

Fundamentals of Physical Education - Part 2

Name: _____ Period: ____ Teacher: _____ Points ____ / 74

Answer all questions in complete thought out sentences for full credit.

1. What is the Principle of Overload? (2 pnts)

2. How can you use the FITT Principle: (10 pnts) _____

6. What is the definition of body fat percentage? (2 pnts)

7. What are the body fat percentage categories? (10 points)

	Women (%fat)	men (% fat)
Essential Fat	_____	_____
	_____	_____
Fitness	_____	_____
Acceptable	_____	_____
Obese	_____	_____

8. Define the following terms. (4 pnts)

a. Overweight

b. Obese -

9. A calorie is defined as what? (2pnt)

10. What factors determine how many calories a person should consume? (2pnt)

11. Using a calorie calculator how many calories should you consume each day? (2pnt)

29. Define Aerobic Exercise: (1pnt) _____

30. Define Anaerobic Exercise: (1pnt) _____

31. What does R.I.C.E stand for (4pnts)?

R _____ I _____ C _____ E _____

32. Explain the following each component of R.I.C.E (8 points)

a. R _____ - _____

b. I _____ - _____

c. C _____ - _____

d. E _____ - _____

33. Children and adolescents (6-17 years old) should do _____ minutes or more of physical activity each day. (1pnt)

34. (1pnt) What is a Training Plateau? _____

35. (1pnt) How do you Avoid and Bust Plateaus? _____

36. Give 4 tips to help you stay motivated and committed to workout? (10pnts)

1. _____

2. _____

3. _____

4. _____

37. What are some of the added benefits of incorporating weight training into your fitness routine and healthy lifestyle? (4pnts)

1. _____

2. _____

3. _____

4. _____