

7TH GRADE PE STUDY GUIDE

This study guide is due DECEMBER 3/4. You will turn the study guide in on DECEMBER 5/6. The Semester Final is DECEMBER 5/6. Please bring a PENCIL AND READING BOOK to class with you on DECEMBER 5/6.

NAME _____ PERIOD _____ SCORE _____

1. When weight lifting, _____ is more important than _____.
2. There are four basic ways to make sure that you are using good technique when lifting weights. What are they?
3. Why is it important to not max out when weight training?
4. Do not hold your breath when lifting weight. _____ when lowering the weight and _____ when lifting the weight.
5. We should try to be fit and balanced in the four main parts of our lives. What are the four parts of TOTAL fitness?
(PIES)
6. There are five areas that determine our PHYSICAL fitness. What are the five components of PHYSICAL fitness?
7. If we try to live by three habits of good health, we should expect to live a longer, healthier life. What are these three habits of good health? (SEE)
8. We are able to reduce the risk of CV disease by doing aerobic activities. There are four requirements for an activity to be aerobic. What are they?

9. Your target heart rate zone is between _____ and _____ beats per minute.

10. Define these words. You will not need to know definitions word for word for the test.

Cardio

CV system

CV fitness

Aerobic

Anaerobic

Warmup

Cool down

Muscular strength

Muscular endurance

Flexibility

Dynamic stretch

Static stretch

Ballistic stretch

11. The knee should not be tighter than a _____ degree angle when weight bearing.

12. What is the four step treatment for a soft tissue injury?

13. What is the website that we used in class to learn more about proper nutrition?

14. What two categories do most empty calories come from?

15. Place the following on the continuum (remember there are two titles at each end):

Strength, marathon, aerobic, jumps, endurance, sprints, anaerobic, cross country skiing.

16. Write the location of each muscle. On the test you will match each muscle to its location.

Anterior tibialis

Back extensors

Bicep

Deltoid

Gastrocnemius

Gluteus maximus

Hamstrings

Hip abductors

Hip adductors

Hip flexors

Latissimus dorsi

Pectoralis major

Quadriceps

Rectus abdominus

Trapezius

Tricep