Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_

Unit 4 Review

1. What is the main role of the skeletal system?
2. What do the ligaments connect together?
3. What is the difference between red and yellow bone marrow?
4. True or False: A weight-bearing exercise such as bench press is a great way to keep the skeletal system healthy.
5. True or False: Calcium and phosphorus cannot be stored in the body.
6. What attaches muscle to bone?
7. What type of involuntary muscle pushes food through the digestive system?
8. What are the three parts of the brain? What is the largest (85% of brain)?
9. What is a neuron?
10. Anabolic steroids are artificial forms of what hormone?
11. What are the three types of blood vessels in the body?
	1. Which vessels bring blood back to the heart?
	2. Which vessels take blood away from the heart?
12. What is the role/responsibility of each of the components of blood?
	1. plasma
	2. red blood cells
	3. white blood cells
	4. platelets
13. Plasma makes up what percentage of blood?
14. HDL is known as your “\_\_\_\_\_\_\_\_” cholesterol.
15. LDL is known as your “\_\_\_\_\_\_\_\_\_” cholesterol.
16. What is hypertension?
17. What are the four types of blood?
	1. Which blood type is the universal donor?
	2. Which blood type is the universal recipient?
18. True or False: Heart attacks are known as the silent killer.
19. What two functions does the respiratory system perform?
20. The acronym FITT Formula stands for?
21. What are the three phases to exercise?
22. What should you do when your fitness program begins too easy?
23. What is an example of an anaerobic exercise?
24. What is an example of an aerobic exercise?
25. What are the three benefits of physical activity?
26. What is your target heart rate zone?