

# 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 Study Guide Answers

**Jicheng Xie**



## **Physical Education Study Guide Answers:**

## Whispering the Secrets of Language: An Psychological Quest through **Physical Education Study Guide Answers**

In a digitally-driven world wherever monitors reign great and immediate connection drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases usually get unheard. Yet, set within the pages of **Physical Education Study Guide Answers** a fascinating literary value pulsing with raw thoughts, lies a fantastic quest waiting to be undertaken. Composed by a skilled wordsmith, this wonderful opus encourages viewers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the very fabric of every word. Within the mental depths with this emotional evaluation, we can embark upon a sincere exploration of the book is core styles, dissect their interesting writing style, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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