

PHYSICAL FITNESS - TEST

1. Why is being physically active important? _____

2. What does strength training do to your body? _____

3. Why won't girls get bigger muscles if they exercise harder? _____

4. How can you increase strength? _____

5. What is cardiovascular fitness? _____

6. Name a few aerobic activities. _____

7. Where can you feel your pulse best? _____

8. How can you find out your heart rate? _____

9. What is the target heart rate zone? _____

10. Why is this zone not the same for everyone? _____

11. Why is it important to have healthy joints? _____

12. How can you keep them fit and healthy? _____

13. How should flexibility exercises be done? _____

14. What should your clothing be like during the wintertime? _____

15. What else should you wear when you go biking or roller skating? _____

16. What is muscle soreness? _____

17. How do you make a side-ache go away? _____

18. How should you choose the activities that you want to do? _____
