

# Physical Education 1st Quarter Study Guide

- If Joey is trying to improve his cardiovascular fitness, the recommended type of exercise is the Timed 1 Mile Run.
- When participating in the fitnessgram test, the sit and reach test measures, Flexibility, which is one of the health-related fitness components.
- The ability of muscles to lift a heavyweight describes Muscular strength.
- The percentage of muscle, fat, bone, and other tissues of which the body is made up of, describes the fitness component of Body Composition.
- The ability of the heart, blood vessels, blood, and respiratory system to supply fuel, especially oxygen, to the muscles describes the Cardiovascular endurance fitness component.
- The range of motion around a joint describes Flexibility.
- The ability of the muscles to repeatedly exert themselves over a long period of time describes Muscular endurance.
- The trunk lift and the sit and reach measure Flexibility.
- The pacer run test and the 1 mile run measure Cardiovascular Endurance.
- The push-up test measures Muscular Strength.
- The sit-up test measures Muscular Endurance.
- The letters "C.P.R." stand for Cardiopulmonary Resuscitation.
- The American Heart Association has instituted a new "Hands-Only" method of CPR. The following scenario is the only situation that Hands-Only CPR be appropriate to perform is when a tall woman who loses consciousness during your tennis match with her; no pulse, not breathing. This is because you watched her lose consciousness and you are there to perform immediate Hand-Only CPR.
- The American Heart Association instituted Hands-Only CPR because in the appropriate cases when it should be used, there is already a good deal of oxygen in the victim's body
- A good song to remember when giving compressions is the Disco song, Stayin Alive by the Bee Gee's