

**Chapter 12 • Lesson 3 Planning a Personal Activity Program****Lesson 3 Quiz**

**I. Directions** Match each term in the left column with the best definition in the right column. Write the letter of your choice in the space provided.

- |              |                |   |
|--------------|----------------|---|
| <u>  D  </u> | 1. specificity | a. exercising at a level that's beyond your regular daily activities            |
| <u>  A  </u> | 2. overload    | b. continuing to work out on a regular basis                                    |
| <u>  E  </u> | 3. progression | c. the part of an exercise session when you are exercising at your highest peak |
| <u>  B  </u> | 4. regularity  | d. choosing the right types of activities to improve a given element of fitness |
| <u>  C  </u> | 5. workout     | e. gradually increasing the demands on your body                                |

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

- D   6. If you have a chronic health condition, what should you do before starting a new activity?
- a. Choose an activity you can do close to home.  
b. Start the activity in the morning.  
c. Do as much as you can of any activity.  
d. Talk to a doctor.
- B   7. Which choice is NOT a result of a warm-up before a workout?
- a. Increased blood flow                      e. Increased body temperature  
b. Increased chance of injury              d. Increased pulse rate
- B   8. According to the F.I.T.T. formula, you should make sure that you
- a. never do more than two sessions of exercise a week.  
b. push yourself hard enough to create overload on your body.  
c. only do one activity throughout a week.  
d. aim to keep your heart rate within your target range for at least 5 minutes.
- C   9. A cool-down is
- a. rhythmic activity that uses large muscle groups.  
b. gentle cardiovascular activity that prepares your muscles for work.  
c. low-level activity that prepares your body to return to a resting state.  
d. an exercise session that has three stages.
- B   10. What should you do before checking your resting heart rate?
- a. Walk or jog slowly around a track.  
b. Sit quietly for at least 5 minutes.  
c. Talk to your doctor.  
d. Make sure you are pushing yourself hard.

# Mcgraw Hill Companies Health Chapteranswers

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