Fundamentals of Physical Education - Part 1

Name: _____ Period: _____

Teacher: _____ Points _____/65

Answer all questions in complete thought out sentences for full credit.

1. Why is it important for all people to exercise? (2 points)

2. What are 5 benefits of exercise? (5 points)

    1

    2

    3

    4

    5

3. What are 4 reasons why people don't exercise? (4 points)

    1

    2

    3

    4

4. Name 5 fitness myths. (5 points)

    1

    2

    3

    4

    5

5. **Name and define** the five components of health related fitness (10 points)

1_____ -

2_____ -

3_____ -

4_____ -

5_____ -

6. Why is it important to evaluate your fitness levels periodically? (2 points)

9. What are 2 fitness goals that you would like to accomplish this semester. (4 points)

1

2

10. What are 2 physical activities that you currently participate in? (2 points)

1

2

Hot/Warm Weathers (5 pnts)

11. _____ – hydrate with water prior to activity, during, and after activity to avoid heat related injuries.

12. _____ – can cause low grade fever, fast and shallow breathing, dizziness, confusion, weakness, nausea, and muscles cramping.

13. Heat Exhaustion Treatment

1.

2.

3.

Basic Muscles – Upper Body (7pnts)

14. _____ - large triangular shaped muscle that runs from the center of your back up to the neck, running across your shoulder blade

15. _____ - muscles wrap right around the top of your shoulders

16. _____- front of your upper arm

17. _____- back of your upper arms

18. _____– one of largest muscle in back

19. _____ - two large, flat muscles that run across the surface of your chest

20. _____ - small rhomboid shape muscles between the center of your back spine and scapula.

Basic Muscles – Lower Body (6pnts)

21. _____–located in the buttocks and is the strongest muscle in the human body, responsible for movement of the hip and thigh.

22. _____ - leanest and largest muscle group in the body—four-muscle group, front of the thigh to extend the knee and lower leg.

23. _____ - three muscles at the back of the thigh that affect hip and knee movement

24. _____ - the largest muscle in the calf of the leg, to extend the foot, raise the heel, and assists in bending the knee.

25. _____ -a muscle in the calf of the leg, behind the gastrocnemius muscle, that helps extend the foot forward.

26. _____- muscle running from the tibia bone in front of the leg, bringing your toes toward your knees & bends the ankle inward to the side such that the sole of the foot faces inward.

Muscles on next page

27. Name the following muscles: (13 points)

