
Flvs hope module 1 dba questions and answers with absolute solutions

explain the safety precautions needed when active in extreme weather **CORRECT ANSWERS** so long as one is prepared for an extreme weather situation, they should still proceed with extreme caution. They should have protective gear, have a plan if conditions change, be smart about the activity, and know their limits. However, if one is not prepared for an activity in extreme weather, they should seek shelter, or, in possible, remove themselves from the situation.

differentiate between the three types of heat illnesses **CORRECT ANSWERS** Heat cramps - involuntary muscle spasms that usually occur during heavy exercise in hot environments.

heat exhaustion - a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating.

heat stroke- a condition marked by fever and often by unconsciousness, caused by failure of the body's temperature-regulating mechanism when exposed to excessively high temperatures.

identify strategies for setting goals that are (MAD) measurable, attainable, and deadline driven **CORRECT ANSWERS** When you set a goal, you should be able to measure whether or not you accomplish it.

Your goals need to be attainable. In other words, they should be realistic. When you set a goal, you should have a deadline in mind.

apply strategies for self-improvement **CORRECT ANSWERS** Find the Time, Wellness Goals, Wellness Plan,

design goals for your long-term wellness plan **CORRECT ANSWERS** Physical, emotional, social, academic

describe components of the SPORT and the FITT Principles **CORRECT ANSWERS** Sport- specificity, progression, overload, reversibility, rest and tedium
Fitt- frequency, intensity, time, and type

discuss how training principles can improve fitness levels **CORRECT ANSWERS** Pushing yourself a little more each time you practice a skill moves you toward a new level of mastery.

identify activities that develop each health-related fitness component **CORRECT ANSWERS** Cardio, strength training, stretching,

predict how health-related components of fitness can affect the status of your health **CORRECT ANSWERS** Helps condition your whole body

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