# Fitness Final Exam Study Guide

What is Wellness? - ✓ A state of healthy living; considers total wellbeing: physical, emotional, and spiritual.

What are the Wellness components? - ✓ Physical Health, Emotional Health, Intellectual Health, Spiritual Health, Social Health, and Environmental Health

What is Healthy People 2020, and what are its goals and objectives? - ✓ U.S. government's wellness goals for the nation.

Goals:

- 1. Increase the number and quality of healthy years for all Americans
- 2. Reduce health disparities across segments of the population in our society
- Provide social/physical environments that promote good health
- Promote healthy development and healthy behaviors across all life stages Objectives:
- Increase daily physical activity levels
- Reduce the death rate from cancers including lung, prostate, and skin cancer.
- Increase proportion of physician visits to include nutrition/weight counseling or education
- Increase number of states with nutrition standards for preschool aged children in child care
- Increase number of adolescents engaged in disordered eating to control body weight
   Increase proportion of adults who get sufficient sleep
- 11. Reduce binge drinking of alcoholic beverages

Define Physical Activity. - Any movement of the body produced by skeletal muscles that results in energy expenditure. Generally refers to movement of large muscle groups.

Define Exercise. - Type of physical activity; planned structured, repetitive movement performed for the purpose of improving or maintaining health or fitness.

What are the six benefits of exercise? - < 1. Improved Psychological Well-Being

- 2. Increased Longevity
- Maintenance of Working Capacity During Aging
- 4. Increased Bone Mass
- Reduced Risk of Diabetes
- 6. Reduced Risk of Heart Disease

What are the five major components of health? - < 1. Cardiorespiratory Endurance

- Muscular Strength
- Muscular Endurance
- Flexibility

# **Personal Fitness Final Exam Study Guide**

**R Barnett** 

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