

Chapter 7 Health Test

Name: _____

Date: _____

- | | |
|--------------------------|----------------------|
| A. Exercise | H. fitness |
| B. Sedentary | I. target heart rate |
| C. Physical activity | J. sets |
| D. Skill-related fitness | |
| E. Concussion | |
| F. Sprain | |
| G. pulse | |

1. _____ Broad term that describes structured exercise as well as other activities that use energy.
2. _____ Type of fitness that improves a person's performance in a particular sport.
3. _____ inactive
4. _____ Person's heart rate
5. _____ Common sports injury involving the stretching or tearing of ligaments (tissues that hold joints together)
6. _____ Type of brain injury that results from a blow or jolt to the head or upper body.
7. _____ Type of planned, structured, and purposeful physical activity.
8. _____ Anaerobic exercises done in groups of repetitions followed by rest
9. _____ Rate to aim for while performing aerobic exercise to get the best results from a workout; varies by age.
10. _____ Body's ability to meet daily physical demands.

Bonus: Circle one:

Which one involves the use of oxygen to fuel processes in the body?

Anaerobic exercise or aerobic exercise

An example of aerobic exercise

Weight training or running 2 miles -

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LL Leslie

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

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