

**Chapter 12 • Lesson 3 Planning a Personal Activity Program****Lesson 3 Quiz**

**I. Directions** Match each term in the left column with the best definition in the right column. Write the letter of your choice in the space provided.

- |              |                |                                                                                 |
|--------------|----------------|---------------------------------------------------------------------------------|
| <u>  D  </u> | 1. specificity | a. exercising at a level that's beyond your regular daily activities            |
| <u>  A  </u> | 2. overload    | b. continuing to work out on a regular basis                                    |
| <u>  E  </u> | 3. progression | c. the part of an exercise session when you are exercising at your highest peak |
| <u>  B  </u> | 4. regularity  | d. choosing the right types of activities to improve a given element of fitness |
| <u>  C  </u> | 5. workout     | e. gradually increasing the demands on your body                                |

**II. Directions** In the space provided, write the letter of the choice that best completes the statement or answers the question.

- D   6. If you have a chronic health condition, what should you do before starting a new activity?
- a. Choose an activity you can do close to home.
  - b. Start the activity in the morning.
  - c. Do as much as you can of any activity.
  - d. Talk to a doctor.
- B   7. Which choice is NOT a result of a warm-up before a workout?
- a. Increased blood flow
  - b. Increased chance of injury
  - c. Increased body temperature
  - d. Increased pulse rate
- B   8. According to the F.I.T.T. formula, you should make sure that you
- a. never do more than two sessions of exercise a week.
  - b. push yourself hard enough to create overload on your body.
  - c. only do one activity throughout a week.
  - d. aim to keep your heart rate within your target range for at least 5 minutes.
- C   9. A cool-down is
- a. rhythmic activity that uses large muscle groups.
  - b. gentle cardiovascular activity that prepares your muscles for work.
  - c. low-level activity that prepares your body to return to a resting state.
  - d. an exercise session that has three stages.
- B   10. What should you do before checking your resting heart rate?
- a. Walk or jog slowly around a track.
  - b. Sit quietly for at least 5 minutes.
  - c. Talk to your doctor.
  - d. Make sure you are pushing yourself hard.

# Odysseyware Answer Key Physical Fitness 1

**Jianjun Gao**



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## **Table of Contents Odysseyware Answer Key Physical Fitness 1**

1. Understanding the eBook Odysseyware Answer Key Physical Fitness 1
  - The Rise of Digital Reading Odysseyware Answer Key Physical Fitness 1
  - Advantages of eBooks Over Traditional Books
2. Identifying Odysseyware Answer Key Physical Fitness 1
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Odysseyware Answer Key Physical Fitness 1
  - User-Friendly Interface
4. Exploring eBook Recommendations from Odysseyware Answer Key Physical Fitness 1
  - Personalized Recommendations
  - Odysseyware Answer Key Physical Fitness 1 User Reviews and Ratings
  - Odysseyware Answer Key Physical Fitness 1 and Bestseller Lists
5. Accessing Odysseyware Answer Key Physical Fitness 1 Free and Paid eBooks

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  - Odysseyware Answer Key Physical Fitness 1 eBook Subscription Services
  - Odysseyware Answer Key Physical Fitness 1 Budget-Friendly Options
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- ePub, PDF, MOBI, and More
  - Odysseyware Answer Key Physical Fitness 1 Compatibility with Devices
  - Odysseyware Answer Key Physical Fitness 1 Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Odysseyware Answer Key Physical Fitness 1
  - Highlighting and Note-Taking Odysseyware Answer Key Physical Fitness 1
  - Interactive Elements Odysseyware Answer Key Physical Fitness 1
8. Staying Engaged with Odysseyware Answer Key Physical Fitness 1
- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Odysseyware Answer Key Physical Fitness 1
9. Balancing eBooks and Physical Books Odysseyware Answer Key Physical Fitness 1
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Odysseyware Answer Key Physical Fitness 1
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Odysseyware Answer Key Physical Fitness 1
- Setting Reading Goals Odysseyware Answer Key Physical Fitness 1
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Odysseyware Answer Key Physical Fitness 1
- Fact-Checking eBook Content of Odysseyware Answer Key Physical Fitness 1
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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