Answer all questions in complete thought out sentences for full credit.

1. Why is it important for all people to exercise? (2 points)

2. What are 5 benefits of exercise? (5 points)
   1
   2
   3
   4
   5

3. What are 4 reasons why people don’t exercise? (4 points)
   1
   2
   3
   4

4. Name 5 fitness myths. (5 points)
   1
   2
   3
   4
   5
5. **Name and define** the five components of health related fitness (10 points)
   
   1. ____________________ -
   
   2. ____________________ -
   
   3. ____________________ -
   
   4. ____________________ -
   
   5. ____________________ -

6. Why is it important to evaluate your fitness levels periodically? (2 points)

9. What are 2 fitness goals that you would like to accomplish this semester. (4 points)
   
   1. ____________________
   
   2. ____________________

10. What are 2 physical activities that you currently participate in? (2 points)

   1. ____________________
   
   2. ____________________

**Hot/Warm Weathers (5 pnts)**

11. ____________________ – hydrate with water prior to activity, during, and after activity to avoid heat related injuries.

12. ____________________ – can cause low grade fever, fast and shallow breathing, dizziness, confusion, weakness, nausea, and muscles cramping.

13. Heat Exhaustion Treatment
   
   1. ____________________
   
   2. ____________________
   
   3. ____________________
Basic Muscles – Upper Body (7pnts)

14. _______________________________ - large triangular shaped muscle that runs from the center of your back up to the neck, running across your shoulder blade

15. _______________________________ - muscles wrap right around the top of your shoulders

16. _______________________________ - front of your upper arm

17. _______________________________ - back of your upper arms

18. _______________________________ – one of largest muscle in back

19. _______________________________ - two large, flat muscles that run across the surface of your chest

20. _______________________________ - small rhomboid shape muscles between the center of your back spine and scapula.

Basic Muscles – Lower Body (6pnts)

21. _______________________________—located in the buttocks and is the strongest muscle in the human body, responsible for movement of the hip and thigh.

22. _______________________________ - leanest and largest muscle group in the body—four-muscle group, front of the thigh to extend the knee and lower leg.

23. _______________________________ - three muscles at the back of the thigh that affect hip and knee movement

24. _______________________________ - the largest muscle in the calf of the leg, to extend the foot, raise the heel, and assists in bending the knee.

25. _______________________________ -a muscle in the calf of the leg, behind the gastrocnemius muscle, that helps extend the foot forward.

26. _______________________________ - muscle running from the tibia bone in front of the leg, bringing your toes toward your knees & bends the ankle inward to the side such that the sole of the foot faces inward.

Muscles on next page
27. Name the following muscles: (13 points)