**Chapter 4**

**Physical Activity for Life**

**Lesson 1 – Physical Activity and your Health**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the process by which your body gets energy from food.
2. Watching television and taking naps are characteristic of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a condition characterized by a decrease in bone density, producing porous and fragile bones.

Physical Activity / Osteoporosis / Physical Fitness / Sedentary Lifestyle / Metabolism

**Lesson 2 – Fitness and You**

Purposeful physical activity that is planned, structured, and repetitive and that improves or maintains fitness is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is any rhythmic activity that uses large muscle groups and can be maintained continuously for 20 to 30 minutes at one time. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ involves short bursts of activity in which the muscles work so hard that they produce energy without using oxygen.

Body Composition / Exercise / Flexibility / Muscular Endurance / Cardiorespiratory Endurance / Muscular Strength / Aerobic Exercise / Anaerobic Exercise

**Lesson 3 – Planning and Personal Activity Program**

1. The part of an exercise program when the activity is performed at its highest peak is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an activity that prepares the muscles for work.
3. An activity that prepares the muscles to return to a resting state is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Overload/ progression/ specificity/ warm-up/ workout/ cool-down/ F.I.T.T./ Resting heart rate

**Lesson 4 – Training and Safety for Physical Activities**

1. A program of formalized physical preparation for involvement in a sport or another physical activity is referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Taking in fluids so that the body functions properly is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. A search or check for diseases or disorders that an individual would otherwise not have knowledge of or seek help for is called a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Lesson 5 – Physical Activity Injuries**

1. Many hot-weather health problems, such as heat exhaustion and heat cramps, are related to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a condition that results when body tissues become frozen.
3. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an injury to the ligament surrounding a joint.

Overexertion/ heatstroke/ heat cramps/ frostbite/ hypothermia/ muscle cramp/ strain/ sprain