

Review for the FINAL EXAM

What are some of the benefits of exercise?

What is the CDC's/ACSM recommendation on physical activity? What is the suggested duration/frequency?

What are the components of physical fitness? Basic definitions. How are they assessed? Why are these important?

What are the 3 Simple Steps to Fitness, as outlined in your book? Can you provide a description/example?

What does F.I.T.T stand for?

Can you identify ways to maintain motivation to exercise?

What is the purpose of setting personal goals?

What are some limitations to exercising?

Can you calculate your age predicted maximal heart rate? What does this mean? Can you identify training zones?

What are the classes of nutrients? Which ones provide our bodies with energy?

What are some basic functions of nutrients?

Can you identify good sources of nutrients?

Can you identify the various areas of a food label?