

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

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JE Gale



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Table of Contents Mcgraw Hill Companies Inc Course 1 Answers

1. Understanding the eBook Mcgraw Hill Companies Inc Course 1 Answers
 - The Rise of Digital Reading Mcgraw Hill Companies Inc Course 1 Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Mcgraw Hill Companies Inc Course 1 Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mcgraw Hill Companies Inc Course 1 Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mcgraw Hill Companies Inc Course 1 Answers
 - Personalized Recommendations
 - Mcgraw Hill Companies Inc Course 1 Answers User Reviews and Ratings
 - Mcgraw Hill Companies Inc Course 1 Answers and Bestseller Lists

5. Accessing Mcgraw Hill Companies Inc Course 1 Answers Free and Paid eBooks
 - Mcgraw Hill Companies Inc Course 1 Answers Public Domain eBooks
 - Mcgraw Hill Companies Inc Course 1 Answers eBook Subscription Services
 - Mcgraw Hill Companies Inc Course 1 Answers Budget-Friendly Options
6. Navigating Mcgraw Hill Companies Inc Course 1 Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Mcgraw Hill Companies Inc Course 1 Answers Compatibility with Devices
 - Mcgraw Hill Companies Inc Course 1 Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mcgraw Hill Companies Inc Course 1 Answers
 - Highlighting and Note-Taking Mcgraw Hill Companies Inc Course 1 Answers
 - Interactive Elements Mcgraw Hill Companies Inc Course 1 Answers
8. Staying Engaged with Mcgraw Hill Companies Inc Course 1 Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mcgraw Hill Companies Inc Course 1 Answers
9. Balancing eBooks and Physical Books Mcgraw Hill Companies Inc Course 1 Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mcgraw Hill Companies Inc Course 1 Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Mcgraw Hill Companies Inc Course 1 Answers
 - Setting Reading Goals Mcgraw Hill Companies Inc Course 1 Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mcgraw Hill Companies Inc Course 1 Answers
 - Fact-Checking eBook Content of Mcgraw Hill Companies Inc Course 1 Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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