

Chapter 7 Health Test

Name: _____

Date: _____

- A. Exercise
- B. Sedentary
- C. Physical activity
- D. Skill-related fitness
- E. Concussion
- F. Sprain
- G. pulse

- H. fitness
- I. target heart rate
- J. sets

1. _____ Broad term that describes structured exercise as well as other activities that use energy.
2. _____ Type of fitness that improves a person's performance in a particular sport.
3. _____ Inactive
4. _____ Person's heart rate
5. _____ Common sports injury involving the stretching or tearing of ligaments (tissues that hold joints together)
6. _____ Type of brain injury that results from a blow or jolt to the head or upper body.
7. _____ Type of planned, structured, and purposeful physical activity.
8. _____ Anaerobic exercises done in groups of repetitions followed by rest
9. _____ Rate to aim for while performing aerobic exercise to get the best results from a workout; varies by age.
10. _____ Body's ability to meet daily physical demands.

Bonus: Circle one:

Which one involves the use of oxygen to fuel processes in the body?

Anaerobic exercise

or

aerobic exercise

An example of aerobic exercise

Weight training

or

running 2 miles -

Chapter 7 Health Test Answers

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Cooper, Lucy Hobbs, Avril
Kirkham, Shubha Koshy, Sioban
Parker, Lorna Pepper, Celia Wigley**

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