

Fitness for Life
Chapter 1 – Chapter review

1. Physical activity done for the purpose of getting fit is called exercise.
2. The stairway is a series of steps to help you achieve lifetime fitness
3. Cardiovascular fitness is one part of physical fitness.
4. A hypokinetic condition is a health problem caused by lack of physical activity
5. Body fatness is a % of body weight made of fat

Next to each number, write the letter of the best answer.

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|-----------------------|--------------------------------------------------------|
| 6. Muscular endurance | a movement of body using larger muscles |
| 7. flexibility | b ability to use body parts together |
| 8. agility | c ability to cover a distance quickly |
| 9. balance | d positive component of health |
| 10. coordination | e ability to use joints through a wide range of motion |
| 11. reaction time | f ability to change body position quickly |
| 12. speed | g ability to keep an upright position |
| 13. physical activity | h ability to use muscles continuously without tiring |
| 14. wellness | i amount of time to start moving |

15. What is physical fitness? General state of health + wellbeing
16. Why is fitness important for everyone? so that people are healthy
17. How do health-related physical fitness and skill-related physical fitness differ?
skill/sports health → healthy
18. Explain why a sports star may not possess the same levels of fitness in all areas of physical fitness. Different muscles different skills in sports
19. What is the difference between power and strength?
power is a burst of strength
20. Explain how the definition of health has changed over time.
used to mean not ill to be healthy but now it means wellness