

Define power in physical fitness.

Power in physical fitness is the combination of speed and strength.

Explain the importance of rest days in a workout routine.

Rest days are important to allow the body time to recover and prevent injuries.

Describe an example of a plyometric exercise.

An example of a plyometric exercise is jump squats.

Describe the best type of exercise for improving cardiovascular endurance.

Swimming for 30 minutes.

Explain the primary benefit of cross-training.

It prevents overuse injuries and improves overall fitness.

Define an appropriate cool-down activity after exercise.	Jogging at a slow pace followed by stretching.
Describe the main purpose of a fitness assessment.	To measure personal fitness progress and set goals.
Identify the most important nutrient for muscle recovery.	Protein.
Explain how strength training benefits bone health.	It increases bone density and reduces the risk of osteoporosis.
Describe the primary function of the skeletal system in physical activity.	The primary function of the skeletal system in physical activity is to support the body and protect organs.

Explain how to prevent sports-related injuries.	The best way to prevent sports-related injuries is by using proper equipment, warming up, and following rules.
Define the importance of a balanced diet in physical activities.	A balanced diet is important when participating in physical activities to fuel the body for energy and aid in recovery.
Describe the correct method for measuring heart rate during exercise.	Counting beats per minute at the wrist or neck.
Give an example of a sport that primarily requires reaction time.	Playing tennis.
Define body composition in terms of physical fitness.	The amount of fat, muscle, and bone in the body.