

PE and HEALTH

Answer Key

Multiple Choice:

1. **B. Health-Related Fitness**
 2. **B. To identify how diet impacts overall fitness and health goals**
 3. **D. All of the above**
 4. **D. Personal**
 5. **C. A balanced diet supports improved HRF outcomes by fueling physical activity and recovery**
 6. **B. Assess your current HRF status and identify dietary habits**
 7. **B. Frequency, Intensity, Time, Type**
 8. **C. Intensity helps determine how hard you work during physical activity, impacting fitness improvements**
 9. **A. Exercise for 30 minutes at a moderate intensity, three times per week**
 10. **B. Maintain a consistent workout duration but vary exercises each session**
 11. **B. Exercise at moderate intensity for 30 minutes, four times a week, with a balance of cardio and resistance training**
 12. **A. Exercising three times a week at moderate intensity for 30 minutes using a combination of cardio and strength exercises**
 13. **B. Cardiovascular Fitness**
 14. **A. Dehydration**
 15. **D. Summer Sports Clinics**
 16. **A. Fun Run**
 17. **C. Sports Tournament**
 18. **B. Aerobic Exercise**
 19. **C. Aerobic Fitness**
 20. **B. Sedentary behaviors**
 21. **A. brisk walking**
 22. **D. Mountain climbing**
 23. **B. Cardio endurance**
 24. **A. Regular physical activity such as jogging or swimming**
 25. **B. Improved mental health and mood**
 26. **C. Watching a fitness video while sitting on the couch**
 27. **C. Sitting at a desk for hours without breaks**
 28. **A. Balance exercise**
 29. **B. Wear a dress that is absorbent**
 30. **D. Muscular strength**
-

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**Holt Rinehart & Winston, Holt,
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