assessment is performed using these types of exercises:
   A. calisthenics
   B. aerobic dance
   C. trunk rotation
   D. standing long jump

15. ____________ is measured by how much weight or resistance you can overcome regardless of your body size.
   A. Relative strength
   B. Isometric contraction
   C. Isotonic contraction
   D. Absolute strength

16. ____________ is strength adjusted for your body size.
   A. Relative strength
   B. Isotonic contraction
   C. Isometric contraction
   D. Absolute strength

17. A term used to identify a condition that occurs when people become obsessed with building muscle is:
   A. relative strength
   B. body dysmorphia
   C. anorexia
   D. bulimia

18. When weightlifters have tight, bulky muscles that seem to prevent them from moving freely, this is known as:
   A. slow twitch muscles
   B. fast twitch muscles
   C. muscle-bound
   D. intermediate muscles

19. The most often used method of applying the principle of progression for improving muscle fitness is known as:
   A. double progressive system
   B. l max repetition
   C. single progressive system
   D. muscle bound

20. Which principle states that muscles must work against a greater resistance load than they normally have in regular daily activity?
   A. progression
   B. overload
   C. FITT
   D. Specificity
21. Which principle states that the load should be increased over time to get the best improvements in muscle strength?
   A. progression
   B. overload
   C. FITT
   D. Specificity

22. Which principle states that you should exercise the muscles you wish to develop?
   A. progression
   B. overload
   C. rest and recovery
   D. Specificity

23. Which principle indicates you should allow at least a day between strength workouts?
   A. overload
   B. rest and recovery
   C. specificity
   D. progression

24. A machine used by researchers to determine how hard a muscle contracts is known as:
   A. MRI
   B. Electromyogram
   C. FITT
   D. Skin calipers

25. Exercises that build the muscles of the trunk are sometimes called:
   A. core exercises
   B. plyometric exercises
   C. speed exercises
   D. slow twitch exercises

26. The type of exercises designed to improve power is known as:
   A. core
   B. plyometric
   C. speed
   D. agility

27. A way of scheduling your muscle fitness exercise program is known as:
   A. isometric
   B. ergogenic
   C. periodization
   D. anabolic
28. Anything done to help you generate work or to increase your ability to do work including performing vigorous exercise is known as a(n):
   A. steroid
   B. ergogenic aid
   C. plyometric device
   D. creatine

29. A substance manufactured in the bodies of meat-eating animals including humans is known as:
   A. androstenedione
   B. ergogenic aid
   C. creatine
   D. anabolic steroids

30. A food supplement sold legally in the US, but is illegal in some other countries and is converted by the body to a product similar to anabolic steroids
   A. creatine
   B. androstenedione
   C. HGH
   D. ephedra

31. For a hiker to have the ability to carry a backpack while hiking, good ______________ is needed.
   A. speed
   B. muscular endurance
   C. agility
   D. reaction time

32. Someone lifting boxes would need to have good ______________.
   A. muscular endurance
   B. muscular strength
   C. cardiovascular endurance
   D. speed

33. If the arm (elbow) is extended, the bicep muscle will:
   A. lengthen
   B. shorten
   C. remain the same in length
   D. not enough information is given to determine what the effects on the bicep

34. The form of exercise done to improve muscular strength and endurance is known as:
   A. powerlifting
   B. circuit training
   C. weight training
   D. cardiovascular activity
35. A competitive sport consisting of only three exercises using free weights is known as:
   A. weight training
   B. circuit training
   C. body building
   D. power lifting

36. This sport can be done competitively in which athletes are judged based on how large and well defined their muscles:
   A. body building
   B. weight training
   C. circuit training
   D. powerlifting

37. This type of training is the same as weight training except that a machine that provides resistance is used rather than weights:
   A. resistance training
   B. circuit training
   C. powerlifting
   D. bodybuilding

38. A ____________ is considered to be the best test for strength.
   A. pacer test
   B. 1 repetition maximum
   C. sit and reach evaluation
   D. power lift

39. The modified 1 rep maximum is recommended for teens for safety concerns.
   A. true  B. false

40. Perform 10 pushups, rest; perform 10 pushups, rest, perform 10 pushups, rest, is an example of completing ___ sets of 10 repetitions.
   A. 1
   B. 2
   C. 3
   D. 10

41. The ____ is a device used to measure isometric (grip) strength.
   A. caliper
   B. pedometer
   C. heart monitor
   D. dynameter
____42. This test evaluates the strength of the quadriceps, the gluteals, and calf muscles:
   A. Leg Press
   B. Seated arm press
   C. Sit and reach
   D. Grip strength test

____43. The test that can be used to evaluate the strength of triceps and pectoral muscles is known as:
   A. leg press
   B. seated arm press
   C. sit and reach
   D. grip strength test

____44. To develop strength it is best to use high resistance and high reps.
   A. true     B. false

____45. To develop endurance it is best to use low resistance and high reps.
   A. true     B. false

____46. _________is developed by doing an exercise for only a few times without a lot of resistance:
   A. strength
   B. endurance
   C. speed
   D. agility

____47. _________is developed by doing an exercise many times with less resistance:
   A. strength
   B. endurance
   C. speed
   D. agility

____48. _________increases the size of muscles as they become stronger.
   A. speed work activity
   B. muscular endurance
   C. strength training
   D. hypertrophy

____49. Low resistance levels and a higher number of repetitions is characteristic of:
   A. endurance activity
   B. strength development
   C. development of balance
   D. development of coordination
50. The muscular endurance-strength continuum shows that when you train for strength you will develop some endurance and when you train for endurance you will develop some strength.
   A. true
   B. false
   C. research isn’t available to confirm this

51. The type of muscle attached to bones to make movement possible is
   A. Cardiac
   B. smooth
   C. skeletal
   D. involuntary

52. Strong abdominal muscles can help reduce the risk of:
   A. ankle injuries
   B. high blood pressure
   C. backache/problems
   D. stomach cramps

53. Exercises for muscle strength help to strengthen bones and reduce the risk of:
   A. inflexibility
   B. mental retardation
   C. Cooper’s syndrome
   D. Osteoporosis

54. Muscles burn more calories than fat does, so having strong and fit muscles can help in _______.
   A. overcoming short term memory loss
   B. fat control
   C. body dysmorphia
   D. ligament growth

55. For preteens and teens, the body does not produce enough ________ to allow the body to build large muscles.
   A. blood
   B. slow twitch fibers
   C. hormones
   D. fast twitch fibers

56. The strength and endurance of skeletal muscle depends on muscle fiber type and ___?
   A. hormone level
   B. age
   C. how much exercise is done
   D. type of contraction
57. If you feel pain when exercising, it’s your body’s way of telling you that you’re:
   A. making progress in developing strength and endurance
   B. hurt
   C. building only strength
   D. building only endurance

58. Exercise must hurt if it is going to result in improvement.
   A. true          B. false

59. To increase flexibility and muscle fitness, you should normally bend your joints beyond their full range of motion.
   A. True
   B. False

60. Only females need to be concerned about developing strength since females aren’t born with as much muscle as men.
   A. true          B. false

61. Which of the following ISN’T a benefit of having a good level of strength?
   A. avoid injury
   B. look good
   C. develop osteoporosis
   D. save themselves or others in emergency situations

62. Johnny has tight, bulky muscles that prevent him from moving freely (poor flexibility). What is his condition known as?
   A. osteoporosis
   B. muscle-bound
   C. body dysmorphia
   D. muscular dystrophy

63. Inflexibility is caused by:
   A. incorrect training
   B. resistance training
   C. power lifting
   D. circuit training

64. Which of the following isn’t an example of incorrect exercise?
   A. training muscles on both sides of a joint
   B. failing to stretch muscles
   C. failing to move your joints through their full range of motion when exercising
   D. training muscles only on 1 side of a joint
65. To apply the principle of overload in developing strength:
   A. a muscle must contract harder than normal
   B. a muscle must work against a weaker load
   C. a muscle must contract less than normal
   D. a muscle must contract the same as normal

66. To apply the principle of progression in developing strength:
   A. increase the load quickly and often
   B. increase the load gradually over a period of time
   C. decrease the resistance over time
   D. the principle of progression doesn’t apply to building strength

67. To apply the principle of specificity in developing strength
   A. you must exercise the entire body
   B. you must perform strength training exercises 7 days per week
   C. you must exercise the specific muscles you wish to strengthen
   D. you must do aerobic activity with strength training

68. The most often used method of applying the principle of progression for
   improving muscle fitness is known as:
   A. muscle bound method
   B. strength progressive system
   C. double progressive system
   D. progressive resistance system

69. The additional principle introduced in Chapter II is known as:
   A. principle of rest and recovery
   B. principle of progression
   C. principle of strength
   D. principle of rest and relaxation

70. When using free weights, one should always use a “spotter”.
   A. True
   B. False

71. How many days should be allowed between strength workouts, especially
   when working the same muscles?
   A. 4
   B. 3
   C. 2
   D. 1
____72. For older teens (beyond 14 years), the recommended frequency of strength workouts is:
   A. 1 day/week
   B. 2-3 days/week
   C. 5-6 days/week
   D. 7 days/week

____73. For older teens (beyond 14 years), the recommended intensity of strength workouts is:
   A. 40-80% 1RM allowing approximately 8 reps
   B. 40-60% 1RM allowing approximately 15 reps
   C. 60-90% 1RM allowing approximately 8 reps
   D. 100% 1RM allowing approximately 3 reps

____74. Which of the following IS a guideline for resistance training?
   A. begin with an intense program to build strength quickly
   B. don’t hold your breath when lifting
   C. exercise through ½ the range of motion of a joint
   D. with free weights, perform lifts over your head for safe practices

____75. The use of free weights when compared to resistance machines:
   A. is safer
   B. is more expensive
   C. requires more balance, muscle coordination and concentration
   D. requires a large floor space

At this time, print a lesson answer sheet from the Course files that were emailed to you. Transfer your answers to the answer sheet. Be careful when you transfer your answers making sure that you are marking the answer sheet correctly.

Mail your answer sheet to:  L. H. S. C. C.
   P. O. Box 2751
   Baton Rouge, LA 90821-2751
Lesson Eight: Chapter 13 - Facts about Body Composition

Lesson Objectives:
At the end of this lesson you will be able to:

- **describe** a healthy level of body fatness.
- **explain** how the level of body fatness is related to good health.
- **explain** how body fatness can be assessed.
- **demonstrate** how to use the FIT formula for fat control.
- **describe** how physical activity helps a person maintain a healthy body fat level.

Lesson Introduction
In chapter 13 you will learn about the 5th Health-Related Component of Wellness: Body Composition. Today, we hear and read so much about obesity and the negative effects on the health of Americans. It’s one of the leading causes of preventable death in America. The flip side is too little body fat resulting in eating disorders such as anorexia nervosa, anorexia athletica, and bulimia. The bottom line is your body needs an optimal level of body fat to function properly. It’s important to learn the level of body fat that’s good for you, how your level affects your health, and how to evaluate your level of body fatness.

Self-Check
- Read and take notes on chapter 13 (pages 220-241).
  **As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 221 and 229.

- Write the answer to the lesson review questions on pages 225 & 233 in your notebook.

- Write the answer to the chapter review questions on page 241 in your notebook.
  **After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.

*** It is not recommended you complete the activities in Chapter 13 for this course.
Lesson Assignment 8
Multiple Choice: Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapter 13 to locate answers.

_____ 1. For good health, it is important to have a(n) ________ amount of body fat.
   A. low
   B. high
   C. optimal
   D. small

_____ 2. Which of the following comprises lean tissue?
   A. muscles
   B. bones
   C. the kidneys
   D. all of these

_____ 3. All the tissues that make up your body are called:
   A. lean muscle
   B. body composition
   C. metabolism
   D. fat tissue

_____ 4. The amount of energy your body uses to keep you living is known as:
   A. basal metabolism
   B. calories
   C. body composition
   D. essential body fat

_____ 5. People who do regular physical activity have a ________ percentage of lean body weight than those who don’t do regular physical activity.
   A. smaller
   B. larger
   C. the same

_____ 6. To be totally healthy, you shouldn’t have any body fat.
   A. true
   B. false

_____ 7. Muscle weighs ______ than fat.
   A. more
   B. less
   C. the same
8. You inherited your body type from your:
   A. parents
   B. siblings
   C. body type isn’t inherited
   D. both A & B

9. Basal metabolism is measured in units called:
   A. energy
   B. calories
   C. skinfold measurements
   D. body mass index

10. The basal metabolism of all people the same age is the same:
    A. true
    B. false

11. According to *Fitness for Life*, more than _____% of all adults are considered to be too fat or obese.
    A. 10
    B. 40
    C. 50
    D. 60

12. According to *Fitness for Life*, the number of children considered to be too fat is _____ times as many as 20 years ago.
    A. 13
    B. 20
    C. 3
    D. 11

13. According to *Fitness for Life*, what percent of teens are considered to be too fat or obese.
    A. 11
    B. 13
    C. 3
    D. 20

14. Type II diabetes is becoming more common among youth partly because it is linked to:
    A. obesity
    B. over exercising
    C. improved eating habits
    D. all of these
15. Which of the following influences body fat levels?
   A. heredity
   B. metabolism
   C. diet
   D. all of these

16. Your basal metabolism includes the energy needed:
   A. for exercising
   B. for studying
   C. just to keep you alive
   D. all of these

17. Some people have a higher metabolism than others.
   A. true
   B. false

18. Metabolism is affected by:
   A. heredity
   B. age
   C. maturation
   D. all of these

19. As you grow older, your rate of metabolism becomes:
   A. faster
   B. slower
   C. remains the same
   D. there’s not enough research to determine what happens to metabolism

20. As you grow older, levels of body fat may change due to hormone levels changing.
   A. true
   B. false

21. Energy in foods is measured in:
   A. METS
   B. grams
   C. Calories
   D. Perceived exertion

22. During teen years, hormones cause girls to develop ___ of body fat than boys.
   A. lower levels
   B. higher levels
   C. the same level
23. During teen years, hormones cause boys to have ______ muscle development than girls.
   A. smaller  
   B. greater  
   C. the same

24. If James is able to keep his body fatness within the good fitness zone during childhood and teen years, he is ______ to have a good body fat level later in life.
   A. more likely  
   B. less likely  
   C. body fat levels in youth don’t have a bearing on adult fat levels

25. Sarah is a typical teenager. She needs to consume about _____ calories/day.
   A. 1,000 – 1,200  
   B. 1,200 – 1,500  
   C. 1,500 – 1,800  
   D. 2,00 – 2,500

26. Most males need _____ calories than females because they are larger and have more muscle mass.
   A. more  
   B. less  
   C. the same

27. Mark is a typical teenager. He needs to consume about _____ calories/day.
   A. 5,000  
   B. 3,500-4,000  
   C. 3,000 – 3,500  
   D. 2,500 – 3,000

28. Both Sarah & Nancy are healthy teens. Sarah participates in more vigorous daily activity than her friend Nancy who is basically inactive. Sarah would need _____ calories each day compared to Nancy.
   A. more  
   B. less  
   C. the same since they are both teens

29. Underweight and overweight aren’t useful terms because they don’t provide much information about body composition.
   A. true  
   B. false
30. Overfat and underfat are useful terms because they describe how much of your total body weight is made up of fat.
   A. true
   B. false

31. Which of the following applies to body fat?
   A. fat weighs more than muscle
   B. From the late teens on, females have a lower percentage of body fat than do males.
   C. Statistics show that the percentage of people with high body fat is decreasing.
   D. An overfat person usually tires more quickly and easily than a lean person.

32. It is recommended that teenage girls shouldn't have less than _____% or more than _____% body fat.
   A. 5, 15
   B. 6, 20
   C. 11, 25
   D. 25, 30

33. Over _____% fat is considered obese for females.
   A. 15
   B. 20
   C. 25
   D. 35

34. Teenage boys should not have under _____% or over _____% body fat.
   A. 11, 25
   B. 12, 24
   C. 6, 20
   D. 3, 15

35. Over _____% fat is considered obese for males.
   A. 15
   B. 20
   C. 25
   D. 30

36. People who are overfat have a higher risk of:
   A. low blood pressure
   B. type I diabetes
   C. rare forms of cancer
   D. heart disease

37. Having too little body fat is also a health risk.
   A. true
   B. false
38. It is estimated that ____% of girls in grades 9-12 are overweight.
   A. 3-5
   B. 6-8
   C. 10-15
   D. About 33%

39. What % of girls in grades 9-12 “think” they are too fat.
   A. 3-5
   B. 6-8
   C. 10-15
   D. About 33%

40. The minimum amount of body fatness is called:
   A. overfat
   B. anorexia
   C. essential body fat
   D. lean mass

41. Females with especially low levels of body fat may experience:
   A. increase in bone density
   B. reproductive system problems
   C. better functioning of body organs
   D. all of these

42. Which of the following is an importance of body fat?
   A. fat helps your body adapt to heat and cold
   B. fat protects your body organs and bones from injury
   C. fat helps your body use vitamins effectively
   D. all of these

43. Which of the following is TRUE about body fat?
   A. being underfat is normally healthy
   B. most experts believe obsession with leanness can lead to a healthy body weight
   C. many girls use an unrealistic standard in judging their body composition
   D. none of these

44. An eating disorder in which the person severely restricts the amount of food he/she eats in an attempt to be very underfat is known as:
   A. anorexia
   B. essential body fat
   C. bulimia
   D. obsessive compulsive disorder
45. Which of the following is characteristic of anorexia?
   A. they “pretend” to eat
   B. exercise in private
   C. need professional help
   D. all of these

46. Which of the following is characteristic of an anorexic?
   A. they “pretend” to eat
   B. exercise in private
   C. need professional help
   D. all of these

47. An eating disorder in which a person eats a large amount of food in a short period of time followed by purging is known as:
   A. anorexia athletica
   B. bulimia
   C. anorexia nervosa
   D. obesity

48. An eating disorder common in gymnasts, wrestlers, and cheerleading is known as:
   A. anorexia athletica
   B. bulimia
   C. anorexia nervosa
   D. obesity

49. Which of the following is a side effect of bulimia:
   A. loss of teeth
   B. gum disease
   C. digestive problems
   D. all of these

Please use the following choices for questions 50-55:
   A. DEXA
   B. Skinfold measurement
   C. Body measurement
   D. Body mass index

50. Which method of body fat assessment uses a caliper to measure the thickness of fat under the skin?

51. Which method of body fat assessment used your weight and waist size for males?

52. Which method of body fat assessment uses height and hip measurements for females?

53. Which method of body fat assessment uses an x-ray technique?
54. Which method of body fat assessment is better than height/weight, but isn’t as accurate as skinfold measurements?

55. Which method of body fat assessment is an easily assessable measurement that’s better for active people?

**Multiple Choice**: Choose the best response.

56. Evidence indicates that people with a very large _____ compared to _____ tend to have more fat inside the body.
   - A. shoulder; waist
   - B. abdominal; upper leg
   - C. waist; hip size
   - D. hip size; shoulder

57. This technique is considered the new gold standard for measuring body fatness.
   - A. skinfold
   - B. DEXA
   - C. Body mass index
   - D. Height/weight chart

58. Height/weight measurements only are good measures of body fat because they take into account the amount of physical activity the person does.
   - A. true
   - B. false

59. Underwater weighing is a technique to measure:
   - A. body fat level
   - B. blood sugar
   - C. protein in the urine
   - D. all of these

60. Excessive fat in the ________ area is associated with high blood fat levels.
   - A. thighs
   - B. shoulders
   - C. abdominal
   - D. lower leg

61. Which of the following is an advantage to doing skinfold measurements to test body fat?
   - A. they are hard to do
   - B. they require expensive machines
   - C. you can do them yourself
   - D. all of these
62. The best advice for body fatness level is have a long-term goal of rating in the _____ zone for body fatness.
   A. high performance
   B. healthy fitness
   C. marginal
   D. low fat

63. Being in the high performance zone is necessary for good health and a realistic goal for all people.
   a. true
   b. false

64. John who is muscular may weigh more than Steve who is the same size because John has more _____ & less _____.
   A. muscle; fat
   B. fat; muscle
   C. organ tissue; fat
   D. skin tissue; fat

65. If you take in more calories than you burn, you’re likely to:
   A. lose weight
   B. gain weight
   C. remain the same weight

66. If you use more calories than you take in, you’re likely to:
   A. lose weight
   B. gain weight

67. If you take in the same number of calories burned, you’re likely to:
   A. lose weight
   B. gain weight
   C. remain the same weight

68. You can lose one pound of body fat by burning _____ calories more than normal in physical activity.
   A. 2,000
   B. 2,500
   C. 3,000
   D. 3,500

69. If you want to gain one pound of body fat, you should eat _____ calories more than you usually eat within a given time.
   A. 2,000
   B. 2,500
   C. 3,000
   D. 3,500
70. Medical experts recommend that a person lose no more than _____ pounds of weight each week without medical supervision.
   A. 6
   B. 5
   C. 2
   D. 1

71. A combination of _____ & eating _____ calories is the best way to lose fat.
   A. physical activity; more
   B. dieting; fewer
   C. physical activity ; the same number
   D. physical activity; fewer

Use table 13.4 on page 231 to answer numbers 72 and 73.

72. Missy weighs 120 pounds and enjoys walking. How many calories can she expect to burn in an hour?
   A. 204
   B. 258
   C. 372
   D. 426

73. If Missy weighs 120 pounds and Sarah weighs 180 pounds, Missy will burn _____ calories walking the same distance.
   A. more
   B. less
   C. the same number

74. Diet and physical activity result in quick, permanent fat loss for most Americans.
   a. true
   b. false

75. If you maintain your normal intake of calories and increase your activity by walking ________, it is estimated you will lose 5-6 pounds in a year.
   A. 60 minutes/day
   B. 45 minutes/day
   C. 15 minutes/day
   D. 5 minutes/day

At this time, print a lesson answer sheet from the Course files that were emailed to you. Transfer your answers to the answer sheet. Be careful when you transfer your answers making sure that you are marking the answer sheet correctly.

Mail your answer sheet to: L. H. S. C. C.
P. O. Box 2751
Baton Rouge, LA 90821-2751
Lesson Nine:  Chapter 14 - Healthy Diet

Lesson Objectives:

At the end of this lesson you will be able to:

- **describe** how nutrients provide energy and the amounts necessary for good health.
- **explain** why vitamins and minerals are necessary for good health.
- **utilize** the food guide pyramid to create a healthy eating plan.
- **explain** how the FIT formula meets nutritional needs.
- **maximize** the information you learn from food labels to make better choices.
- **recognize** common myths about nutrition and be able to explain why they are not factual.

Lesson Introduction

In Chapter 14, you will learn about the decisions related to food choices. You will understand how the types of foods and amounts of foods consumed play a tremendous role in a balanced healthy diet. Much of what you see and hear about nutrition can be confusing and difficult to follow. Low carbohydrate, low fat, 3 meals, 6 meals …… the list goes on as to what should be consumed and in the quantities suggested. A good rule of thumb is to remember you should keep a balance of what you eat. Don’t eliminate food groups and avoid eating too much of one type of food. A balanced eating plan and regular physical activity is the best plan for wellness.

Self-Check

- Read and take notes on Chapter 14 (pages 242 – 259).
- **As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 243-251.**
- Write the answer to the lesson review questions on pages 248 & 255 in your notebook.
- Write the answer to the chapter review questions on page 259 in your notebook.

After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.

ADDITIONAL ACTIVITIES

Self-Assessment Chapter 14

On pages 249-250 complete *Body Measurements*. You’ll need a tape measure to take your measurements. Follow the directions carefully for each measurement. Use table 14.4 on page 250 to assess your results.
Lesson Assignment 9
Multiple Choice: Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapter 14 to locate answers.

_____ 1. Which of the following isn’t a type of nutrient that supplies energy the body needs to perform daily tasks?
   A. fats
   B. carbohydrates
   C. protein
   D. minerals

_____ 2. The U.S. Department of Agriculture recommends ______% of your diet from carbohydrates.
   A. 12-15%
   B. 30%
   C. 55-60%
   D. 75%

_____ 3. One gram of fat contains _____ calories.
   A. 3,600
   B. 400
   C. 9
   D. 4

_____ 4. One gram of carbohydrate or protein contains _____ calories.
   A. 3600
   B. 400
   C. 9
   D. 4

_____ 5. __________ provides you with your main source of energy.
   A. carbohydrates
   B. fats
   C. vitamin
   D. proteins

_____ 6. There are two kinds of fats, simple and complex.
   A. true
   B. false

_____ 7. Candy, pastries, and soft drinks are considered:
   A. complex carbohydrates
   B. simple carbohydrates
   C. amino acids
   D. fats
8. The two types of carbohydrates are ______ & ______.
   A. unsaturated
   B. saturated
   C. simple and complex
   D. small and large

9. Most of our carbohydrate calories should be:
   A. simple
   B. saturated
   C. complex
   D. unsaturated

10. Which of the following isn’t a complex carbohydrate?
    A. whole grain bread
    B. vegetables
    C. potatoes
    D. eggs

11. Fiber is a type of ________ your body can’t digest.
    A. simple carbohydrate
    B. protein
    C. fat
    D. complex carbohydrate

12. Fiber doesn’t supply energy.
    A. true
    B. false

13. Which of the following is an example of a food high in fiber?
    A. whole-grain bread
    B. candy bars
    C. butter
    D. potatoes

14. A known benefit of consuming fiber is:
    A. better cardiovascular fitness
    B. fewer intestinal problems
    C. less muscle pain
    D. great incidence of bloating
15. The nutrient found in animal products and some plant products (nuts and vegetable oils) is known as:
   A. protein
   B. carbohydrates
   C. fats
   D. minerals

16. The group of nutrients that builds, repairs, and maintains body cells is known as:
   A. protein
   B. carbohydrates
   C. fats
   D. minerals

17. Building blocks of your body are known as:
   A. fats
   B. protein
   C. carbohydrates
   D. minerals

18. What are fats that are liquid at room temperature known as?
   A. saturated
   B. simple
   C. complex
   D. unsaturated

19. Complete proteins are foods with _____ essential amino acids.
   A. 3
   B. 4
   C. 5
   D. 9

20. Beans, nuts, and rice are considered ________proteins.
    A. incomplete
    B. complete
    C. simple
    D. complex

21. ________ are necessary for the growth and repair of cells.
    A. protein
    B. fats
    C. minerals
    D. vitamins
22. _______ fats are solid at room temperature.
   A. unsaturated
   B. saturated
   C. complex
   D. simple

23. Which of the following ISN’T a source of unsaturated fat?
   A. corn
   B. olives
   C. red meat
   D. fish

24. Medical experts recommend eating food low in cholesterol, saturated fat & _____.
   A. minerals
   B. complex carbohydrates
   C. transfatty acids
   D. amino acids

25. Minerals, vitamins, and water have _____ calories and provide _____ energy.
   A. 9; a little
   B. 0; no
   C. 25; a lot
   D. 0; a lot

26. Minerals and vitamins are sometimes called:
   A. nutrient rich
   B. complex carbohydrates
   C. micronutrients
   D. macronutrients

27. What refers to the minimum amount of a nutrient necessary to meet the health needs of most people?
   A. DRI
   B. RDA
   C. AIM
   D. URL

28. What describes the maximum amount of a vitamin or mineral that can be consumed without posing a health risk?
   A. DRI
   B. RDA
   C. AI
   D. UL
29. The Food and Nutrition Board of the Institute of Medicine provides standards for the amounts of micronutrients called:
   A. DRI
   B. RDA
   C. AI
   D. UL

30. The 9 amino acids you need to get from food (your body can’t manufacture) are known as:
   A. complete amino acids
   B. incomplete amino acids
   C. complex amino acids
   D. essential amino acids

31. Essential nutrients that help regulate the activities of cells are known as:
   A. fats
   B. proteins
   C. minerals
   D. vitamins

32. The body needs ____ different minerals in varying amounts.
   A. 5
   B. 10
   C. 20
   D. 25

33. Nutrition experts recommend that the best way to get adequate minerals and vitamins is:
   A. to take mega doses of vitamins and minerals
   B. eat a balanced diet
   C. drink 2 protein shakes/day
   D. drink 2 protein shakes and do 30 minutes of cardiovascular exercise

34. An excessive intake of vitamins and/or minerals can lead to health problems.
   A. true
   B. false.

35. At what age do you begin losing Ca from your bones?
   A. 20
   B. 30
   C. 40
   D. 50

36. ________ develop osteoporosis at a greater rate.
   A. males
   B. females
   C. children under 20
   D. it affects men and women equally
37. ________ is needed for proper formation and functioning of your red blood cells.
   A. calcium
   B. iron
   C. phosphorus
   D. zinc

38. Osteoporosis is a condition in which
   A. blood pressure is elevated
   B. bones become porous and break easily
   C. blood sugar is elevated
   D. there’s a build-up of calcium

39. Iron deficiencies are especially common in:
   A. males under 18
   B. males over 18
   C. girls and women
   D. both males and females at any age

40. The best sources of iron are:
   A. meat, chicken, fish
   B. tomatoes, orange juice, lettuce
   C. snack foods – chips and soft drinks
   D. potatoes

41. These types of vitamins dissolve in blood
   A. complex
   B. water soluble
   C. water insoluble
   D. saturated

42. Children born to females low in ________ are at risk of birth defects.
   A. folacin
   B. iron
   C. transfatty acids
   D. vitamin D

43. Your body cannot store vitamin:
   A. A
   B. K
   C. C
   D. D

44. The single most important nutrient is:
   A. carbohydrates
   B. water
   C. protein
   D. fat
45. The nutrient which carries other nutrients to your cells, carries away waste, and helps regulate body temperature is known as:
   A. carbohydrates
   B. water
   C. protein
   D. fat

Refer to table 14.2 on page 246 for numbers 46 – 58.

46. The vitamin found in green leafy vegetables and aids in blood clotting is known as:
   A. E
   B. A
   C. Niacin
   D. K

47. The vitamins found in fruits, tomatoes, and green leafy veggies; aids in the formation of hormones, bone tissue and collagen are known as:
   A. B
   B. Folacin
   C. C
   D. E

48. The vitamin found in liver and fatty fish; aids absorption of calcium and phosphorous is known as:
   A. D
   B. Folacin
   C. K
   D. E

49. The vitamin found in vegetable oils; prevents damage to cell membranes and vitamin A is known as:
   A. K
   B. D
   C. E
   D. A

50. The vitamin found in meat, milk, eggs and yellow vegetables; helps break down carbohydrates and protein is known as:
   A. B one
   B. B two
   C. Folacin
   D. Panthothenic acid
51. The vitamin found in butter, liver, eggs, and yellow vegetables; helps with vision:
   A. A
   B. Biotin
   C. B one
   D. B two

52. The vitamin found in eggs, liver and yeast; helps with the formation of amino, nucleic and fatty acids and glycogen:
   A. niacin
   B. biotin
   C. pantothenic acid
   D. folacin

53. The vitamin found in most unprocessed food; involved in reactions with carbohydrates and proteins:
   A. pantothenic acid
   B. folacin
   C. B twelve
   D. B two

54. The vitamin found in yeast, liver, and greens; helps build DNA and proteins:
   A. B six
   B. Folacin
   C. Miacin
   D. Biotin

55. The vitamin found in yeast, nuts, beans, liver, fish, and rice; helps break down protein and glucose:
   A. B one
   B. B two
   C. B six
   D. B twelve

56. The vitamin found in milk, meats, whole-grain cereals, legumes; helps release energy from carbohydrates and proteins:
   A. niacin
   B. biotin
   C. B twelve
   D. C

57. The vitamin found in meat, milk, eggs and fish; aids nucleic acid and amino acid formation:
   A. niacin
   B. B twelve
   C. Folacin
   D. Biotin
58. The vitamin found in meat; milk products; eggs; green and yellow vegetables:
   A. B one
   B. B two
   C. B six
   D. B twelve

59. Which of the following is a common food myth?
   A. skipping meals is a good way to lose weight
   B. food supplements are unregulated
   C. it is the total number of calories you consume that makes a difference in weight maintenance.
   D. High protein diets are effective in weight loss if in the long run fewer calories are consumed.

60. Which of the following is a good guideline for eating before physical activity?
   A. eat a “special” meal
   B. Allow extra time between eating and activity before vigorous competitive events.
   C. Increase the size of your meal before competition
   D. Drink fluids with a high sugar content before and during the competition

Refer to table 14.1 on page 245 for numbers 61 – 67.

61. The mineral that helps build and maintain teeth and bones; helps blood clot; and helps nerves and muscles function is known as:
   A. phosphorus
   B. calcium
   C. sodium
   D. zinc

62. The mineral that regulates internal water balance; helps nerves function:
   A. phosphorus
   B. sodium
   C. potassium
   D. iron

63. The mineral that builds and maintains teeth and bones; helps release energy from nutrients:
   A. phosphorus
   B. magnesium
   C. iron
   D. zinc

64. The mineral that aids in the transport of carbon dioxide; aids in healing wounds:
   A. magnesium
   B. sodium
   C. potassium
   D. zinc
_____65. The mineral that helps transfer oxygen in red blood cells and in other cells:
   A. iron
   B. potassium
   C. magnesium
   D. calcium

_____66. The mineral that helps breakdown glucose and proteins; regulates body fluids
   A. magnesium
   B. sodium
   C. zinc
   D. phosphorus

_____67. This mineral is found in most food and table salt:
   A. sodium
   B. magnesium
   C. zinc
   D. meats

_____68. The nutrient that makes up 50-60% of body weight is:
   A. vitamins
   B. minerals
   C. water
   D. carbohydrates

_____69. Which of the following is a Healthy People 2010 goal?
   A. increase dietary fat
   B. increase calcium in the diet
   C. increase salt intake
   D. increase saturated fat

_____70. Most experts agree that one of the main reasons why so many Americans are overfat is an increase in:
   A. daily consumption of water
   B. unsaturated fat
   C. calcium in the diet
   D. food portion size

_____71. To maintain a healthy weight, the number of calories consumed should be ________
   the calories used.
   A. greater than
   B. less than
   C. equal to
72. Your body burns ________for energy.
   A. calcium
   B. iron
   C. calories
   D. amino acids

73. If a food product has 100 calories/serving and there are 2 servings, what is the total number of calories consumed if the entire food item was eaten?
   A. 2
   B. 20
   C. 100
   D. 200

74. On food labels, lean means:
   A. less than 0.5 gram of fat
   B. less than 10 grams of fat, 4 grams of saturated fat and 95 milligrams of cholesterol
   C. 1/3 fewer calories or no more than ½ the fat of the higher-calorie, higher-fat version; or no more than ½ the sodium of the higher-sodium version
   D. Less than 2 milligrams of cholesterol and 2 or less grams of saturated fat per serving

75. If all other aspects of your diet stayed the same, adding one soft drink a day would result in ___ pounds of fat gained in one year.
   A. 5
   B. 10
   C. 15
   D. 20

At this time, print a lesson answer sheet from the Course files that were emailed to you. Transfer your answers to the answer sheet. Be careful when you transfer your answers making sure that you are marking the answer sheet correctly.

Mail your answer sheet to: L. H. S. C. C.
                           P. O. Box 2751
                           Baton Rouge, LA  90821-2751
Lesson Ten:

Evaluating Your Fitness Results
Creating and Implementing your Exercise Circuit

Teacher graded lesson number 3

Lesson Objective:

At the end of this lesson you will be able to:

- utilize the information gained in designing a safe and effective exercise circuit.
- implement the exercise circuit you have designed.

Lesson Introduction

You have learned about the components of health related and skill related fitness. You have had the opportunity to participate in circuits throughout the course. Now it is time to use that knowledge in designing and implementing your own exercise circuit. Evaluation of the design of your program is important.

The following are requirements you need to follow while developing your circuit:

- examine the textbook and identify exercises you want to include in your circuit. Refer to the exercise circuits in the textbook.
- create a circuit using three health-related exercises.
  
  Health related areas:
  - cardiovascular
  - flexibility
  - muscular strength or endurance for the upper body
  - muscular strength or endurance for the lower body

- include three skill-related exercises.
  
  Skill related areas:
  - a. agility
  - b. power
  - c. speed
  - d. reaction time
  - e. coordination
  - f. balance

- include a five minute warm up and a five minute cool down.
- include an explanation of the length/number of exercises done for each exercise.

Here’s a tip for you:

Use safe activities that require little to no equipment or only equipment you have access to using.

At this time, print Lesson Assignment 10 from the Course files that were emailed to you.

Mail your answer sheet to:
L. H. S. C. C.
P. O. Box 2751
Baton Rouge, LA 90821-2751
Lesson Eleven:  Chapter 15 – Making Consumer Choices
Chapter 16 – A Wellness Perspective

Lesson Objectives Chapter 15:

At the end of this chapter you will be able to:
- explain the importance of being an informed health consumer.
- name reliable sources of health-related and fitness-related information.
- name and describe examples of health and fitness misconceptions and quackery.
- evaluate health-related and fitness-related facilities.
- describe the proper clothing and equipment that you need for physical activity.
- evaluate printed material, videos, and Internet resources related to health and fitness.

Lesson Objectives Chapter 16:

At the end of this chapter you will be able to:
- explain how wellness relates to good health.
- identify the components of good health and describe the positive and negative aspects of each.
- explain how the positive aspect of each component can contribute to good health.

Lesson Introduction Chapter 15
In Chapter 15 you will learn about what you should look for in selecting a health club facility, purchasing equipment and in printed material. Always look for reliable facilities, equipment and sources. Research the product(s) carefully before making a selection, especially when it is at the expense of your health and pocket book.

Lesson Introduction Chapter 16
In Chapter 16 you will learn how wellness is related to good health. Wellness encompasses all aspects of your well being which includes the quality of life and overall happiness and attitude. Controllable and non-controllable risk factors are discussed. Establishing and choosing a healthy lifestyle is essential to living a healthy, happy, and productive life.

Self-Check Chapter 15
- Read and take notes on Chapter 15 (pages 261-276).
  As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 261 &266.
- Write the answers to the lesson review questions on pages 264 & 270 in your notebook.
- Write the answers to the chapter review questions on page 276 in your notebook.
After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.
Self-Check Chapter 16

- Read and take notes on Chapter 16 (pages 278-291).
  As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 279 & 285.

- Write the answers to the lesson review questions on pages 281 & 288 in your notebook.

- Write the answers to the chapter review questions on page 291 in your notebook.

After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.

ADDITIONAL ACTIVITIES

Self-Assessment

On page 283 & 284 complete the self-assessment Wellness in your notebook. Answer the questions on page 284. Use the rating chart – table 16.2 – to rate yourself. By this time, you should have a “good picture” of your fitness level. Use this information in setting realistic attainable goals and a program to meet your needs.
Lesson Assignment 11

Multiple Choice: Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapter 15 and 16 to locate answers.

_____1. A method of advertising or selling that uses false claims to lure people into buying worthless or even harmful products is known as:
   A. a con
   B. a quack
   C. quackery
   D. fraud

_____2. If an exercise or service is advertised on television, it is effective.
   A. true
   B. false

_____3. A person who practices fraud is called a:
   A. con
   B. quack
   C. fraud
   D. doctor

_____4. Which of the following guidelines helps you spot health and fitness quackery and fraud?
   A. get advice from those who promise immediate results
   B. get advice from salesmen that act as advisors
   C. get advice from those associated with reputable organizations endorsed by movie stars
   D. look for products endorsed by movie stars

_____5. One way to tell whether a product or service is good, is when it:
   A. is available by mail order or the Internet
   B. promises immediate results
   C. is popular in other countries (Europe, Asia, etc…)
   D. is supported by good research

_____6. False advertising claims give people _______ about the benefits these products can provide.
   A. the truth
   B. real hope
   C. unrealistic expectations
   D. realistic expectations
7. A product not part of the typical diet but is added to the regular diet is known as:
   A. fats
   B. food supplements
   C. fad products
   D. MRE’s

8. Products used to enhance athletic performance are known as:
   A. sports supplements
   B. MRE’s
   C. Food supplements
   D. Herbs

9. Most Americans believe that food supplements are regulated by the government in the same way as drugs and foods.
   A. true
   B. false

10. Manufacturers ________ have to prove that a supplement works before they sell it.
    A. do
    B. do not

11. The law does regulate the contents of a supplement.
    A. true
    B. false

12. ________ a herb that has been implicated in several deaths.
    A. sports vitamins are
    B. mineral tablets
    C. Ephedria is
    D. Amino acids are

13. Since the production of supplements is controlled, many people buy supplements, often wasting money on products that don’t work.
    A. true
    B. false

14. Nearly all fad diets:
    A. produce successful results
    B. work slowly over a period of time
    C. are nutritionally unbalanced
    D. are nutritionally balanced
15. Sport supplements used to enhance athletic performance are also called:
   A. ergogenic aids
   B. EKG aids
   C. Passive exercise
   D. Hypertonic exercise

16. A combination of physical activity and ________ is the only safe, effective way to reduce body fatness and lose weight.
   A. eating more protein
   B. eating more calories than used
   C. eating the same number of calories than used
   D. eating fewer calories than used

17. Passive exercises are:
   A. effective because they are based on sound exercise principles
   B. are a good way to reduce body fat
   C. are effective if done 6-7 days/week
   D. are ineffective because machines move your body

18. The best way to get the proper nutrients is to:
   A. exercise
   B. eat healthy
   C. take erogenic products
   D. take a vitamin daily

19. Wearing nonporous garments and soaking in baths often advertised for weight loss is known as:
   A. spot reducing
   B. fad diets
   C. passive exercise
   D. figure wrapping

20. Doing an exercise to remove fat in a specific location is known as:
   A. spot reducing
   B. fad diets
   C. passive exercise
   D. figure wrapping

21. The best safeguard against quackery is:
   A. education
   B. exercise
   C. a healthy diet
   D. taking a daily sports supplement
22. Devices that promise fitness without exercise:
   A. can be harmful to your health.
   B. are good to build cardiovascular endurance
   C. are good to decrease body fatness
   D. are effective in building total body strength

23. Products that cause water loss help you lose body fat and are an effective way to lose weight permanently.
   A. true
   B. false

24. Reassessing your personal fitness level is important because:
   A. it allows you to see if there is change
   B. it puts you in contact with a personal trainer
   C. it is certain to make you feel good about your results
   D. that’s how your friend lost 15 pounds in 6 weeks

25. It normally takes _____ week(s) for any significant improvement to occur in physical fitness.
   A. 1
   B. 2
   C. 3
   D. 6

26. Fewer people belong to health and fitness clubs now than ever before.
   A. true
   B. false

27. You need to join a health club to attain or maintain fitness.
   A. true
   B. false

28. Which of the following is a good guideline for joining a health club?
   A. sign a long term contract
   B. visit the club when they aren’t busy
   C. join a club because your friend has become a member
   D. choose a club that meets your personal needs

29. Muscle tone cannot accurately and easily be measured because:
   A. it’s difficult to measure
   B. lotions or creams hard to obtain are needed
   C. the test are difficult to perform
   D. most aren’t motivated to do so
30. A good fitness program requires a minimum of clothing and ________.  
A. fashionable footwear  
B. a friend  
C. joining a health club  
D. inexpensive equipment

31. Which of the following ISN’T an example of inexpensive home equipment?  
A. homemade weights  
B. jump ropes  
C. high performance cardiovascular fitness machines  
D. tubes/latex bands for resistance exercise

32. Which of the following home exercise equipment isn’t the best for building cardiovascular fitness?  
A. free weights  
B. stair steppers  
C. bicycles  
D. treadmills

33. Which of the following are BEST for building muscle fitness?  
A. treadmills  
B. bicycles  
C. free weights  
D. stair steppers

34. Most people who invest in expensive home exercise equipment tend to use it regularly for a long period of time.  
A. true  
B. false

35. When purchasing exercise equipment it is best to:  
A. buy an expensive treadmill  
B. purchase the same piece of equipment as your friend  
C. make sure you have the space to put the equipment  
D. purchase a bicycle to work on increasing upper body strength

36. If you have to get the equipment out each time you use it or move it from place to place, you are just as likely to use it as if you have a place where you can set it up permanently.  
A. true  
B. false
37. To accurately evaluate information about health and fitness in books and articles look for sources promoting:
   A. quick and easy fitness results
   B. quick and easy fat loss
   C. information written by authors with valid credentials
   D. the use of fancy equipment

38. Guidelines in choosing a safe and effective exercise video include:
   A. choose a video that exercises a selected muscle group if it claims to be a total fitness program
   B. choose a video that includes an appropriate warm-up and cool-down.
   C. choose a video that begins a high intensity and progresses rapidly
   D. select a video developed by a movie star that got good results from his/her promotion

39. Research has shown that more than ½ of all Internet sources provide incorrect information.
   A. true
   B. false

40. Guidelines in choosing a good web site for health and fitness information include:
   A. selecting sites selling products
   B. selecting sites that end in .gov or .org rather than .com or .net
   C. selecting sites promoting instant success
   D. all of the above are good guideline to follow

41. As a consumer, you can assume that every advertisement and product are safe & effective.
   A. if seen on tv
   B. if advertised in a newspaper or magazine
   C. if on the Internet
   D. none of the above

42. The best way to counter a misconception is to:
   A. listen to your best friends advice
   B. consult glamour magazines
   C. surf for information on web sites promoting success with little effort
   D. Increase your knowledge so you can interpret facts correctly.

43. According to the World Health Organization (WHO), wellness is:
   A. a positive component of health
   B. includes a good quality of life
   C. a part of being happy and fulfilled
   D. all of the above
44. A healthy person is:
   A. NOT ill
   B. has strong wellness component
   C. A & B
   D. Loves to exercise

45. Which of the following components ISN’T included in the total health and wellness chain?
   A. a good work ethic
   B. physical
   C. social
   D. intellectual

46. Promoting quality living and well-being includes:
   A. preventing illness
   B. treating illness
   C. health and wellness promotion
   D. all of the above

47. Life expectancy increased from 47 years in 1900 to _____ in 2005.
   A. 55
   B. 67
   C. 77
   D. 87

48. Life expectancy has increased over the years mainly due to:
   A. use of antibiotics
   B. use of vaccines
   C. use of advanced medical science
   D. all of the above

49. Research focus has shifted to:
   A. treatment
   B. prevention of illness and promotion of wellness
   C. promotion of mental health
   D. promotion of physical and social health

50. The leading cause(s) of death in North America is:
   A. heart disease
   B. cancer
   C. stroke
   D. all of these
51. Health People 2010 are health goals that mostly emphasize:
   A. building muscle fitness
   B. prevention and wellness promotion
   C. personal fulfillment
   D. A & C

52. By practicing healthy lifestyles, people can develop:
   A. good health
   B. wellness
   C. a positive attitude
   D. all of these

53. A way of living that helps you prevent illness and enhance wellness is known as:
   A. a lifestyle
   B. controllable risk factors
   C. being physically active
   D. good health

54. The largest number of EARLY deaths results from:
   A. environmental issues
   B. unhealthy lifestyles
   C. human biology
   D. the health care system

55. Most EARLY deaths could be prevented if people:
   A. changed jobs
   B. ate larger servings of food
   C. changed their lifestyle
   D. could change their age or gender

56. Factors you cannot change (not in your control) are known as:
   A. wellness risks
   B. noncontrollable risk factors
   C. controllable risk factors
   D. age and gender

57. Factors you can change that may reduce your risk of many major health problems are known as:
   A. wellness risks
   B. uncontrollable risk factors
   C. controllable risk factors
   D. age and gender
58. Sedentary living is considered a(n):
   A. controllable risk factor
   B. noncontrollable risk factor
   C. environmental concern
   D. Healthy People 2010 goal

59. Age and gender are considered a(n):
   A. controllable risk factor
   B. noncontrollable risk factor
   C. environmental concern
   D. Healthy People 2010 goal

60. Which of the following is characteristic of a healthy lifestyle?
   A. be physically active
   B. manage stress
   C. avoid destructive habits
   D. all of the above

61. What lifestyle factor is listed first in Healthy People 2010 because it would do more for health and wellness than any other change?
   A. adopting safety practices
   B. eating properly
   C. being physically active
   D. developing good mental health

62. Which of the following are characteristic of a healthy diet?
   A. high in fat and grains
   B. high in fruits, vegetables and grains
   C. mostly grains
   D. mostly red meat and cheeses

63. Which of the following is good for adopting good safety procedures?
   A. wear seat belts when riding or driving a vehicle
   B. wear helmets when riding bikes or skating
   C. install and maintain smoke detectors
   D. all of the above

64. Being an informed consumer and ________ are lifestyles that will improve health and wellness.
   A. purchasing fitness equipment advertised for quick results
   B. learning 1st aid
   C. playing video games
   D. joining a fitness club
65. Then 2nd most important contributor to early death is:
   A. an unhealthy environment
   B. cancer
   C. diabetes
   D. heart disease

66. People who work in areas that allow smoking have a higher risk of illness than those who work in less polluted areas:
   A. true
   B. false

67. Which of the following is an action to improve your environment?
   A. don’t expose yourself to smoke-filled areas
   B. avoid excessive exposure to the sun
   C. don’t pollute the air, land, or water
   D. all of these

68. Your social interaction with the people around you refers to:
   A. your social environment
   B. your physical environment
   C. your emotional environment
   D. family

69. Researchers have shown that teens that have friends who practice unhealthy lifestyles are likely to try risky behaviors such as:
   A. abusing tobacco & alcohol
   B. exercising regularly
   C. eating proper nutrition
   D. all of these

70. Teens who have the social support of others who have healthy lifestyles are more likely to:
   A. exercise & eat well
   B. abuse drugs
   C. smoke tobacco
   D. abuse alcohol

71. Which of the following is an appropriate guideline for being successful?
   A. stop trying when you reach obstacles
   B. set realistic, attainable goals
   C. don’t be concerned about avoiding unhealthy physical & social environments
   D. find friends with interest different from you
_____ 72. A positive aspect (goal) of the physical component of health and wellness is:
   A. being fulfilled
   B. having wellness
   C. being fit
   D. being lonely

_____ 73. A negative aspect of the emotional component of health and wellness is:
   A. depressed
   B. lonely
   C. unfit
   D. illness

_____ 74. The wall push exercise uses the following muscles:
   A. upper body
   B. legs
   C. abdomen
   D. both B & C

_____ 75. The leg curl uses the following muscles:
   A. upper body
   B. abdomen
   C. hamstring
   D. both A & B

At this time, print a lesson answer sheet from the Course files that were emailed to you. Transfer your answers to the answer sheet. Be careful when you transfer your answers making sure that you are marking the answer sheet correctly.

Mail your answer sheet to:  L. H. S. C. C.
                           P. O. Box 2751
                           Baton Rouge, LA 90821-2751
Lesson Twelve Chapter 17 - Stress Management
Chapter 18 - Personal Program Planning

Lesson Objectives Chapter 17:

At the end of this lesson you will be able to:

- define stress and list its causes
- explain the three stages in the general adaptation syndrome.
- explain how eustress and distress differ.
- discuss the effects of stress.
- discuss how to manage stress in everyday life.
- describe health practices that can help a person deal with stress.
- describe competitive stress.

Lesson Objectives Chapter 18:

At the end of this lesson you will be able to:

- explain how to use a fitness profile to plan a personal fitness program.
- describe the five steps in planning a personal fitness program.
- describe the five stages of physical activity.
- identify the strategies that help people become active and stay active at each of the stages.

Lesson Introduction Chapter 17
In chapter 17 you will learn that stress is apart of everyday life. The key is to learn to manage stress because you can’t totally eliminate it from your life. You’ll learn skills to identify and keep stress levels minimal. Research has shown that those who do a poor job of managing stress have health problems that result from it.

Lesson Introduction Chapter 18
In chapter 18 you will learn how to design and implement your own personal program. You’ve learned about the many different activities you can engage in to increase your level of health and well-being. You’ll learn that your program should be designed to meet your specific goals. Keep in mind, the exercises you choose should reflect what you’re trying to achieve. Also, use the results of your fitness assessments to design your program according to your strengths and weaknesses.

Self Check Chapter 17

- Read and take notes on Chapter 17 (pages 292-303).

As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 293 & 297

- Write the answers to the lesson review questions on pages 295 & 298 in your notebook.

- Write the answers to the chapter review questions on page 303 in your notebook.

Self Check Chapter 18
Read and take notes on Chapter 18 (pages 304-317). As part of your notes, be sure to include a definition for the lesson vocabulary words on pages 305 & 311.

Write the answers to the lesson review questions on pages 309 & 314 in your notebook.

Write the answers to the chapter review questions on page 317 in your notebook. After you have completed the questions, you are encouraged to check your answers in Appendix A in the back of this study guide.

ADDITIONAL ACTIVITIES
Chapter 17 Activity 2
On pages 300-302 complete Relaxation Exercises for Stress Management. The exercises in this activity are useful for reducing stress.
**Lesson Assignment 12**  
**Multiple Choice:** Choose the correct answer by marking the letter of the best choice on the line provided before each statement. Refer to Chapter 17 and 18 to locate answers.

_____ 1. The body’s reaction to a demanding situation is known as:
   A. stress  
   B. your body’s alarm  
   C. stressor  
   D. the stage of resistance

_____ 2. Something that causes stress is known as:
   A. stress  
   B. your body’s alarm  
   C. stressor  
   D. the stage of exhaustion

_____ 3. The 2\(^{nd}\) stage in the general adaption syndrome is known as:
   A. the stage of exhaustion  
   B. the stage of resistance  
   C. the alarm reaction  
   D. the stressor phase

_____ 4. The body’s 1\(^{st}\) reaction to a stressor is its
   A. stage of resistance  
   B. general adaptation syndrome  
   C. stage of exhaustion  
   D. alarm reaction

_____ 5. For teens, a stressor may include:
   A. moving to a new home  
   B. grades and school work  
   C. peer pressure  
   D. all of the above

_____ 6. When the immune system starts to resist or fight the stressor, this stage of the general adaptation syndrome is known as:
   A. the stage of exhaustion  
   B. the stage of resistance  
   C. the alarm reaction  
   D. the stressor phase

_____ 7. Negative stress is known as:
   A. eustress  
   B. exhaustion  
   C. distress  
   D. the alarm reaction
8. The 3rd stage in the body’s general adaption syndrome is:
   A. the stage of exhaustion
   B. the stage of resistance
   C. the alarm reaction
   D. the stressor phase

9. The alarm reaction may cause
   A. blood vessels to carry less blood to the brain and muscles
   B. muscles to relax
   C. heart rate to increase
   D. sweating decreases

10. Positive stress is known as:
    A. eustress
    B. exhaustion
    C. distress
    D. the alarm reaction

11. Conditions of your body and the environment that affect your physical well being is known as:
    A. emotional stressors
    B. physical stressors
    C. social stressors
    D. distress

12. Riding a roller coaster may produce eustress for one individual while distress for another.
    A. true
    B. false

13. An emotional sign of stress might include:
    A. worry
    B. acne flare-ups
    C. shortness of breath
    D. extreme fatigue

14. Excessive exercise can be a physical stressor
    A. true
    B. false

15. These stressors arise from your relationships with other people.
    A. physical
    B. emotional
    C. social
    D. eustress
16. Usually reactions to stress last a short time and ________ once the source of stress is removed.
   A. get worse
   B. reoccur
   C. more reactions develop
   D. disappear

17. ________ of stress and prolonged periods of stress can be related to many physical conditions.
   A. low levels
   B. high levels
   C. reduced levels
   D. none of these

18. Prolonged periods of stress can make you more susceptible to diseases because:
   A. the effectiveness of your body’s immune system is lowered
   B. you have a lower blood volume
   C. you’ll lose your appetite and eat less
   D. you no longer have good relationships with your family and friends

19. When you are relaxed, your skin temperature goes _____; when you experience stress, it goes _____.
   A. down; up
   B. up; down
   C. skin temperature remains the same when relaxed or stressed
   D. stress only affects skin temperature in weather above 60 degrees F

20. Distress in life is 100% avoidable.
   A. true
   B. false

21. An excellent way to relieve stress is by:
   A. learning to multi task so you can solve more problems at one time
   B. creating a rigid schedule and stick to it.
   C. resisting changes
   D. exercising

Mark A before each statement if it’s an effective way to manage stress and B if it isn’t an effective strategy.

22. Rest in a quiet place.
23. Increase your breathing rate by trying to complete tasks quickly.
24. decrease your mental activity
25. adjust to changes in your life
26. Try not to let the little things bother you
___ 27. avoid the problem causing the stress
___ 28. worry about the problem causing the stress
___ 29. accept what can’t be changed
___ 30. Learn to manage your time
___ 31. try to solve problems as they arise
___ 32. Avoid exercise
___ 33. do something to increase muscle tension
___ 34. identify the stressor

Multiple Choice:

___ 35. A little stress can help you meet challenges and give you more energy
   A. true
   B. false

___ 36. Which of the following is a good guideline for controlling competitive stress?
   A. take fast quick breaths to increase your breathing rate
   B. implement different routines each time you perform the activity
   C. limit practice time so you won’t think about it
   D. use mental imagery seeing yourself being relaxed and confident

___ 37. Which of the following health practices can most help you deal with stress in your life?
   A. get proper sleep
   B. eat a restrictive diet with minimal calories
   C. when competing, remember you are participating to win and everything else is secondary
   D. try to create stressful situations so you can learn how to deal with them

___ 38. Max got stopped by a police officer for a traffic violation. He can expect his heart rate to be:
   A. higher than normal
   B. lower than normal
   C. about the same

___ 39. An unusual mannerism that may be present during periods of stress is:
   A. resting on the floor
   B. nail biting
   C. feeling nervous
   D. rapid breathing
40. Nervous feelings during periods of stress may include:
   A. decreased blood pressure
   B. decreased heart rate
   C. both A & B
   D. anxious feelings

41. Breathing may become:
   A. irregular
   B. rapid
   C. shallow
   D. all of these

42. Taking time out in the form of a (n) ________ activity can help you get your mind off stressful situations.
   A. competitive
   B. academic
   C. noncompetitive
   D. all of these

43. Keeping yourself ________ can help you manage stress.
   A. tense
   B. unrested
   C. in turmoil
   D. physically fit

44. If John has three major tests on one day, he may become stressed and feel:
   A. muscle tension
   B. a decrease in his heart rate
   C. a decrease in blood to the brain
   D. relaxed

45. To control stress in your life, you need to understand the cause of the stress you are experiencing.
   A. true
   B. false
   C. 

For each of the following, mark A if it’s a form of eustress and B for distress

46. passing a driving test
47. meeting new people if you are shy
48. taking a test you prepared for
49. having to play quarterback for your football team when you normally play running back
Multiple Choice: Choose the best response.

_____50. A brief summary of the results of your fitness assessment is known as a:
   A. program of planning
   B. diary
   C. journal
   D. fitness profile

_____51. The first step in developing a fitness profile is:
   A. structure your program plan and write it down
   B. set goals
   C. consider a variety of activities
   D. collect information

_____52. The second 2\textsuperscript{nd} step in developing a fitness profile is:
   A. structure your program plan and write it down
   B. set goals
   C. consider a variety of activities
   D. collect information

_____53. The 3\textsuperscript{rd} step in developing a fitness profile is:
   A. structure your program plan and write it down
   B. set goals
   C. consider a variety of activities
   D. evaluate your program

_____54. The 4\textsuperscript{th} step in developing a fitness profile is:
   A. structure your program plan and write it down
   B. set goals
   C. consider a variety of activities
   D. evaluate your program

_____55. The 5\textsuperscript{th} step in developing a fitness profile is:
   A. structure your program plan and write it down
   B. set goals
   C. consider a variety of activities
   D. evaluate your program

_____56. The best time of day for you to exercise is:
   A. when your best friend exercises
   B. when your parents exercise
   C. when you most enjoy exercising and won’t be disturbed
   D. in the morning hours when you don’t sleep late
57. When setting goals, which of the following guideline(s) should be followed?
   A. setting very challenging goals
   B. set general goals
   C. if you’re a beginner, focus on short term activity goals
   D. if you’re a beginner, focus on fitness goals

58. When planning your program, it’s best to choose:
   A. the same activity
   B. a variety of activities based on your needs
   C. activities you are the strongest at doing
   D. activities your friend enjoys

59. People who do not regularly participate in physical activity from any of the first 3 levels of the physical activity pyramid are considered to be ________.
   A. in optimal health
   B. highly active
   C. sedentary
   D. moderately active

60. This stage of physical activity represents someone who is active but participates inconsistently.
   A. active for life
   B. a couch potato
   C. thinking about it
   D. sometimes active

61. This stage of physical activity represents someone who isn’t active but is considering becoming active.
   A. active for life
   B. a couch potato
   C. thinking about it
   D. sometimes active

62. This stage of physical activity represents the person who does no regular physical activity.
   A. active for life
   B. planning to be active
   C. thinking about it
   D. couch potato

63. The person who has taken steps to get ready to be active such as, purchasing equipment and/or exercise clothing.
   A. active for life
   B. sometimes active
   C. planning to be active
   D. thinking about it
64. This stage of physical activity represents the person who is active on a regular basis and can overcome obstacles that may discourage others.
   A. active for life
   B. sometimes active
   C. planning to be active
   D. thinking about it

65. In this stage, people are active on a regular basis.
   A. active for life
   B. sometimes active
   C. planning to be active
   D. thinking about it

66. According to the Surgeon General, approximately ________ lives cold be saved each year if adults would be more physically active.
   A. 200
   B. 2,000
   C. 200,000
   D. 2000,000,000

67. To be physically active, focus on:
   A. The activity your friend enjoys
   B. the activity your mom enjoys
   C. a membership at your local gym
   D. what you can do

68. Which of the following is a good strategy for John to use to overcome barriers to exercise?
   A. find a way to exercise at home or work
   B. stick to I plan to be done indoors
   C. stick to I plan to be done outdoors
   D. exercise sporadically

69. Which of the following is a barrier to becoming and staying active?
   A. unsafe environment
   B. lack of physical skill
   C. lack of time
   D. all of these

70. People who are active throughout life better able to overcome barriers to exercise.
   A. true
   B. false
71. Brittany swims competitively. Which of the following could she do to help decrease stress before a major swim meet?
   A. stick to her routine
   B. take slow deep breaths
   C. think positively
   D. all of these

72. Which of the following is a relaxation exercise for stress management?
   A. body board
   B. leg curl
   C. crunches
   D. toe raises

73. The jaw stretch is a good exercise:
   A. to increase muscle mass
   B. to increase lung capacity
   C. for stress management
   D. to increase blood volume

74. Which relaxation exercise for stress management would you sit in a chair with your feet apart, drop your body forward letting your trunk, head, and arms dangle between your legs?
   A. rag doll
   B. neck roll
   C. body board
   D. jaw stretch

75. Which relaxation exercise for stress management would you sit on the floor with your legs crossed keeping your chin tucked and slowly rotating your head from side to side?
   A. rag doll
   B. neck roll
   C. body board
   D. jaw stretch

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Mail your answer sheet to: L. H. S. C. C.
P. O. Box 2751
Baton Rouge, LA 90821-2751
The Final Exam consists of 100 multiple-choice questions. Study your graded lessons 7-13 to prepare for the multiple choice question and review the lesson/chapter review answers for each lesson assignment.

You are now ready for your final exam.

Your final was sent with your midcourse exam to your school or testing facility. It is your responsibility to schedule a date and time to take your final exam.

The final exam consists of 90 multiple choice questions from your lesson assignments.

Good Luck!
Appendix A - Physical Fitness for Life

Chapter 1
Lesson Review p. 6
1. Physical fitness is the ability of your body systems to work together efficiently.
2. Looking good, feeling good, enjoying life, meeting emergencies, and being physically fit.

Lesson Review p. 15
1. Cardiovascular fitness: exercising entire body for long periods of time; strength: the amount of force muscles produce; muscular endurance: to use muscles without tiring; flexibility: to use joints fully; body fatness: percentage of body weight that is made up of fat.
2. Agility: to change body position quickly; balance: to keep an upright posture; coordination: to use our senses and your body parts together; power: to use strength quickly; reaction time: the amount of time it takes to react; speed: cover a distance in a short time.
3. Starting at the bottom and integrating each progressive level into a fitness program.

Chapter 1 Review – page 21
Reviewing Concepts and Vocabulary
1. Exercise
2. Stairway to Lifetime Fitness
3. Health-related
4. Lack of exercise
5. Term meaning “the percentage of body weight that is made up of fat”
6. H
7. E
8. F
9. G
10. B
11. I
12. C
13. A
14. D
15. Body systems (cardiovascular, muscular, and respiratory) working together efficiently.
16. To enjoy good health, well-being and a high quality of life.
17. Health-related – helps you stay healthy; skill-related- helps you acquire skills and fitness for better sports performance.
18. He or she is only good in a specific skill.
19. Strength – amount of force a muscle produces; power – being able to quickly use strength.
20. Early definitions concentrated on illness; now they include wellness.

Chapter 2
Lesson Review – p 28
1. Hot, Humid weather; cold, windy and wet weather; pollution and altitude
Lesson Review – page 37
1. Injuries include shin splints: pain across the front of the lower leg; runner’s heel: pain in the heel; side stitch: pain in the side of the lower abdomen.
2. Don’t stress bones, ligaments, tendons, or muscles; don’t force joints to move in a way they weren’t designed to move; balance muscle development; start slowly; listen to your body; warm-up and cool-down
3. Rest, ice, compression, and elevation help physical injuries recover.
4. Hyperflexion exercises, hyperextension exercises, exercises that twist joints or cause friction, improper strengthening or stretching exercises

Chapter 2 Review – page 41
1. Biomechanical principles
2. White or grayish-yellow skin, pain that subsides, blisters, intense cold and numbness
3. Microtrauma
4. Sprains, strains, blisters, cuts, bruises, scrapes, shin splints, runners heel
5. Hypothermia
6. B
7. D
8. A
9. C
10. E
11. Begin gradually, drink water, wear proper clothing, rest frequently, avoid extreme heat and humidity.
12. Avoid extreme cold and wind, dress properly, avoid exercising in icy or cold, wet weather.
13. They help determine your fitness levels.
14. Use rest, ice, compression and elevation.
15. Body temperature should increase (break a sweat), tasks should be specific to sport or activity, warm-up should increase in intensity, cool-down should decrease in intensity and finish with stretching.

Chapter 3
Lesson Review – page 47
1. Answers may include heart attack, stroke, hypertension, cancer, diabetes
2. Improved appearance and well being; greater capacity for work and leisure; increased opportunity for successful experiences; added functional year; increased ability to meet emergencies.
3. Hyperkinetic conditions are caused by too much physical activity; overuse injuries, activity neurosis, eating disorders.

Lesson Review – page 53
1. Helps keep the body parts balanced properly
2. Round shoulders, forward head, sunken chest, upper back curvature, lower back curvature, protruding abdomen, knees pushed backward or locked
3. When lifting: use large muscles and keep weight low, divide load, avoid twisting; push or pull heavy objects. When sitting: avoid a bent over position.

Chapter 3 Review – page 58
1. c
2. h
3. e
4. a
5. g
6. b
7. f
8. d

Chapter 4
Lesson Review – page 65
1. The principle of overload, the principle of progression and the principle of specificity
2. It helps you apply the three basic principles of exercise
3. Perform activities from all parts of the pyramid each week. Do activities at or near the bottom of the pyramid more frequently.

Lesson Review – page 70
1. Low fitness, marginal fitness, good fitness, high performance. Achieving the Good Fitness category means you have achieved basic health and wellness standards of physical fitness.
2. Physical activity, age, maturation, heredity, environment
3. See pages 70 and 71

Chapter 4 Review – page 75
1. all
2. threshold of training
3. target ceiling
4. good
5. c
6. d
7. a
8. b
9. f
10. e
11. The older you are, the more mature you are likely to be. More mature students will have a fitness advantage.
12. As you age, you will have to remain physically active to remain fit.
13. Different types of activities in the Pyramid build different types of fitness.
14. You can increase your chances of an overuse injury.
15. Everyone has different needs.

Chapter 5

Lesson Review – page 80
1. couch potato, inactive thinker, planner, activator, active exerciser
2. see table 5.1 on page 79
3. if you use them you are more likely to be active, stay active, and make good decisions.

Lesson Review – page 85
1. Goals give you a plan for accomplishing a task by allowing you to focus on specific areas.
   They increase the probability that improvement will occur.
2. See page 86

Chapter 5 Review – page 89
1. e
2. d
3. a
4. c
5. b long
6. short
7. long
8. short
9. a self-management skill
10. skill-related physical fitness
11. sport skills
12. self-assessment
13. self-monitoring
14. social support

Chapter 6

Lesson Review – page 93
1. The use of energy to sustain life.
2. See table 6.1 on page 92
3. See table 6.2 on page 92

Lesson Review – page 97
1. See page 95 for examples
2. Possible answers: fun, relaxing, health benefits
3. Have a positive attitude/reactions; make friend through participation; ask for help from others.

Chapter 6 Review – page 100
1. moderate
2. lifestyle physical activities
3. 30
4. pedometer
5. attitudes
6. MET
7. B
8. A
9. C
10. D
11. I’m good at activity
12. I have time for activity
13. I want to improve fitness
14. I want to look my best
15. I enjoy working out
16. I do not have the time
17. Activity is too difficult to do
18. I don’t like sports
19. My friends aren’t active
20. I never improve very much

Chapter 7
Lesson Review – page 107
1. Answers may include reducing the risk of heart attack and stroke, and lowering body fatness.
2. Physical activity makes the heart muscle stronger and keeps blood vessels healthy.
3. Maximal Oxygen Uptake and graded exercise test: use a treadmill or stationary bicycle; PACER: running at a pre-determined pace; Step Test: step up and down; Walking Test: walk a measured area; One-Mile Run: run a mile
4. Reaching the good fitness zone

Lesson Review – page 112
1. Aerobic activities are steady activities that can be sustained for long periods of time; anaerobic activities are done in short bursts.
2. See table 7.4 on page 111
3. Omit—use the information presented in the study guide.

Chapter 7 Review – page 117
1. veins
2. aerobic
3. cardiovascular system
4. lipoproteins
5. respiratory system
6. b
7. a
8. e
9. c
10. d
11. Your can use the percentage of maximal heart rate method or heart rate reserve method.
12. Because if you are below or above the heart rate zone, your exercise session may not improve aerobic fitness.
13. Good aerobic fitness strengthens the heart, allowing it to pump more blood per beat; blood vessels remain healthy; and together, these factors reduce the risk of heart diseases.
14. High LDL (bad) cholesterol contributes to atherosclerosis, a narrowing of the arteries.
15. You may not be good at one type of fitness test (aerobic running) but may be good at walking, swimming, or biking

**Chapter 8**

Lesson Review – page 121
1. Active aerobics elevate the heart rate into the target zone. Lifestyle activities don’t elevate the heart rate into the zone.
2. Benefits and Risks see page 119
3. Possible answers: aerobic dance, aerobic exercise machines, circuit training,
4. dance, martial arts exercise, rope jumping, swimming and water aerobics

Lesson Review – page 127
1. Leisure time: time free from work or in the case of teens, free from commitments; recreational activity is an activity that you do during your leisure or free time to refresh or re-create yourself
2. See pages 124 – 127 for examples
3. Wear proper safety equipment, use safe equipment, get proper instruction, perform within the limits of your current skills, plan ahead
4. Social support is when members of your family, our friends, teachers, and members of the community encourage your physical activities or participate with you. You are more likely to begin or continue an activity if the people you associate with also do it.

Chapter 8 Review – page 131
1. aerobic
2. leisure time
3. martial arts and aerobic dance
4. aerobic exercise
5. a
6. d
7. e
8. c
9. b
10. Wear proper safety equipment, use safe equipment, get proper instruction, perform within the limits of your current skills, and plan ahead.
11. For variety – active recreation can be done as lifestyle activities, whereas aerobic exercise can be more vigorous and structured.
12. Because it improves your cardiovascular system.
13. Because teammates may not always be available; the opportunities to exercise on your own become greater as you get older.
14. Your body is put under continued stress when exercising or playing sports; equipment can reduce the risk of injury and the possibility of you having to take time off from activity.
15. They are enjoyable, provide good health benefits, and can be done individually or in a group.

**Chapter 9**

Lesson Review – page 136
1. Examples: catching, dancing
2. Skill-related abilities help you learn physical skills.
3. Heredity: inherited skill-related fitness traits; practice: repeat a skill; principle of specificity: excelling in one part of skill-related fitness.
4. It helps you choose activities that are easier to learn and enjoy and can help you improve.

Lesson Review – page 146
1. see table 9.5 on page 14
2. fitness helps participants be more successful and decrease chance of injury
3. team sports, dual or partner sports, individual sports, outdoor/challenge/extreme sports
4. consider your skill-related abilities, consider the health-related benefits of the sport, consider a lifetime sort, learn the skills of the sport, be fit for sports, choose sports that you enjoy doing.

Chapter 9 Review
1. individual sports
2. sport skills
3. children and teenagers
4. lifetime or recreational sorts
5. e
6. f
7. a
8. b
9. c
10. d
11. Doing tests of agility, balance and power
12. Skill-related physical fitness is fitness related to how well a skill can be performed; a skill is a talent you possess.
13. Examples: sports that require high aerobic fitness (e.g., swimming), strength (football), muscular endurance (basketball), or flexibility and strength (gymnastics)
14. Because teammates may not always be available; the opportunities to exercise on your own become greater as you get older.

15. Choose a sport that you enjoy, and choose a sport that you think you might have some success at.

16. Fitness can help improve sports performance and can decrease the chances of injury.

**Chapter 10**

**Lesson Review – page 158**

1. Flexibility is the ability to move joints through a full range of motion. Body build affects flexibility; joints might be hypermobile; laxity can occur when ligaments are overstretched

2. Improved function, improved health and wellness

3. So muscles can apply equal force on all sides of a joint


**Lesson Review – page 165**

1. Static: slowly stretch as far as possible without pain and hold the stretch. PNF: use body reflexes to relax muscle before stretching, requires time and lacks specificity. Ballistic: gentle bounces, may overstretch.

2. Static – frequency, 3 days a week; intensity, stretch muscle to overload, time, hold for 10-15 seconds and do 3 sets for each muscle. Ballistic – frequency, 3 days a week; intensity, stretch muscle beyond normal length with gentle bounces: time, bounce gently 6-8 times and do 3 sets for each muscle

3. Examples: Do cardiovascular exercise before stretching; do static or PNF stretching if you do not exercise regularly, do not need high flexibility, have muscle, joint, or back problem; do not bounce too far in ballistic stretching; do not stretch until you feel pain; contract muscles opposite the stretched muscles.

**Chapter 10 Review – page 173**

1. Flexibility

2. Range of motion

3. Stretching exercises

4. Range of motion exercises

5. PNF stretch

6. Static stretching

7. Ballistic stretching

8. D

9. E

10. B

11. C

12. A

13. Because a partner may unintentionally stretch you too far causing pain or injury
14. An increase in body temperature will help you to stretch better.
15. Range of motion and stretching exercises

**Chapter 11**
Lesson Review – page 180
1. strength: the amount of force a muscle can exert; muscular endurance: the ability to contract muscles many times or hold one contraction a long time
2. Possible answers: improved appearance, fitness, physical health, and mental health; decreased heart rate and blood pressure.
3. Muscle types: smooth, cardiac, and skeletal; Muscle fibers: slow-twitch, fast-twitch, intermediate
4. Weight training, resistance training, circuit training, weightlifting, powerlifting, bodybuilding

Lesson Review – page 190
1. See page 185
2. See pages 186 & 187
3. Possible answer: weight training; yes, experts recommend lower resistance and more reps for teens.
4. See table 11.5 on page 188
5. See page 189 for resistance training guidelines

Chapter 11 Review – page 199
1. Strength
2. Hypertrophy
3. Injured
4. Resistance
5. C
6. F
7. E
8. A
9. B
10. D
11. They give the body a firm appearance and can prevent back problems and weak bones
12. Younger teens have levels of hormones too low to produce changes in muscle size.
13. To allow you to monitor your progress toward your strength-training goals.
14. Improvements in strength are made when the weights and number of reps gradually increase over time.
15. This depends, but 2 to 3 times per week is a good recommendation.

**Chapter 12**
Lesson Review – page 203
1. muscular endurance: the ability to contract muscles many times or hold one contraction a long time; muscular strength: the amount of force a muscle can exert;
cardiovascular fitness: the ability of the cardiovascular system to function efficiently during vigorous activity.

2. Answers may include: improved appearance, fitness, physical health, and mental health; decreased heart rate and blood pressure

3. See table 12.1 on page 202

4. See page 203 for guidelines

Lesson Review – page 211

1. Possible answers: rubber (elastic) band exercises, homemade weights, exercise balls; partner resistance exercises, core exercises

2. Possible answers: plyometrics, periodization, interval training

3. See pages 209-211

Chapter 12 Review – page 218

1. Cardiovascular fitness

2. Muscular endurance

3. Circuit

4. androstenedione

5. Human growth hormone

6. d

7. e

8. c

9. b

10. a

11. Exercise in the weight room doing high repetitions (10 or more) and reasonably light weights.

12. 2 to 3 days

13. tests of push-ups, trunk extensions, bent arm hang, or curl-ups

14. Various types of activities, such as high knee running, push-ups, skipping, stride jumps, or leg raises

15. A product used in an attempt to enhance performance (e.g., food supplements)

Chapter 13

Lesson Review – page 225

1. 15-25%

2. For good health, it is important to have optimal amounts of body fat.

3. See pages 224 & 225

Lesson Review – page 233

1. See table 13.3 on page 230

2. Physical activity helps you burn calories. A combination of physical activity and eating fewer calories is the best way to lose fat.

Chapter 13 Review

1. Bulimia
2. Essential body fat
3. Basal metabolism
4. Obesity
5. Anorexia nervosa
6. Underwater weighing
7. b
8. a
9. d
10. f
11. e
12. c
13. Essential levels of body fat help keep the organs of the body functioning properly.
14. Myth: Most overfat people have glandular problems. Fact: Many overweight people do not exercise and/or consume too many calories.
15. Increasing activity uses calories, and decreasing the amount of food eaten decreases caloric intake; both of these help in reducing body fat

Chapter 14
Lesson Review – page 248
1. Carbohydrates 55-60%; protein 12-15%; fats – no more than 30%
2. Minerals are essential nutrients that help regulate the activities of cells. Vitamins are needed for growth and repair of body cells.
3. Provides an outline of what you need to eat each day. The pyramid is based on the dietary guidelines and can help you choose foods for a healthy diet.

Lesson Review – page 255
1. See table 14.5 on page 251
2. The number of servings in the container, calories per serving, the total calorie content of the food package, nutritional information
3. See pages 253 and 254

Chapter 14 Review – page 259
1. Amino acids
2. Simple carbohydrates
3. Cholesterol
4. Complex carbohydrates
5. Nutrients
6. Nutritionally dense
7. c
8. e
9. b
10. d
11. a
12. Some athletes think they need nutritional supplements or diets high in red meats in order to improve sports performance; neither of these practices would improve sports performance.
13. They provide all essential amino acids.
14. Calcium helps improve and maintain bone strength; resistance training is also important for bone strength.
15. Water helps carry nutrients to cells and waste products away from cells; water also helps regulate body temperature.

Chapter 15
Lesson Review – page 264
1. To avoid buying products that are worthless or even harmful
2. An expert
3. Possible answers: food supplements, sports supplements, fad diets, passive exercises, figure wrapping, nonporous garments, baths, sport exercises.

Lesson Review – page 270
1. Possible answers: join on a pay as you go basis; choose a well-established club; make a trial visit; consider joining a program recommended by your physician.
2. Possible answers: consult a fitness expert; do not purchase through the mail; buy from a well-established company that will honor the warranty, service the product and have replacement parts available.
3. Possible answers: should include appropriate warm-up and cool-down exercises; contains no questionable exercises; should rotate use of muscle groups/parts of fitness; if it claims to be a complete program it should include all parts of fitness; consider the credentials of the author
4. Who developed the web site; does the web site sell products, do you recognize any suspicious techniques? Do experts find the web site credible?

Chapter 15 Review – page 276
1. Sport supplements
2. Passive
3. Quackery
4. Supplement
5. Fad
6. B
7. E
8. D
9. C
10. A
11. False credentials; promises of immediate or effortless results; sales pitch using words such as “miracle”
12. Spot reduction exercises do not help you lose body fat from the specific part of the body being worked.

**Chapter 16**
Lesson Review – page 281
1. good health includes the promotion of wellness.
2. By achieving the positives of each component, a person will possess wellness and decrease the risk of illness
3. Positive aspects promote wellness

Lesson Review – page 288
1. Controllable risk factors – risk factors you can act upon to change including high fat diets and smoking; noncontrollable risk factors – factors that are not in your control, including age and gender.
2. Possible answers: being physically active – changing inactive people to active people; eating properly – eat fruits, vegetables, grains, and meats, avoiding fats; and learning how to manage stress.
3. Physical environment refers to the air, the land, the water, the plants and other physical things that exist around you. Working in polluted environment, coal mines, smoking in areas where people are a few cases in which the environment can have a negative impact.
   Social environment refers to your social interaction with the people around you. Being around others who practice unhealthy lifestyles can have a negative effect on your health.

**Chapter 16 Review – page 291**
1. Healthy lifestyle
2. Unhealthy lifestyles
3. Increasing the number of people who are physically active
4. C
5. B
6. A
7. It has changed from an emphasis on illness to include an emphasis on both illness and wellness
8. Some risk factors can be controlled (physical activity, smoking), whereas some risk factors cannot be controlled (genetic disposition to a certain illness).
9. Illness treatment, illness prevention, wellness promotion
10. The positive component of good health.

**Chapter 17**
Lesson Review – page 295
1. Possible answers: physical stressors (hunger, weather, illness, etc.); emotional stressors (fear, anger, grief, depression, falling in love); and social stressors (having to do with relationships). Different people react to stressors in different ways.

2. Stage 1: the alarm reaction; stage 2: resistance; stage 3 exhaustion; See page 293 for further clarification

3. Eustress is positive stress; distress is negative stress

4. Possible answers: emotional may include – upset or nervous feelings, anger, anxiety, or fear, criticizing other, frustration, forgetfulness, difficulty paying attention, difficulty making decisions, irritability, lack of motivation, boredom mild depression, change in appetite; physical may include – extreme fatigue, light-headedness, or upset stomach, high blood pressure, ulcers, cardiovascular disease, lower effectiveness of the immune system

Lesson Review – page 298
1. Possible answers: rest in a quiet place, reduce breathing rate, reduce mental activity, reduce muscle tension, use exercise as a diversion, identify the cause of the stress, take action, do not mask your problems, and change the way you perceive a stressor.

2. Possible answers: eat a nutritious, well-balanced diet; get enough sleep; do regular physical activity.

3. See page 299

Chapter 17 Review – page 303
1. Relax
2. Physical
3. Stress response
4. Emotional
5. Diseases
6. Sleep
7. C
8. A
9. D
10. B
11. Any of the usual symptoms associated with stress (nervousness, high blood pressure, more susceptible to colds); relaxation and a positive attitude are important.
12. Think positively, accept you cannot change some things, perceive a stressor as a challenge.
13. Physical activity can reduce muscle tension and can help distract you from other things you perceive as stressful.
14. An activity done in a social setting by an outgoing person would be positive; alternatively, a shy person may feel stressful in the same situation.
15. Family, friends, clergy, teachers, physicians.

Chapter 18
Lesson Review – page 309
1. Complete exercises to obtain your scores for various activities. See table 18.1 as an example
2. See pages 305-309

Lesson Review – page 311
1. Stage 1: couch potato; Stage 2: Thinking About It; Stage 3: Planning to be Active; Stage 4: Sometimes Active; Stage 5: Active for Life
2. See tables 18.3, 18.4, 18.5 and 18.6 on pages 312 & 313

Chapter 18 Review – page 317
1. Fitness profile
2. Couch potato
3. An active person
4. D
5. E
6. C
7. A
8. B
9. A fitness profile will show what areas you are strong in and what areas you need to improve.
10. It helps you keep track of your progress and can be used for motivation.
11. In order to monitor your progress and revise according to your current state of fitness and motivation.