

FLVS PERSONAL FITNESS FINAL EXAM ANSWERS

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THIS TEXTBOOK PROVIDES AN INTRODUCTION TO ALL AREAS OF WELLNESS AND FITNESS WITH COVERAGE OF NUTRITION AND PHYSIOLOGY SUBSTANCE ABUSE AND SEXUALLY TRANSMITTED DISEASES LABORATORY INVENTORIES FOR ASSESSING AND GUIDING LIFESTYLE MODIFICATION ARE ALSO INCLUDED AND THIS EDITION INCLUDES UPDATED COVERAGE OF THE FOOD PYRAMID INFORMATION ON EVALUATION COMMERCIAL FITNESS CENTRES UPDATED INFORMATION ON CARDIOVASCULAR DISEASE AND A LAB INVENTORY ON THE MENSTRUAL CYCLE

PHYSICAL FITNESS IS OFTEN DEFINED AS THE ABILITY TO PERFORM TYPICAL ACTIVITIES AND CHORES SUCH AS RAKING LEAVES OR CLEANING WINDOWS WITHOUT GETTING FATIGUED ACHIEVING THIS LEVEL OF FITNESS REQUIRES A REGIMEN OF MODERATE AEROBIC ACTIVITY SUCH AS WALKING CYCLING SWIMMING OR JOGGING FOR ONLY 20 TO 30 MINUTES 3 OR 4 DAYS A WEEK CURRENTLY ONLY ONE FOURTH OF THE U S POPULATION IS ENGAGED IN LIGHT TO MODERATE PHYSICAL ACTIVITY THIS STATISTIC IS ALARMING SINCE RESEARCH HAS SHOWN THAT PHYSICAL ACTIVITY IS LINKED TO REDUCING RISK OF CHRONIC DISEASES SUCH AS DIABETES CANCER AND HEART DISEASE NOW THE LEADING CAUSES OF DEATH IN THE UNITED STATES THE FITNESS AND EXERCISE SOURCEBOOK PROVIDES THE LAYPERSON WITH THE LATEST INFORMATION REGARDING PHYSICAL ACTIVITY AND ITS BENEFITS TO HEALTHY LIVING

FITNESS FOR LIFE PROVIDES MORE THAN JUST THE FACTS ABOUT CARDIOVASCULAR ENDURANCE MUSCULAR STRENGTH WEIGHT CONTROL NUTRITION AND RELAXATION TECHNIQUES IT PROVIDES STUDENTS

WITH THE TOOLS TO APPLY WHAT THEY VE LEARNED TO THEIR OWN LIFESTYLE

TEACHES PHYSICAL EDUCATION AND EXERCISE SCIENCE STUDENTS HOW TO MEASURE AND EVALUATE PHYSICAL ABILITY COVERS EVALUATION STANDARDS STATISTICAL TOOLS PERFORMANCE TESTING YOUTH FITNESS AND MEASURING PSYCHOLOGICAL DIMENSIONS OF PHYSICAL EDUCATION WITH CHAPTER OBJECTIVES AND SUMMARIES QUESTIONS AND ACTIVITIES INCLUDES A GLOSSARY AND BANDW PHOTOS THIS FIFTH EDITION CONTAINS NEW MATERIAL ON EVALUATING INDIVIDUALS WITH DISABILITIES AND AN UPDATED CHAPTER ON THE USES OF PERSONAL COMPUTERS IN THE FIELD ANNOTATION COPYRIGHT BY BOOK NEWS INC PORTLAND OR

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