Westlake Physical Education

**Fitness for Life: Unit Five**

***Chapter Five Study Guide***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions: Read the chapter and answer the following questions. Write Clearly!**

1. A short term goal is anything that is considered \_\_\_\_\_\_\_\_\_\_\_ days or less.

2. A long term goal is anything that is considered \_\_\_\_\_\_\_\_\_\_\_ days or more.

3. Being able to run a mile in 6 minutes six months from now if an example of a \_\_\_\_\_\_\_\_\_ term goal.

4. Deciding to do flexibility exercises three days a week for the next week is an example of a

\_\_\_\_\_\_\_\_\_\_\_\_\_ term goal.

16. List the 13 steps to fitness goal setting…

 1.

 2.

 3.

 4.

 5.

 6.

 7.

 8.

 9.

 10.

 11.

 12.

 13.

***Define the following terms:***

6. Skill:

7. Motor Skill:

8. Sport Skill:

9. Self-Management Skill:

10. Couch potato

11. Inactive Thinker

12. Planner

13. Activator

14. Active exerciser

15. What percentage of teens could be classified as couch potatoes?

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***Chapter Fifteen Study Guide***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions: Read the chapter and answer the following questions. Write Clearly!**

**Define the Following:**

1. Quackery:
2. List the eight ways you can detect quackery and fraud.

 1. 5.

 2. 6.

 3. 7.

 4. 8.

1. Diet:
2. Fad Diet:
3. Food Supplements:
4. Health Education Teacher:
5. Dietitian:
6. Nutritionist:
7. Registered Physical Therapist:
8. Medical Doctor:

Review Questions:

1. Many products sold as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or ergogenic aids, are quack products.
2. A method of advertising or selling that uses false claims is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. A food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a product intended to add to a person’s nutritional intake.
4. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diet often promises quick results but is usually nutritionally unbalanced.

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***Chapter Eighteen Study Guide***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions: Read the chapter and answer the following questions. Write Clearly!**

**Define the Following:**

1. Fitness Profile:
	1. Why is a fitness profile useful when planning a program?
2. Program Planning:
3. What are the 5 steps involved in program planning?
4. Why is Program Planning Important?