

PHYSICAL EDUCATION

STUDY GUIDE

PART I.

DIRECTIONS: Review the following terms and concepts. Do not try to memorize the definitions, rather think about and understand: 1.) what the concepts mean to you, and 2.) how we have worked on physical fitness in class. Please review with a parent if possible.

What is wellness?

- Wellness is a state of excellent health which includes mental, physical, and emotional characteristics or parts. Wellness can be more easily achieved by being physically fit, eating healthy, and getting enough rest (sleep).

What is physical fitness?

- Physical fitness is the capacity of the heart, lungs, and muscles to function at optimum efficiency (the human body to work at its best). It is important for health, physical performance, and mental well being. It does not mean that you are the best at a given sport or sport skill.

What does it mean to be physically fit?

- Children who are physically fit have sufficient endurance to participate in moderate to vigorous activities without undue fatigue.
- These children can participate longer and play harder than those less fit.
- Children who are physically fit develop a positive attitude toward an active and healthy lifestyle.

Physical Education And Health Study Guide

Mark Steyvers



Physical Education And Health Study Guide:

Adopting the Track of Expression: An Emotional Symphony within **Physical Education And Health Study Guide**

In some sort of eaten by screens and the ceaseless chatter of instantaneous communication, the melodic beauty and psychological symphony created by the prepared word often fade in to the background, eclipsed by the persistent sound and distractions that permeate our lives. But, situated within the pages of **Physical Education And Health Study Guide** a marvelous fictional treasure brimming with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this charming masterpiece conducts viewers on a psychological journey, skillfully unraveling the concealed melodies and profound affect resonating within each carefully constructed phrase. Within the depths with this touching assessment, we will examine the book is central harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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