**HEALTH 2 MID-TERM REVIEW**

1. Name four health benefits of exercise:
2. What are the major components of health-related physical fitness?
3. The dimensions of total wellness include:
4. What are the stages of change and their meanings?
5. Why would you complete a written contract to modify an unhealthy behavior?
6. Define Wellness:
7. What are the goals of *Healthy People 2010?*
8. What are some strategies to assist with behavior modification:
9. Diabetes is a disease characterized by:
10. Define the overload principle:
11. The principle of progression states:
12. The principle of reversibility states:
13. Define the threshold for health benefits:
14. Define overtraining:
15. The amount of rest that is required between heavy exercise bouts is:
16. Define the principle of recuperation:
17. Health-related exercise helps create what health benefits?
18. Guidelines to follow when setting achievable fitness goals include:
19. What are the benefits of regular exercise?
20. What are the benefits of cardiorespiratory fitness?
21. Where does the majority of the ATP synthesized in muscle cells during aerobic exercise come from?
22. Define arteries, veins, and capillaries:
23. What is a by-product of glycolysis:
24. Describe the pathway for blood flow through the systemic circulation:
25. What are some physical responses to exercise?
26. Explain the field tests for estimating VO2max for individuals:
	1. 1.5 mile run test
	2. Cycle ergometer test
	3. 1 mile walk test
	4. Step test
27. What is the primary anaerobic pathway for synthesizing ATP during exercise?
28. Define cross training and interval training:
29. Define the Borg Rating of Perceived Exertion and what does it correlate with?
30. Name some benefits of a regular strength-training program:
31. Of their total caloric intake, approximately what percentage of protein should athletes consume?
32. Define muscular endurance and muscular strength:
33. Define ligaments, tendons, and motor unit:
34. Define isometric contraction and isotonic contraction:
35. Define the following muscle fiber types:
	1. Fast-twitch
	2. Slow-twitch
	3. Intermediate
36. Define recruitment, specificity, and overload:
37. What are some chemical precursors of testosterone?
38. What are some safety concerns when weight training?
39. What’s a general rule to follow in a weight-training program that increases endurance?
40. What measures the intensity of exercise in a weight-training program?
41. Define set and reps:
42. Define slow progression phase and maintenance phase:
43. Define hypertrophy, hyperplasia, and atrophy:
44. The initial increase in strength seen with weight training is primarily due to:
45. Define flexibility and what determines joint range of motion?
46. What is altered in a program to increase flexibility?
47. Define muscle spindle and stretch reflex:
48. Define ballistic stretching and static stretching:
49. To improve flexibility, stretching and range of motion exercises should be performed:
50. Approximately what percentage of Americans will be disabled by low back pain in their lifetime?
51. What contributes to low back pain?
52. Approximately when is low back pain considered to be a chronic problem?
53. What should be avoided in any stretching routine?
54. What increases the risk of muscle cramping?
55. What is a high percentage of body fat associated with?
56. Define the tests:
	1. Skinfold test
	2. Dual energy X-ray absorptiometry
	3. Waist-to-hip ratio
	4. Body mass index
57. What percentage of Americans is either overweight or obese?
58. Define obesity and give its determinants in percentages:
59. The optimal body fat percentage for men and women are estimated to be:
60. Define nutrition and nutrients:
61. What are macronutrients?
62. What is the primary function of protein in the diet?
63. What should compromise the majority of carbohydrates in a healthy diet?
64. Define fructose and glucose and where can it be found?
65. What is glycogen and fiber?
66. In addition to providing energy, what is fat useful for?
67. Define saturated fats, unsaturated fats, and lipoproteins?
68. What percentage of the body is water?
69. What percentage of the total caloric intake should the following comprise?
	1. Fat
	2. Carbohydrates
	3. Protein
70. Define leptin and gherlin:
71. The number one cause of death in the United States is:
72. What are some major risk factors for heart disease and stroke?