

Chapter 4**Vocabulary**

physical activity
 physical fitness
 sedentary lifestyle
 osteoporosis
 cardiorespiratory endurance
 muscular strength
 muscular endurance
 flexibility
 body composition
 exercise
 aerobic exercise

anaerobic exercise
 overload
 progression
 specificity
 warm-up
 workout
 F.I.T.T.
 cool-down
 resting heart rate
 training program
 hydration

anabolic steroids
 health screening
 overexertion
 heat cramps
 heat stroke
 frostbite
 hypothermia
 muscle cramp
 strain
 sprain

Directions: Words and phrases and the ideas they represent have similarities and differences. Words and phrases can be *compared*. A comparison tells the similarities of and differences between words or phrases. Words and phrases can be *contrasted*. A contrast focuses on the differences between words and phrases. Use this information to answer the questions that follow.

1. Contrast the phrases *aerobic exercise* and *anaerobic exercise*.

2. Compare and contrast the terms *frostbite* and *hypothermia*.

3. Compare and contrast the phrases *muscular strength* and *muscular endurance*.

4. Contrast the phrases *sprain* and *strain*.

Activity 11**Applying Health Skills**

FOR USE WITH CHAPTER 4, LESSON 1

Voice an Opinion

Directions: Most articles in newspapers are factual reports about news events, written by reporters. Newspapers also employ editorial writers: writers who offer their opinion of current news events. You have been asked to fill in for the editorial writer at the local newspaper. After each description of a current news event, write some notes for an editorial column concerning the issue. Decide what opinion your editorial will express, and list four facts you will use to support your opinion. Use your knowledge of physical fitness and information from the lesson when forming your opinion.

1. The state legislature voted today to decrease the amount of physical education required for high school graduation.

The opinion I will express in my editorial: _____

Supporting facts: _____

2. The mayor today announced support for construction of a physical fitness center open to all city residents. Construction of the center will require a tax increase. A traffic impact study will be required. The issue will be put to a public vote in the next election. Voter concerns about increased taxes will be addressed by the mayor at a town meeting Thursday evening.

The opinion I will express in my editorial: _____

Supporting facts: _____

Activity 12**Applying Health Skills**

FOR USE WITH CHAPTER 4, LESSON 2

Pump It Up!

Directions: Cardiovascular disease is the number one cause of death in the United States. Heart attack and stroke are two of the cardiovascular diseases with which you may be familiar. Good cardiorespiratory endurance can reduce your risk of developing cardiovascular disease. Follow the steps below to plan ways to improve your cardiorespiratory health.

Part 1: Measure your cardiorespiratory endurance by using the three-minute step test described in the lesson. Find your pulse rate on the chart in the text to determine your rating, and record it here:

Part 2: Develop a plan to improve your cardiorespiratory endurance. If your rating is already excellent, develop a plan to maintain your cardiorespiratory endurance. While making your plan, consider which types of activities improve cardiorespiratory endurance. How can you incorporate these activities into your lifestyle? Your plan should include three specific examples of activities and the ways that you will make the activities a part of your life.

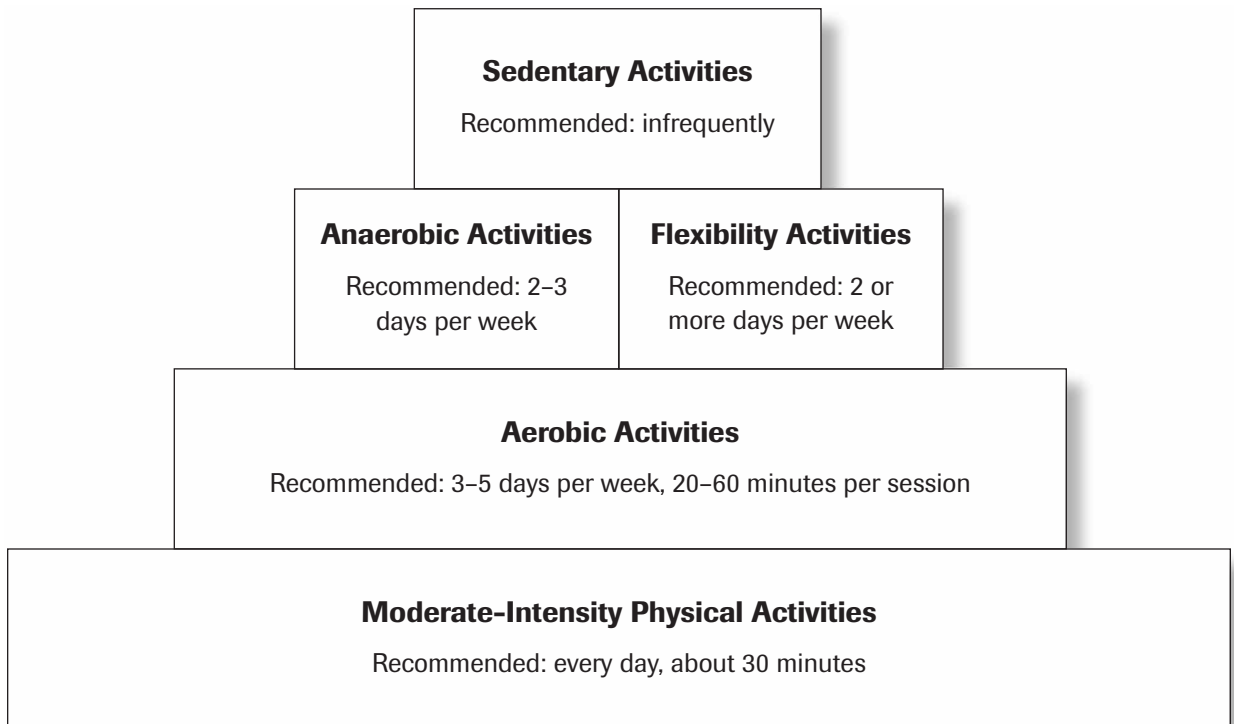
Activity 13**Applying Health Skills**

FOR USE WITH CHAPTER 4, LESSON 3

Pyramid Power

Directions: Use this copy of the Physical Activity Pyramid to assess the variety and frequency of your physical activity over the course of a week. For seven consecutive days use tally marks to record your physical activities in the appropriate areas of the Physical Activity Pyramid. At the end of the week, evaluate how variety and frequency of your activities compare to the recommendations.

Summary evaluation:

Physical Activity Pyramid

Activity 14**Applying Health Skills**

FOR USE WITH CHAPTER 4, LESSON 4

First Practice of the Season

Directions: Jean-Luc, an experienced youth hockey player, eagerly anticipates his high school team's first practice of the season. He wants to be prepared to perform at his best in order to make varsity. He has two months to get himself into condition. He hopes to run, inline skate, or play ice hockey every day. He has decided to prepare checklists to ensure that his training program is safe and productive. What training and safety suggestions would you recommend for Jean-Luc? Write four for each activity.

Hockey

Running

In-line skating

Activity 15**Applying Health Skills**

FOR USE WITH CHAPTER 4, LESSON 5

What's the Plan?

Directions: Read each description of an injury or illness resulting from physical activity. Then decide what type of injury or illness is probably occurring. What would be your plan of action for dealing with each of the illnesses or injuries? Explain what you would do if you were present in each of these situations.

1. Mario has been in-line skating for the past hour. It's 94°F outside, but he and his friends are having so much fun they decide to continue skating. After a while, Mario starts to feel dizzy and nauseous, and he has difficulty breathing.

Type of Illness/Injury: _____

Plan of Action: _____

2. Jenny slid into home plate at the championship game. Unfortunately, as she slid she hurt her shoulder, which made a horrible popping noise. She is now in extreme pain.

Type of Illness/Injury: _____

Plan of Action: _____

3. Yesterday, Latasha practiced hard at swimming practice to get ready for the all-city swim meet. Today her shoulder and leg muscles ache.

Type of Illness/Injury: _____

Plan of Action: _____

Chapter 4

Study Guide

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
 - Look up the meaning of any unfamiliar vocabulary terms.
 - Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later you can use this guide to review the information in the chapter.

Lesson 1

1. List three benefits of physical activity for physical health.

2. List three benefits of physical activity for mental health.

3. List three benefits of physical activity for social health.

4. Identify four possible negative effects of a physically inactive lifestyle.

Lesson 2

5. Describe each element of fitness.

a. **Cardiorespiratory endurance:** _____

b. **Muscular strength:** _____

Study Guide, Chapter 4 (Continued)

c. **Muscular endurance:** _____

d. **Flexibility:** _____

e. **Body composition:** _____

6. What category of exercise can improve cardiorespiratory endurance?

7. What category of exercise can improve muscular endurance and strength?

Lesson 3

8. Identify three factors that influence your choice of physical activities.

9. Define the three principles of an effective fitness program.

a. **Overload:** _____

b. **Progression:** _____

c. **Specificity:** _____

10. Explain each term in the *F.I.T.T.* formula.

a. **Frequency:** _____

b. **Intensity:** _____

c. **Time/duration:** _____

d. **Type:** _____

Study Guide, Chapter 4 (Continued)**Lesson 4**

11. Define *training program*. _____

12. What is a health screening? Explain the importance of having a health screening before beginning any new activity. _____

13. Identify the amount of water that should be consumed before and during a workout.

Lesson 5

14. Identify two hot-weather health risks.

15. Identify two cold-weather health risks.

16. What are three minor injuries that might occur during physical activity?

17. What do each of the letters in the *R.I.C.E.* procedure stand for?
