

Nutrition and Fitness Study Guide Answer Section

SHORT ANSWER

1. ANS:

Physical fitness is a component of personal fitness. Answers may include: personal fitness involves total health including maintaining acceptable levels of physical fitness, participating in regular physical activity, healthy diet, sufficient sleep, regular checkups, appropriate weight, and avoiding harmful substances. Students may offer an example such as someone who exercises regularly but doesn't eat nutritious food.

PTS: 1 NAT: 6

2. ANS:

Changeable risk factors include level of physical activity, eating habits, use of harmful substances, stress. Answers may include: they contribute to chronic diseases, shorter life span, sleeplessness, depression, low self esteem.

PTS: 1

3. ANS:

Answers will vary. make sure students correctly identify the type of components required by the movement or activity.

PTS: 1 NAT: 2

4. ANS:

The FITT factors are frequency, intensity, time, and type. The overload principle states that to improve your level of fitness you must increase the amount of exercise or activity that you normally do. You can increase the amount by increasing the frequency, intensity, and time. The specificity principle states that overloading a particular component will lead to fitness improvements in that component alone. You will need to select a type of activity that improves that component. To continue to see improvements you would need to increase the frequency, intensity, and time devoted to that type of exercise. The principle of progression states that as your fitness levels increase so do the factors in your FITT. You should not increase any factor too soon, nor increase all the factors at once.

PTS: 1 NAT: 2

5. ANS:

Factors include. gender, age, and levels of physical activity and exercise. Males require more calories per day than do females. Older adults require fewer calories than younger adults or adolescents who are growing. As activity levels increase, the body needs more calories. Students should show an understanding of the relationship between sound nutritional practices and physical activity.

PTS: 1 NAT: 4

6. ANS:

To prevent dehydration, it is critical to replace fluids lost in the form of perspiration during physical activity. Water helps regulate body temperature, carries nutrients to cells, aids in digestion, and is important for many chemical reactions in the body. Rehydrating is critical for proper restoration and should continue for several hours until normal body weight is regained. Fluids with electrolytes can help prevent muscle cramping. Students should show an understanding of the relationship between sound nutritional practices and physical activity.

PTS: 1 NAT: 4

7. ANS:

Behaviors include eating habits, restricting the number of calories consumed on a daily basis, and physical activity and exercise. To stimulate the RMR, you should eat regularly, 3 to 6 small meals per day; eat healthfully; consume sufficient calories to maintain body processes; participate in regular physical activity. Eating only one meal per day will slow down RMR; eating insufficient calories can drastically reduce RMR; sedentary behaviors also decrease RMR. Activities and eating patterns that stimulate RMR will lead to better health, body weight that falls within acceptable ranges, and better body composition. Students should show an understanding of the importance of diet and exercise in weight control.

PTS: 1 NAT: 2 | 3 | 4

8. ANS:

- a. Such a large weight loss, if possible, is mostly water, resulting in dehydration and health problems.
- b. Effective weight loss requires physical activity and healthy eating.
- c. Science has not yet discovered a safe and effective way to lose weight.

PTS: 1

9. ANS:

There are factors individuals can control that can help them sustain a relatively high level of fitness regardless of age, gender, and heredity. These include starting an activity program when you are young, staying active, paying attention to level of conditioning, weight, and body composition, and making your body work for you, rather than against you.

PTS: 1 NAT: 2 | 4

10. ANS:

Each of these sports is played more or less continuously over a sustained period of time, which works the heart and lungs (aerobic). The sports also involve short bursts of intense activity (running after the ball, fast break, sprinting and hitting the ball hard) mixed with short rest periods (anaerobic).

PTS: 1 NAT: 2 | 4

11. ANS:

Students' answers will vary, but may include the following similarities: Both will give a good aerobic workout and both require the correct shoes for safety and comfort. Differences might include: The treadmill can be used at any time in any kind of weather, it's more convenient to exercise at home, it's safer to stay home. However, there is fresh air outdoors and you can walk with others.

PTS: 1 NAT: 2

12. ANS:
Students' answers will vary but should include the following: Resistance training benefits many parts of the body. Some benefits include: building and toning of muscles; improving metabolism; increasing strength of tendons, legs, and bones, which can prevent injury, reducing risk for type 2 diabetes.
- PTS: 1 NAT: 2 | 3 | 4
13. ANS:
Students' answers will vary but should include the following: Weight training is a general term that refers to the use of weights to improve general fitness, health, and appearance. Strength training refers to training done by athletes in competitive sports other than weight lifting or bodybuilding. The common goal is to improve performance in a given sport and reduce the chance of sports-related injury.
- PTS: 1 NAT: 2 | 4

COMPLETION

14. ANS: Skill-related, health-related
- PTS: 1
15. ANS: age
- PTS: 1
16. ANS: perceived exertion scale
- PTS: 1 NAT: 2
17. ANS: 6
- PTS: 1 NAT: 2
18. ANS: slow
- PTS: 1 NAT: 2
19. ANS: overtraining
- PTS: 1
20. ANS: muscular-skeletal
- PTS: 1 NAT: 2
21. ANS: body types
- PTS: 1
22. ANS: calories
- PTS: 1 NAT: 4
23. ANS: excessively lean
- PTS: 1

24. ANS: fat cells
PTS: 1
25. ANS: calorie expenditure
PTS: 1
26. ANS: body fat
PTS: 1
27. ANS: skinfold
PTS: 1
28. ANS: muscles
PTS: 1
29. ANS: 1 pound
PTS: 1 NAT: 4
30. ANS: 60
PTS: 1 NAT: 2 | 3 | 4
31. ANS: calorie
PTS: 1
32. ANS: capillary
PTS: 1
33. ANS: lungs
PTS: 1
34. ANS: lowers
PTS: 1 NAT: 2 | 3 | 4
35. ANS: LDL, HDL
PTS: 1 NAT: 2 | 3 | 4
36. ANS: resistance training
PTS: 1 NAT: 2 | 4
37. ANS: absolute muscular strength, relative muscular strength
PTS: 1 NAT: 2
38. ANS: repetitions
PTS: 1 NAT: 2
39. ANS: overloading
PTS: 1 NAT: 2

40. ANS: strength training

PTS: 1 NAT: 2 | 4

41. ANS: rehabilitation

PTS: 1 NAT: 2 | 4

42. ANS: heart

PTS: 1

43. ANS: skeletal

PTS: 1

44. ANS: microtears

PTS: 1