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

Unit 4 Review – Physical Fitness

1. What are the 5 main roles of the skeletal system? (266)
2. What is the difference between red and yellow bone marrow? (268)
3. What do the ligaments connect together? (269)
4. True or False: A weight-bearing exercise such as bench press is a great way to keep the skeletal system healthy. (270)
5. True or False: Calcium and phosphorus cannot be stored in the body. (270)
6. What attaches muscle to bone? (272)
7. What type of involuntary muscle pushes food through the digestive system? (272)
8. Anabolic steroids are artificial forms of what hormone? (274)
9. What is a neuron? (278)
10. What are the 3 types of neurons? (279)
11. What are the 3 main functions of the cardiovascular system? (292)
12. What are the three types of blood vessels in the body? (295)
    1. Which vessels bring blood back to the heart?
    2. Which vessels take blood away from the heart?
13. What is hypertension? (296)
14. What is the role/responsibility of each of the components of blood? (297)
    1. plasma
    2. red blood cells
    3. white blood cells
    4. platelets
15. Plasma makes up what percentage of blood? (297)
16. What are the four types of blood? (298)
    1. Which blood type is the universal donor?
    2. Which blood type is the universal recipient?
17. True or False: Heart attacks are known as the silent killer. (299)
18. HDL – considered your “\_\_\_\_\_\_\_\_” cholesterol. Explain its function. (300)
19. LDL – considered your “\_\_\_\_\_\_\_\_” cholesterol. Explain its function. (300)
20. Almost \_\_\_\_\_\_ of all children are diagnosed with a heart murmur. (301)
21. What two functions does the respiratory system perform? (306)
22. What does the diaphragm do during the following? (308)
    1. Inhalation -
    2. Exhalation -
23. What are the 5 components to physical fitness? (318)
24. What is the difference between aerobic and anaerobic? Provide an example of each! (320)
25. What is an exercise in which muscles contract but very little body movement takes place? (320)
26. The acronym FITT Formula stands for? (326)
27. What is your target heart rate zone? (326)
28. Cross–training (326) –
29. As your fitness program becomes too easy, you should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the FITT formula. (327)
30. What are the three phases to exercise? (328-329)