**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Look at the Power Point on Chapter 1 and 2. Then answer the following questions.

Chapter 1

1. List 5 benefits of exercise:
2. Define Physical Activity
3. Define Physical Fitness
4. List 3 things you should do to improve your Physical Fitness
5. How much physical activity do you need on a daily basis?
6. According to the fitness pyramid, how often should you perform aerobic exercise?
7. What are the 3 sides of the Health Triangle?
8. What does Sedentary mean?
9. What 3 risk factors for disease do you not have any control over?
10. List 3 risk factors for disease that you do control:
11. Name one thing that influence your decisions about personal fitness:

Chapter 2

1. What is a medical screening?
2. Name to types of people who should have a medical screening:
3. How many glasses of water should you drink a day on a 24 hour period?
4. Define Fluid Balance:
5. What is dehydration?
6. List 2 weather related illnesses and describe them:
7. What is the ABC’s of Skin cancer detection?

A)

B)

C)

D)

1. Name one known theory that causes the stitch in the side:
2. What are connective tissue injuries?
3. When we talk about injury treatments, what does R.I.C.E. stand for?

R)

I)

C)

E)