

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

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Concepts of Physical Fitness Charles B. Corbin,2004

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Table of Contents Personal Fitness Final Exam Study Guide

1. Understanding the eBook Personal Fitness Final Exam Study Guide
 - The Rise of Digital Reading Personal Fitness Final Exam Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Personal Fitness Final Exam Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Personal Fitness Final Exam Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Fitness Final Exam Study Guide
 - Personalized Recommendations
 - Personal Fitness Final Exam Study Guide User Reviews and Ratings
 - Personal Fitness Final Exam Study Guide and Bestseller Lists
5. Accessing Personal Fitness Final Exam Study Guide Free and Paid eBooks
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- Personal Fitness Final Exam Study Guide Compatibility with Devices
- Personal Fitness Final Exam Study Guide Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Personal Fitness Final Exam Study Guide
- Highlighting and Note-Taking Personal Fitness Final Exam Study Guide
- Interactive Elements Personal Fitness Final Exam Study Guide

8. Staying Engaged with Personal Fitness Final Exam Study Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Personal Fitness Final Exam Study Guide

9. Balancing eBooks and Physical Books Personal Fitness Final Exam Study Guide

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Personal Fitness Final Exam Study Guide

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Personal Fitness Final Exam Study Guide

- Setting Reading Goals Personal Fitness Final Exam Study Guide
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Personal Fitness Final Exam Study Guide

- Fact-Checking eBook Content of Personal Fitness Final Exam Study Guide
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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