Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Unit 2 Physical Activity and Fitness**

 **Study Guide**

**7th Grade**

1. The ability to handle the physical work and play of everyday life without becoming tired is known as\_\_\_\_**FITNESS**\_\_\_\_\_\_\_\_\_\_\_\_
2. Physical activity that is planned, structured, and repetitive and that improves or maintains personal fitness is called \_\_\_**EXERCISE**\_\_\_\_\_\_\_\_\_\_\_\_
3. The ability of muscles to exert a force is called \_\_\_\_**STRENGTH**\_\_\_\_\_\_\_
4. Nonstop, moderate to vigorous activity that requires large amount of oxygen and lasts longer than 20 minutes is called \_\_\_\_\_\_\_\_**AEROBIC EXERCISE**\_\_\_\_\_\_
5. \_\_\_\_**TENDON**\_\_\_\_\_\_\_\_\_\_\_ is the tissue that connects muscle to muscle or muscle to bone.
6. \_**INVOLUNTARY**\_\_ muscles are found in the heart, blood vessels, and other internal organs.
7. Pairs of \_\_\_**SKELETAL**\_\_\_\_\_\_\_\_\_\_\_\_\_ muscles work in opposition
8. The group of organs that transports essential materials to body cells and removes waste is the \_\_**CIRCULATORY**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system
9. The watery part of the blood is called \_\_**PLASMA**\_\_\_\_\_\_\_\_\_\_\_\_\_
10. Oxygen is carried from the lungs to other parts of the body by \_\_**RED BLOOD CELLS**\_\_\_\_\_
11. \_\_**WARM UP**\_\_\_\_ is gentle exercise that prepares your body for moderate to vigorous activity
12. \_\_**FREQUENCY**\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the number of days you work out each week.
13. The heart rate in which you get the best out of your workout is called \_**TARGET HEART RATE**\_
14. Training to get into shape is called \_**CONDITIONING**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Anabolic steroids are synthetic compounds that cause muscle tissue to develop at an \_**ABNORMALLY**\_\_\_\_\_\_ high rate
16. \_\_**INTENSITY**\_\_\_\_\_\_\_\_\_ is how much energy you use when you work out.
17. An injured person should treat the injury according to the R I C E formula. What does each letter stand for:

R - \_\_\_**REST**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I - \_\_\_\_\_\_\_**ICE**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C - \_\_\_\_**COMPRESS**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E - \_\_\_\_**ELEVATE\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_**BODY COMPOSITION**\_ is the proportions of fat, bones, muscle, and fluid that make up your body weight
2. When a person engages in \_**AEROBIC**\_\_\_\_\_\_\_\_ activity, their heart, blood vessels, and blood become more efficient at delivering oxygen and nutrients to muscles and other organs.
3. **\_WHITE BLOOD CELLS**\_\_\_\_\_\_\_\_ cells fight infection
4. \_\_**PLATELETS**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the smallest and help clot the blood.
5. \_**PULMONARY**\_\_ circulation is the flow of blood from the heart to the lungs and back to the heart.
6. \_\_**SYSTEMIC**\_\_\_\_\_ circulation is the flow of blood to all body tissues except the lungs
7. Blood vessels that carry blood away from the heart to other parts of the body are called \_\_**ARTERIES\_**\_\_\_\_\_\_\_\_\_
8. Blood vessels that carry blood from the body back to the heart are called \_\_\_\_**VEINS\_**\_\_\_\_\_\_\_
9. The tiny blood vessels that carry your blood from your arteries to your body’s cells and then then back to your veins are called **\_\_\_CAPILLARIES**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. \_\_**CARTILAGE**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cushions bones, allows joints to move easily, and supports soft tissues such as your nose or ear.
11. \_\_**TENDONS**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ join muscle to muscles or muscles to bones
12. \_\_**LIGAMENTS**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hold bones in place at the joints
13. Maintenance of a healthy weight is a benefit of \_\_**PHYSICAL HEALTH**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. The three elements of fitness are \_\_\_\_**STRENGTH\_\_\_, \_\_\_ENDURANCE**\_\_\_\_\_, and \_\_\_\_\_**FLEXIBILITY\_**\_\_\_\_\_\_\_
15. **\_\_\_DEHYDRATION**\_\_\_\_\_\_\_\_\_\_ is the excessive loss of water
16. What is the purpose of warm up and cool down periods?

**A WARM UP PERIOD GETS YOUR BODY READY FOR MODERATE TO VIGOROUS ACTIVITY.**

**A COOL DOWN PREPARES YOUR BODY TO ADJUST TO ENDING A WORKOUT.**

1. What are the four types of joints and how does each work?

**1 HINGE – MOVES IN ONE DIRECTION**

**2 PIVOT – MOVES UP AND DOWN AND FROM SIDE TO SIDE**

**3 BALL IN SOCKET – MOVES IN ALL DIRECTIONS**

**4 GLIDING – ONE BONE GLIDES OVER ANOTHER**