

Skills Worksheet

Directed Reading

Lesson: What Is Physical Fitness?

PHYSICAL FITNESS AND EXERCISE

1. What is the definition of physical fitness?

2. What are two activities people do that can make their physical fitness suffer?

3. Any physical activity that maintains or improves your physical fitness is called
_____.
4. List five examples of exercise.

5. How can regular exercise help you throughout your life?

FOUR PARTS OF PHYSICAL FITNESS

6. The amount of force that muscles apply when they are used
is called _____.
7. The ability to do activities for more than a few minutes is called
_____.
8. _____ is the ability of the muscles to work over time.
9. Heart and lung endurance is the ability of your heart and lungs to work
_____ during exercise.
10. The ability to bend and twist joints easily is called _____.
11. The comparison of the weight of your fat to the weight of your muscles,
bones, and joints is called _____.

Directed Reading *continued*

PHYSICAL BENEFITS OF EXERCISE

12. List five physical benefits of exercise.

OTHER BENEFITS OF EXERCISE

13. What is one mental benefit of exercise?

14. What is one emotional benefit of exercise?

15. What is one social benefit of exercise?

Lesson: Your Fitness and Goals

VISITING THE DOCTOR

16. Everyone should go to the doctor regularly, but especially when you are starting what kind of new program?

17. What are two things the doctor will want to know from your health history?

18. A _____ is a medical checkup that is required before playing sports.

Directed Reading *continued*

19. List five things that the doctor checks during a sports physical.

TESTING YOUR FITNESS

_____ **20.** The healthy fitness zone pull-ups standard for a 12-year-old boy is

- a.** 1–2. **c.** 1–4.
b. 1–3. **d.** 1–5.

_____ **21.** The healthy fitness zone curl-ups standard for an 11-year-old girl is

- a.** 15–29. **c.** 18–36.
b. 18–32. **d.** 21–40.

_____ **22.** The healthy fitness zone 1-mile run standard for a 13-year-old girl is

- a.** 11:30–9:00 minutes. **c.** 10:30–8:00 minutes.
b. 11:00–8:30 minutes. **d.** 10:00–7:30 minutes.

_____ **23.** The healthy fitness zone sit-and-reach standard for a 13-year-old boy is

- a.** 8 inches. **c.** 10 inches.
b. 9 inches. **d.** 11 inches.

CHOOSING YOUR ACTIVITIES

24. What are two things you should consider when you choose physical activities?

25. A goal to improve your physical fitness is called a _____.

INFLUENCES ON YOUR GOALS

26. Why is it important to set goals that are reasonable?

27. What should you set to meet long-term goals?

Direct Reading *continued*

28. What are two things that can affect your fitness goals?

Lesson: Meeting Your Goals

29. What plan do many Olympic athletes use regarding their workouts to improve performance?

FREQUENCY, INTENSITY, AND TIME

Match the terms in the right column with the definitions in the left column. Write the letter of the correct answer in the space provided.

Match the following terms and definitions and write your answer in the space provided.

- | | |
|---|---------------------|
| _____ 30. how hard you work out | a. frequency |
| _____ 31. how long you exercise | b. intensity |
| _____ 32. how often you work out | c. time |

33. _____ heart rate (RHR) is the number of beats the heart makes per minute when not exercising.

34. List two ways to take your pulse.

35. To improve endurance people need to exercise within a range of higher heart rates called the _____ heart rate zone.

Directed Reading *continued*

Lesson: Sports

TYPES OF SPORTS

36. List three individual sports.

37. List three team sports.

BENEFITS OF SPORTS

Match the terms in the right column with the definitions in the left column. Write the letter of the correct answer in the space provided.

- | | |
|---|-----------------------------|
| _____ 38. The ability to achieve and keep healthy body composition | a. fitness |
| _____ 39. The ability to do daily physical activities without difficulty | b. leadership |
| _____ 40. The ability to relate to other people | c. social skill |
| _____ 41. The ability to work with other people | d. teamwork |
| _____ 42. The ability to guide other people responsibly | e. weight management |

Lesson: Injury

WARNING SIGNS OF INJURY

43. _____ is discomfort caused by hard exercise, but it is not a sign of injury.

44. What are three warning signs of injury?

Directed Reading *continued*

FIRST AID FOR INJURY

45. If you think you are injured, to whom should you report it right away?

46. RICE can help the body heal. Write down what is done for each step.

STRAINS

47. What kind of tissue is involved in a strain?

SPRAINS

48. A sprain is an injury in which a joint has been twisted suddenly so that the

_____ in the joint are stretched too far or torn.

FRACTURES

49. What is a fracture?

Lesson: Avoiding Injury While Exercising

50. What are three ways you can help yourself to avoid injuries while exercising?

WARMING UP

51. A _____ is any activity you do to get your body ready for exercise.

52. What are two effects a warm-up has on the body?

Directed Reading *continued*

COOLING DOWN

53. A _____ is any activity that helps your body return to the way it was before exercising.

54. What are the two ways a cool-down helps the body after exercising?

STRETCHING

55. What are the only two times you should stretch your muscles?

56. What is a movement that could cause injury while you stretch?

Lesson: Safety Equipment

57. Why should you use safety equipment during physical activities?

WHY USE SAFETY EQUIPMENT?

58. What are two good reasons to use equipment?

EXAMPLES OF SAFETY EQUIPMENT

59. List three sports and the safety equipment used for each sport.
