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

Unit 3 Review (Chapters 7,8,9)

\_\_\_\_ 1. The cardiovascular system includes the

a. heart, lungs, bones, and muscles.

b. heart, blood, and blood vessels.

c. brain, heart, and lungs.

d. heart, muscles, blood, and blood vessels.

\_\_\_\_ 2. In your lungs,

a. carbon dioxide leaves your blood.

b. oxygen leaves your blood.

c. hormone insulin is produced.

d. blood sugar is regulated.

\_\_\_\_ 3. For cardiovascular fitness, moderate to vigorous exercise must elevate your heart rate

a. above normal.

b. once a week.

c. into the target fitness zone.

d. into the high performance zone.

\_\_\_\_ 4. During sprinting or fast swimming, muscles tire when they get too

a. much blood. c. little oxygen.

b. much oxygen. d. few calories.

\_\_\_\_ 5. Compared to the heart of a person who is less fit, a fit person’s heart pumps

a. more blood with more beats.

b. more blood with fewer beats.

c. less blood with fewer beats.

d. less blood with more beats.

\_\_\_\_ 6. In a fit person, your heart gets more blood to the body by sending more blood each beat and by

a. beating faster. c. using oxygen.

b. beating slower. d. producing oxygen.

\_\_\_\_ 7. Cholesterol is carried through the bloodstream by particles called

a. fibrin. c. non-saturated fats.

b. saturated fats. d. lipoproteins.

\_\_\_\_ 8. Blood is carried from muscles to the heart by

a. veins. c. nerves.

b. arteries. d. valves.

\_\_\_\_ 9. A healthy cardiovascular system has a

a. low HDL level, high LDL level.

b. low HDL level, low LDL level.

c. high HDL level, low LDL level.

d. high HDL level, high LDL level

\_\_\_\_ 10. Regular exercise helps prevent blood clots by

a. reducing HDL levels in the blood.

b. increasing fibrin in the blood.

c. reducing oxygen in the blood.

d. reducing fibrin in the blood.

\_\_\_\_ 11. Physical activity done in short, fast bursts is

a. aerobic. c. hypokinetic.

b. anaerobic. d. graded.

\_\_\_\_ 12. Sports that BEST build cardiovascular fitness require

a. many specialized skills.

b. bursts of activity and periods of rest.

c. continuous activity.

d. lots of rest to restore oxygen levels.

\_\_\_\_ 13. With regular exercise, your nervous system

a. causes your heart to be controlled voluntarily.

b. raises your resting heart rate.

c. lowers your resting heart rate.

d. causes your brain to work more efficiently.

\_\_\_\_ 14. National guidelines state that teenagers should engage in vigorous activity for

a. 20 minutes, once a week.

b. 60 minutes, daily.

c. 60 minutes, 1 or 2 times per week.

d. 20 minutes, 3 or more times per week.

\_\_\_\_ 15. Active aerobics and active recreation are especially good at

a. building flexibility.

b. building muscular endurance.

c. building muscular strength.

d. building cardiovascular endurance.

\_\_\_\_ 16. Active aerobics are popular because they

a. often don’t require high levels of skill.

b. are usually very competitive.

c. almost always require travel.

d. always involve lots of people.

\_\_\_\_ 17. Doing too much active aerobics can often result in

a. muscle sprains. c. overuse injuries.

b. muscle strains. d. atherosclerosis.

\_\_\_\_ 18. Aerobic exercise machines include

a. aerobic dance. c. treadmills.

b. jumping rope. d. martial arts.

\_\_\_\_ 19. Performing several different exercises, one right after another, is called

a. circuit training. c. leisure-time activity.

b. Cooper’s aerobics. d. water aerobics.

\_\_\_\_ 20. The best active aerobic activity for any given person is

a. the one that is the hardest.

b. the easiest one to learn.

c. the one the person enjoys the most.

d. the one requiring the least equipment.

\_\_\_\_ 21. Activities done for fun during free time are called

a. active recreation. c. leisure dances.

b. recreational activities. d. active aerobics.

\_\_\_\_ 22. Which of the following is NOT an example of active recreation?

a. backpacking c. skateboarding

b. kayaking d. chess

\_\_\_\_ 23. Combining walking, jogging, and map reading skills is called

a. water aerobics. c. orienteering.

b. rock climbing. d. martial arts.

\_\_\_\_ 24. Skiing done at a steady pace over relatively long distances is called

a. in-line skiing. c. downhill skiing.

b. cross-country skiing. d. snowboarding.

\_\_\_\_ 25. Which of the following people is NOT following safety guidelines regarding equipment?

a. a boy biking with a helmet, light, and reflectors

b. a girl skating with hand and knee pads and a helmet

c. a boater wearing a lifejacket

d. a skier using his big brother’s skis and boots

\_\_\_\_ 26. To avoid injury during activity it is important to

a. perform within your limits.

b. show off for friends.

c. try to learn complicated activities on your own.

d. avoid using equipment.

\_\_\_\_ 27. People who have good social support are more likely to

a. be sedentary.

b. participate in regular activity.

c. get injured during activity.

d. become ill as they age.

\_\_\_\_ 28. Which of the following activities is more dangerous than the others?

a. treadmill c. skating

b. water aerobics d. golf