

Fitness for Life
Chapter 8 – Chapter review

1. The word aerobic means "with oxygen."
2. Free time or time free from work is called rest or inactivity
3. TaeBo is a type of Martial arts exercise.
4. Jogging, swimming, and skating are examples of Aerobic.

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

- | | |
|--------------------------|-----------------------------------|
| 5. <u>Water</u> aerobics | |
| 6. orienteering | a aqua-dynamics |
| 7. inline skating | b several exercise stations |
| 8. recreational activity | c done for fun during free time |
| 9. circuit training | d uses map-reading skills |
| | e has relatively high injury risk |

10. What are some good safety tips for performing active aerobics and active recreation?

Warm up first, and cool down after

11. why is it important to include in your activity plan choices from the active aerobics and active recreation part of the Physical Activity Pyramid?

Do things for fun and do things to be healthy

12. Why is aerobic activity among the most beneficial types of activity?

Helps strengthen cardiovascular system

13. Why might team sports not be good s an only choice for your lifetime activity plan?

You need variation, you need to plan for when you are not able

14. Why is good equipment important to safe physical activity? *to do those activities*

Safety

15. Why are active aerobics among the most popular physical activities among adults?

games

It's fun