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## FLVS Personal Fitness Final Exam Review 2023 with complete solution

What does weight training use ? Ans- Resistance against muscle contractions

Your friend has broken his wrist , but he doesn't want to stop exercising. you like to participate in extreme sports that he can no longer do until his wrist heals. what can you do to help your friend? Ans- You can play games your friend can do

aerobic capacity is directly related to Ans- Heart strength

Alex wants to learn how to surf but he is not a strong swimmer he knows he needs to increase his ability to paddle out in order to catch the best waves what advice would you give him to help him reach his goal Ans- Swim at least three times a week to build stamina

Renée has added toe touches and shoulder stretches to her warm-up routine these activities are most likely to improve her Ans- Flexibility

Your friend has had trouble getting in shape and every time you suggest going to exercise your friend has a negative attitude that makes you feel down what is this an example of Ans- Negative influence

On the way to the football game Marc tossed James the car keys, saying heads up. James respond quickly enough but the keys fell to the ground before he could change directions and catch them which skill should James work on to catch the keys next time Ans- Agility

Exercising above your THRZ (target heart rate zone) may Ans- Increase chance of injury

Rays training for cheerleading so she starts rollerblading for 45 minutes each day her heart rate ratio is one 128 bpm but her target heart rate zone is 140 to 178 bpm what could she do to get a greater benefit during her 45 minute activity Ans- Skate up the big hill in the park

Which of these strategies incorporate technology that can keep your heart healthy Ans- Wear chest strap to help stay in the THRZ

A friend spills a family size bag of chips in to a bowl for both of you which is the healthiest choice Ans- Select one serving size

# Personal Fitness Flvs Answers

**A Gutmann**



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