1. Define or describe the concept:

**A.** calories **B.** Body fat

**C.** obesity **D.** Skin fold

**E.** lean muscle **F.** Excessively lean

**G.** fat cells **H.** Complex carbohydrate

**I.** muscles **J.** Body type

**K.** calorie **L.** Calorie expenditure

**M.** BMI **N**. RMR

**O**. girth **P**. Body composition

**Q.** endomorph **R**. Shinsplints

1. What are the 3 aspects of health and wellness?
2. What are the stages of progression?
3. What characteristics make a successful personal fitness program?
4. What are 3 guidelines to prevent injuries?
5. What are the dangers of exercising in heat and humidity?
6. What are the dangers of exercising in the cold?
7. Out of the three dangers conditions of exercising in the heat, which one is life threatening?
8. Can you improve health-related fitness or skill related fitness?
9. Which factors affect progression?
10. What factors affect restoration?
11. How much moderate-intensity activity does the physical activity pyramid suggest?
12. Define functional fitness.
13. What are the components of health related fitness?
14. What are the components of skill related fitness?
15. List 4 reasons for a medical screening.
16. How does alcohol affect the body?
17. Define complete proteins.
18. What is lutein good for?
19. How much water do you need each day?
20. What three components governs your prescription?