

Taking Physical Activity and Physical Education to School

0.- The audio starts stating that youth population is suffering from physical_____.

a) inactivity

b) activity

c) exercise

1.- The volume and intensity of daily physical activity among young people has _____ for the last 30 or 40 years

a) improved

b) declined

c) increased

2.- In the United States, it is recommended to have at least _____minutes of physical activity each day.

a) 160

b) 60

c) 16

3.- Which of these diseases are **NOT** mentioned in the audio?

a) diabetes

b) asthma

c) anxiety

4.- One of the reasons mortality is related to is _____.

a) obesity

b) blood pressure

c) fever

5.- Physical activity improves other aspects of health and fitness such as _____.

a) self-concept

b) beauty

c) honesty

6.- The passing of the *No Child Left Behind Act*, according to some school administrators, has cut _____ time devoted to physical education.

- a) considerable
- b) relevant
- c) significant

7.- On average, children spend up to _____ each day at school and many attend after-school activities.

- a) 7 hours
- b) 8 hours
- c) 9 hours

8.- *The Institute of Medicine* recommends a whole of school _____ to physical activity.

- a) recession
- b) succession
- c) approach

9.- The idea is to enhance physical activity not only during regular school hours but also through the school _____

- a) environment
- b) surroundings
- c) places

10.- All young people, no matter their socioeconomic _____ can be implied in this physical education programme (provide the exact word given in the audio)

- a) origin
- b) level
- c) background

From: <https://www.youtube.com/watch?v=rasZGZpQsy0>