
PLTW Human Body Systems Semester Exam Study Guide

skeletal system - ✓ ✓ function: provides support and structure, stores calcium, minerals, fats, marrow
eg: Bones, Cartilage

Integumentary System - ✓ ✓ function: provides protection regulates body temp, prevents water loss
eg: skin, hair

Muscle System - ✓ ✓ function: provides body movement and generates heat when muscles contract
eg: muscles, tendons

Nervous System - ✓ ✓ function: regulatory system that controls body movement, consciousness, intelligence, memory
eg: brain, spinal cord, nerves

Endocrine System - ✓ ✓ function: secretes hormones which regulate body and cellular growth, chemical levels in the body, and reproductive functions
eg: pituitary gland, thyroid gland

Circulatory System - ✓ ✓ function: pumps blood to distribute hormones, nutrients and gases and removes wastes
eg: heart, veins, arteries

Lymphatic System - ✓ ✓ function: transports and filters lymph and initiates immune response
eg: nodes, lymph vessels, spleen

Digestive System - ✓ ✓ function: mechanically and chemically breakdowns food materials, absorbs nutrients and expels waste

Personal Fitness Semester Exam Study Guide Answers

Michael Hoelscher



Personal Fitness Semester Exam Study Guide Answers:

Running Start: Your Secrets to a Personal Trainer Career Ahead of the Pack Tyler Read, 2020-05-13 Running Start Your Secrets to a Personal Trainer Career Ahead of the Pack is a timely book that covers all you need to know and then start your journey to becoming a personal trainer There is a huge market out there people who need personal trainers to help them lose weight get fit and lead a healthier life This book sets out to empower newcomers to the trade with the benefits of being a personal trainer The world needs more personal trainers the world wants more personal trainers people of the world are ready to pay for your services right now **Scott, Foresman Fitness for Life** Charles B. Corbin, 1993 *Annual Catalogue* United States Air Force Academy, 1985 **The Complete Book of Personal Training** Douglas Brooks, 2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it s full of information about working with clients and designing programs and it s a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

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