

Chapter 12 • Lesson 2 Improving Your Fitness**Lesson 2 Quiz**

I. Directions Using information found in the lesson, complete the following list.

List the five elements of health-related fitness that affect you in different ways.

1. Cardiorespiratory endurance
2. Muscular strength
3. Muscular endurance
4. Flexibility
5. Body composition

II. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

- A 6. You can evaluate your cardiorespiratory fitness by doing
a. a three-minute step test. c. right-angle push-ups.
b. partial curl-ups. d. flexibility measurements.
- D 7. Aerobic exercise includes
a. all activities that involve intense, short bursts of activity.
b. all exercises that lower your heart rate and decrease your body's use of oxygen.
c. all activities that make you tired and short of breath.
d. all rhythmic activities that use large muscle groups for an extended period of time.
- B 8. Which choice is an intense exercise that involves short bursts of activity in which the muscles work so hard that they produce energy without using oxygen?
a. Cardiorespiratory exercise
b. Anaerobic exercise
c. Stretching exercise
d. Aerobic exercise
- C 9. What is the most important element in building cardiorespiratory endurance?
a. Anaerobic exercise c. Aerobic exercise
b. Isometric exercise d. Weight-bearing exercise
- B 10. It is important for a young person to do exercises that develop bone density because people who have greater bone density
a. are more flexible and have fewer injuries.
b. have a lower risk of osteoporosis as they age.
c. have greater muscular endurance in physical activities.
d. perform better in anaerobic exercise.

Mcgraw Hill Chapter Answers

Robert Postman, Ryan Postman



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Teachers' Manual Including Answers to End of Chapter Questions for Health for Life James Roswell Gallagher,1961

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MCQs in Anaesthesia Cyprian Mendonca,, Mahesh Chaudhari,, A Pitchiah, 2011-09-01 This book comprises six sets of single best answer practice papers Each set contains 30 single best answer questions on physiology pharmacology clinical measurement and physics The scenarios are based on the application of a wide knowledge of basic sciences relevant to the clinical practice of anaesthesia The best possible answer to a given question is substantiated by detailed explanation drawn from recent journal articles and textbooks of anaesthesia and basic sciences These questions enable the candidates to assess their knowledge in basic sciences and their ability to apply it to clinical practice Alongside the previously published book *Single Best Answer MCQs in Anaesthesia Volume I Clinical Anaesthesia* ISBN 978 1 903378 75 5 this book is an ideal companion for candidates sitting postgraduate examinations in anaesthesia intensive care medicine and pain management It will also be a valuable educational resource for all trainees and practising anaesthetists **Financial and Managerial**

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