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| Describe an example of an anaerobic exercise.                           | Sprinting 50 meters.                                                                                                |
| Explain how practicing yoga benefits physical health.                   | It improves flexibility and balance.                                                                                |
| Define the importance of goal-setting in physical fitness.              | It helps track progress and stay motivated.                                                                         |
| Describe agility in terms of movement.                                  | Agility is the ability to move quickly and change direction efficiently.                                            |
| Explain the primary function of the circulatory system during exercise. | The primary function of the circulatory system during exercise is to transport oxygen and nutrients to the muscles. |

Identify an example of a locomotor skill.

Running across the field is an example of a locomotor skill.

Describe the impact of regular physical activity on mental health.

Regular physical activity reduces anxiety and improves mood.

Explain how to prevent dehydration during exercise.

The best way to prevent dehydration during exercise is to drink plenty of water before, during, and after exercise.

Identify the most important component of fitness for long-distance running.

The most important component of fitness for a long-distance runner is cardiorespiratory endurance.

Describe the main benefit of participating in team sports.

Learning to work collaboratively and communicate effectively.

Identify an activity that best improves muscular strength.

Weightlifting.

Explain the term 'overload' in the context of strength training.

Increasing resistance or intensity to improve strength.

Explain the importance of practicing proper technique in sports.

It is important to practice proper technique in sports to improve safety and prevent injuries.

Describe the best way to maintain a healthy body composition.

The best way to maintain a healthy body composition is through regular exercise and a balanced diet.

How should you respond if a teammate shows signs of heat exhaustion?

You should move them to a cool place and give them water.