
Fitness Final Exam Study Guide

What is Wellness? - ✓ A state of healthy living; considers total wellbeing: physical, emotional, and spiritual.

What are the Wellness components? - ✓ Physical Health, Emotional Health, Intellectual Health, Spiritual Health, Social Health, and Environmental Health

What is Healthy People 2020, and what are its goals and objectives? - ✓ U.S. government's wellness goals for the nation.

Goals:

1. Increase the number and quality of healthy years for all Americans
2. Reduce health disparities across segments of the population in our society
3. Provide social/physical environments that promote good health
4. Promote healthy development and healthy behaviors across all life stages

Objectives:

5. Increase daily physical activity levels
6. Reduce the death rate from cancers including lung, prostate, and skin cancer.
7. Increase proportion of physician visits to include nutrition/weight counseling or education
8. Increase number of states with nutrition standards for preschool aged children in child care
9. Increase number of adolescents engaged in disordered eating to control body weight
10. Increase proportion of adults who get sufficient sleep
11. Reduce binge drinking of alcoholic beverages

Define Physical Activity. - ✓ Any movement of the body produced by skeletal muscles that results in energy expenditure. Generally refers to movement of large muscle groups.

Define Exercise. - ✓ Type of physical activity; planned structured, repetitive movement performed for the purpose of improving or maintaining health or fitness.

What are the six benefits of exercise? - ✓ 1. Improved Psychological Well-Being

2. Increased Longevity
3. Maintenance of Working Capacity During Aging
4. Increased Bone Mass
5. Reduced Risk of Diabetes
6. Reduced Risk of Heart Disease

What are the five major components of health? - ✓ 1. Cardiorespiratory Endurance

2. Muscular Strength
3. Muscular Endurance
4. Flexibility

Personal Fitness Final Exam Study Guide

L Cohen



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Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition National Academy of Sports Medicine, 2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's *NASM Essentials of Personal Fitness Training* this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided

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Principles and Labs for Physical Fitness Werner W. K. Hoeger,Sharon A. Hoeger,2003-04 **Principles and Labs for Physical Fitness** Wener W. K. Hoeger,Sharon A. Hoeger,2005 PRINCIPLES AND LABS FOR PHYSICAL FITNESS FIFTH EDITION focuses on the fitness topics including body composition cardiorespiratory endurance and muscular strength and flexibility and also highlights important wellness topics such as behavior management nutrition and stress management With over 100 pieces of art to make this text truly engaging it is also designed to give students the motivation and techniques they need to know to apply their learning experiences and knowledge received from their fitness course Each chapter allows readers to chart and update their progress in the various components of physical fitness The emphasis is on teaching individuals how to take control of their personal health and lifestyle habits so they can make a constant and deliberate effort to stay healthy and realize their highest potentials for well being In addition to the strength of the text PRINCIPLES AND LABS FOR PHYSICAL FITNESS comes with a wide range of teaching and learning resources unlike any other to support your course Besides the exclusive offerings of the CNN Video Today series and InfoTrac College Edition or the extensive PowerPoint with over 400 slides and free WebTutor Toolbox Online teaching support we offer a new BEHAVIOR CHANGE WORKBOOK Each copy of

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