Westlake Physical Education

**Fitness for Life: Unit Four**

***Chapter Two Study Guide***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions: Read the chapter and answer the following questions. Write Clearly!**

***Define the following:***

1. Symptoms of frostbite include:

2. Hypothermia:

3. Joint:

4. Ligament:

5. Tendon:

6. Side Stitch:

7. What are precautions you should take when getting ready to exercise in hot, humid weather?

8. What are the guidelines for exercising in wet, cold, or icy weather?

9. What are some components of the warm-up and cool down and why are they important?

 Warm-up:

 Cool down:

10. Label the following Diagram

A.

B.

C.

D.

E.



 Diagram of the knee

11. What do the following letters stand for and explain how to use them when treating a minor injury:

 R

 I

 C

 E

12. Invisible damage to the body resulting from repeating a movement often is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

13. Numbness, shivering, low body temperature, and confusion are symptoms of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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***Chapter Three Study Guide***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions: Read the chapter and answer the following questions. Write Clearly!**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ % of all adults in the United States will experience back pain.

2. Backache is considered a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ condition.

***Define the following terms:***

3. Lordosis:

4. Kyphosis:

5. Ptosis:

6. Scoliosis:

7. Atherosclerosis:

8. Heart Attack:

9. Blood Pressure:

10. Hypertension:

11.Obesity:

12. Diabetes

13. Stroke:

14. What Causes a Stroke?

15. Osteoporosis:

16. The back problem that occurs most often in teens is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

17. List three reasons why good posture helps you:

 1.

 2.

 3.

18. Type II diabetes used to be called adult onset diabetes. Why is it no longer used?

19. What is the normal blood pressure range? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the second leading cause of death in the United States.