



SEGMENT ONE EXAM STUDY GUIDE

MODULE ONE

List the components of health-related fitness and explain what each of them mean.

List some types of physical activities that you can be involved in.

Explain some things to consider when selecting activities.

Explain FITT and SPORT and what the acronyms stand for. Be able to apply them to physical activity.

List and describe the four types of wellness goals.

Define the acronym MAD in a MAD goal. Choose two of the wellness categories and set a MAD goal for each.

Explain how to calculate your target heart rate zone. Understand the importance of knowing your target heart rate zone.

List the benefits of cardiorespiratory fitness.

Explain why intensity level is an important factor in your workouts.

List some activities that influence health-related fitness.

Give examples of safety precautions during physical activity. Why are these important?

MODULE TWO

What are the benefits of stretching?

What is the purpose of muscles, tendons, and ligaments?

Explain the types of stretching and give an example of each.

What is the difference between positive peer pressure and negative peer pressure?

Explain the benefits of muscular strength exercises.

Hope Segment One Exam Study Guide

Xiaolong Qi



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