

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
3. Provide social/physical environments that promote good health
4. Promote healthy development and healthy behaviors across all life stages

Objectives:

5. Increase daily physical activity levels
6. Reduce the death rate from cancers including lung, prostate, and skin cancer.
7. Increase proportion of physician visits to include nutrition/weight counseling or education
8. Increase number of states with nutrition standards for preschool aged children in child care
9. Increase number of adolescents engaged in disordered eating to control body weight
10. 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
3. Maintenance of Working Capacity During Aging
4. Increased Bone Mass
5. Reduced Risk of Diabetes
6. Reduced Risk of Heart Disease

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

2. Muscular Strength
3. Muscular Endurance
4. Flexibility

Personal Fitness Final Exam Study Guide

Justin Bailly



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Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition National Academy of Sports Medicine, 2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's NASM Essentials of Personal Fitness Training this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided

A Complete Guide to Personal Training Justin Bailly, 2014-07-23 This book has been written to give new instructors and people thinking about becoming personal trainers an insight into what is involved in this constantly evolving and popular profession giving you a clearer understanding and covering a wide selection of topics Everything you need to know about personal training is covered in this book covering subjects from how to get qualified and getting started to running your business

Train at Home to Work at Home Michelle McGarry, 2003-07 Begin a Work at Home Career with the Training and Education You Need Train at Home to Work at Home This unique guide provides comprehensive resources on more than 200 distance learning programs that can teach you 27 of the most popular and profitable work at home careers Distance learning programs have exploded in the last few years courses are now available online via e mail via teleclass through the mail on audiotape on videotape and even on CD ROM You can learn graphic design at UCLA professional writing at Washington State University life coaching at CoachU Web site design at Penn State financial planning at University of Alabama interior design at the Art Institute International medical transcription at the Health Professions Institute and many more Plus extensive resource lists organizations books and Web sites complete each section Full contact information tuition rates and course descriptions make comparisons and contrasts a breeze

Designing and Teaching Fitness Education Courses Jayne Debra Greenberg, Nichole D. Calkins, Lisa S. Spinosa, 2022 Helps physical educators develop and implement fitness education courses in their curricula Includes pacing guides which act as a teacher's blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment

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