
Foundations of Personal Fitness: CBE Review

What is total fitness? - correct answer physical, mental, social, and emotional components

What are the four components of the FITT formula? - correct answer Frequency, Intensity, Time, Type

What are the benefits of exercise? - correct answer health-related physical fitness, skill-related physical fitness

What are the five parts of health-related physical fitness? - correct answer Cardiovascular, strength, muscular endurance, flexibility, and body fatness

What are three types of injuries? - correct answer overuse injury, a side stitch, microtrauma

How can you avoid these injuries? (hint: RICE formula) - correct answer Rest, Ice, Compress, Elevate

What happens when you overheat? - correct answer hyperthermia

What happens when you get too cold? - correct answer hypothermia

What are some contraindicated exercises? - correct answer deep squat, unsupported forward flexing, the plow, the hurdler's stretch, the back bend, and both the full and straight-leg sit-up

Why is the warm up phase important? - correct answer to stretch the muscles, increase the heart rate and blood circulation

Why is the cool down phase important? - correct answer helps you recover

Foundation Of Personal Fitness Chapter Review Answers

Clemens Wendtner



Foundation Of Personal Fitness Chapter Review Answers:

The Enigmatic Realm of **Foundation Of Personal Fitness Chapter Review Answers**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Foundation Of Personal Fitness Chapter Review Answers** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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