

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
 - b. Increased chance of injury
 - c. Increased body temperature
 - 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.

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