Health and Personal Fitness Final Exam Review

Define:

1. Radial artery
2. Carotid artery
3. Body composition
4. Body Mass Index
5. Cardiovascular fitness
6. Muscular strength
7. Muscular endurance
8. Flexibility
9. Agility
10. Balance
11. Coordination
12. Speed
13. Power
14. Reaction time
15. Carbohydrates
16. Proteins
17. Fats
18. Fiber
19. Amino acids
20. Essential amino acids
21. Vegetarians
22. Cholesterol
23. LDL cholesterol
24. HDL cholesterol
25. Overweight
26. Obese
27. Ideal Body Weight
28. Anorexia nervosa
29. Bulimia nervosa
30. Fad diet
31. Caloric intake
32. Energy expenditure
33. Metabolism
34. Physical activity
35. Exercise
36. Physical fitness
37. Health
38. Physical activity pyramid
39. Risk factors
40. Heredity
41. Overload principle
42. Specificity principle
43. Progression principle
44. FITT
45. Maximum heart rate
46. Warm-up
47. Workout
48. Cool- down
49. Is it better to have a high or low resting heart rate and what does this indicate about your cardiovascular fitness?
50. Which type of fitness, health or skill, makes you good at a sport?
51. What are health effects of being excessively overweight?
52. Which risk factors cannot be controlled?
53. Which risk factors can be controlled?
54. What are examples of lifestyle diseases?
55. How much physical activity should you shoot for per day?
56. What does RICE stand for?
57. Which heat disorder can be life threatening?
58. What is the common unit of measurement that states the amount of energy in food?
59. What is the most common reason for being overfat / overweight?
60. What are components of a good weight loss plan?
61. What are methods for measuring the intensity of your exercise?
62. What is creeping obesity?

Where single words or phrases are listed, you should give the definition.

Mental Health

1. Mental Health
2. Self-esteem
3. Positive Stress
4. Self-sufficiency
5. Psychosomatic Response
6. Stressor
7. What is stress?
8. Is stress normal?
9. Describe positive and negative stress.
10. What is the first step to handling stress.

Alcohol

1. Fetal alcohol syndrome
2. Depressant
3. Binge Drinking
4. Alcohol Poisoning
5. Blood Alcohol Concentration (BAC)
6. Recovery
7. Alcoholic
8. Alcoholics Anonymous

Tobacco

1. Nicotine
2. Stimulant
3. Carcinogen
4. Tar
5. List the long term effects of tobacco use.
6. What effects do parents who smoke have on their children?
7. How does smoking affect the appetite?
8. How does smoking affect a person’s capacity for physical activity?
9. Nicotine Withdrawal

Illicit Drugs

1. Substance abuse
2. Illegal drugs
3. Overdose
4. Marijuana

CPR

1. What is cardiac arrest?
2. What is the purpose of performing compressions in CPR?
3. At what rate should compressions be performed?
4. Describe the proper hand placement for performing CPR.
5. What is an AED?
6. What two actions give a person the best chance of surviving cardiac arrest.

100. Once you call 911, should you remain on the line for any reason?

101. To what does “hands only” CPR refer?