

WEEK 9: MIDTERM REVIEW

PHYSICAL EDUCATION



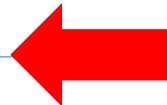
CLASSROOM EXPECTATION REVIEW

WHAT IS THE FIRST THING YOU DO WHEN YOU ENTER THE GYM?

A) Have a seat quietly in my teachers' attendance area

B) Run around gym

C) Be in another classroom attendance area

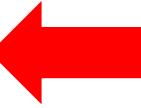


AFTER LEAVING THE LOCKER ROOM WHAT SHOULD YOU DO?

A) Have a seat quietly in attendance area unless instructed otherwise

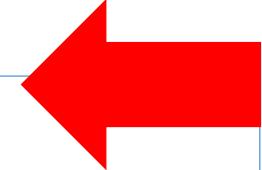
B) Run around gym

C) Be in another classroom attendance area



SHOULD YOU BE
TALKING WHILE ANY
OF THE COACHES
ARE TALKING OR
BEING DISRUPTIVE
DURING A
PRESENTATION?

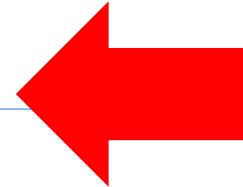
A) NO



B) YES

SHOULD YOU BE
INSIDE OR
OUTSIDE THE
BLACK LINES
DURING THE 20-
MINUTE WALK?

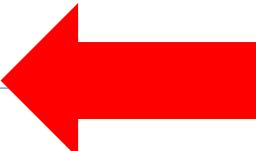
A) OUTSIDE



B) INSIDE

SHOULD YOU BE
RUNNING
DURING THE 20-
MINUTE WALK?

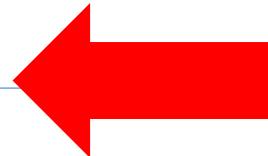
A) NO



B) YES

SHOULD YOU BE
OUTSIDE THE
GYM WITHOUT
PERMISSION?

A) NO



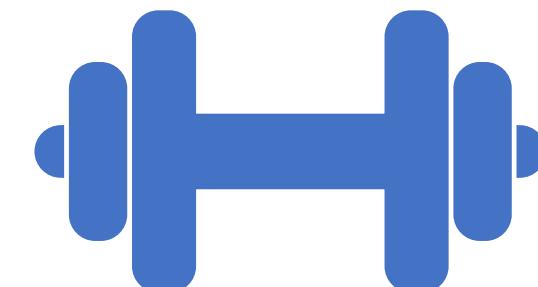
B) YES

THE 5 MAJOR FITNESS COMPONENTS REVIEW

-
- ① CARDIOVASCULAR ENDURANCE
 - ② FLEXIBILITY
 - ③ BODY COMPOSITION
 - ④ MUSCULAR STRENGTH
 - ⑤ MUSCULAR ENDURANCE

NAME THE 5 MAJOR FITNESS COMPONENTS.

- 1) CARDIOVASCULAR ENDURANCE
- 2) FLEXIBILITY
- 3) BODY COMPOSITION
- 4) MUSCULAR STRENGTH
- 5) MUSCULAR ENDURANCE



INTRODUCTORY VOCABULARY REVIEW



BODY COMPOSITION

The ratio of fat, muscle, and other tissues in the body.



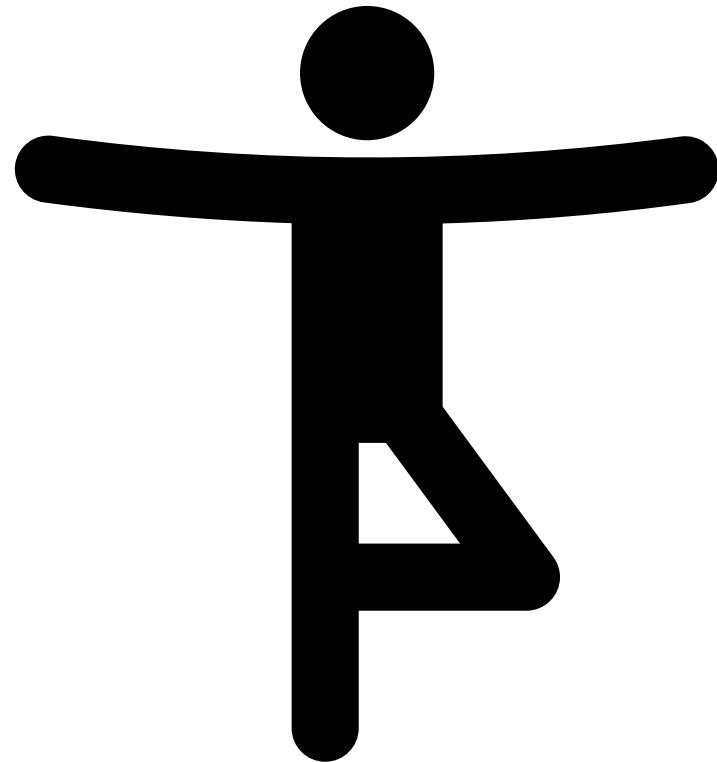
CARDIOVASCULAR HEALTH

Relating to the heart and blood vessels;
cardiovascular exercises include activities
that increase heart rate.



FLEXIBILITY

The range of motion in joints and muscles.



MUSCULAR ENDURANCE

The ability to sustain physical activity for an extended period.



MUSCULAR STRENGTH

THE ABILITY OF MUSCLES TO
EXERT FORCE AGAINST
RESISTANCE.



FITNESS

The state of being physically healthy and in good shape.



FITNESS COMPONENTS COMPREHENSION QUIZ

1) WHAT YOUR BODY IS MADE OF, LIKE MUSCLES, BONES, AND FAT.

- A) CARDIOVASCULAR ENDURANCE
- B) FLEXIBILITY
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH
- E) MUSCULAR ENDURANCE

2) HOW STRONG YOUR HEART AND LUNGS ARE.

- A) CARDIOVASCULAR ENDURANCE
- B) FLEXIBILITY
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH
- E) MUSCULAR ENDURANCE

FITNESS COMPONENTS COMPREHENSION QUIZ

3) HOW LONG YOUR MUSCLES CAN KEEP WORKING WITHOUT GETTING TIRED.

- A) CARDIOVASCULAR ENDURANCE
- B) FLEXIBILITY
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH
- E) MUSCULAR ENDURANCE ←

4) THE RANGE OF MOTION IN YOUR JOINTS AND MUSCLE.

- A) CARDIOVASCULAR ENDURANCE
- B) FLEXIBILITY ←
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH
- E) MUSCULAR ENDURANCE

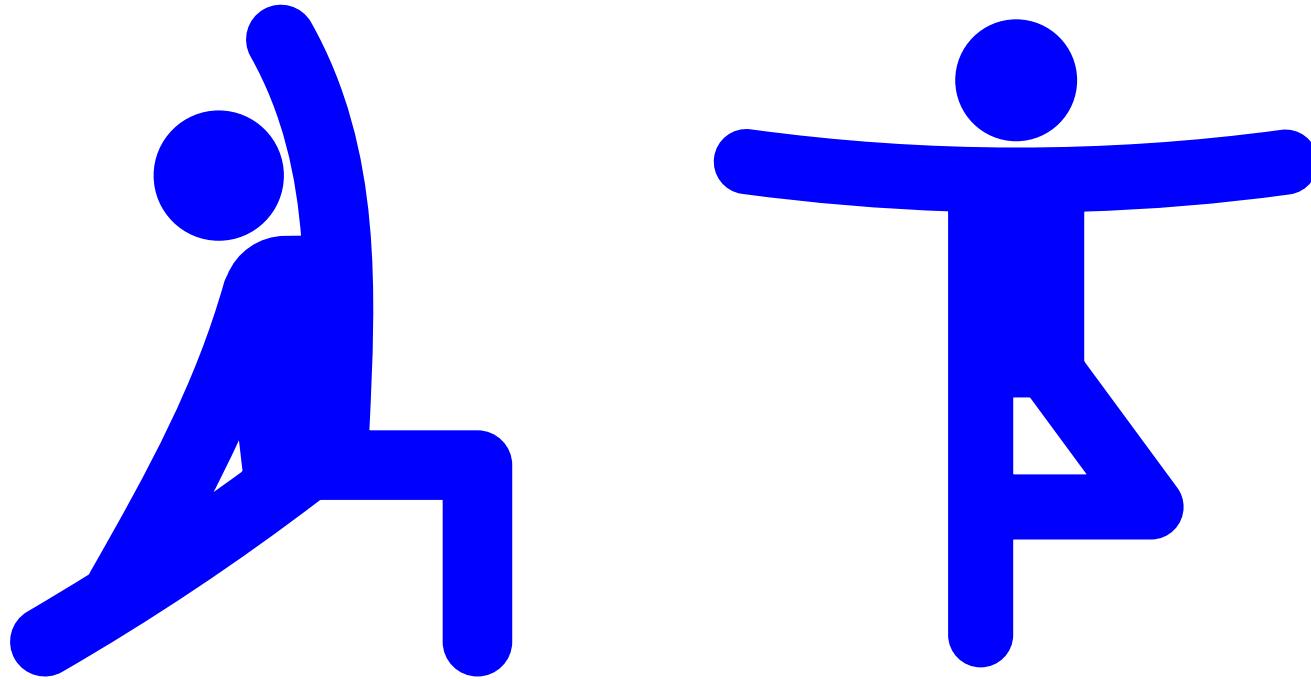
FITNESS COMPONENTS COMPREHENSION QUIZ

5) HOW STRONG YOUR MUSCLES ARE. HOW MUCH YOU CAN LIFT OR PUSH.

- A) CARDIOVASCULAR ENDURANCE
- B) FLEXIBILITY
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH 
- E) MUSCULAR ENDURANCE

6) THE STATE OF BEING PHYSICALLY HEALTHY AND IN GOOD SHAPE.

- A) CARDIOVASCULAR ENDURANCE
- B) FITNESS 
- C) MUSCULAR STRENGTH
- D) MUSCULAR ENDURANCE



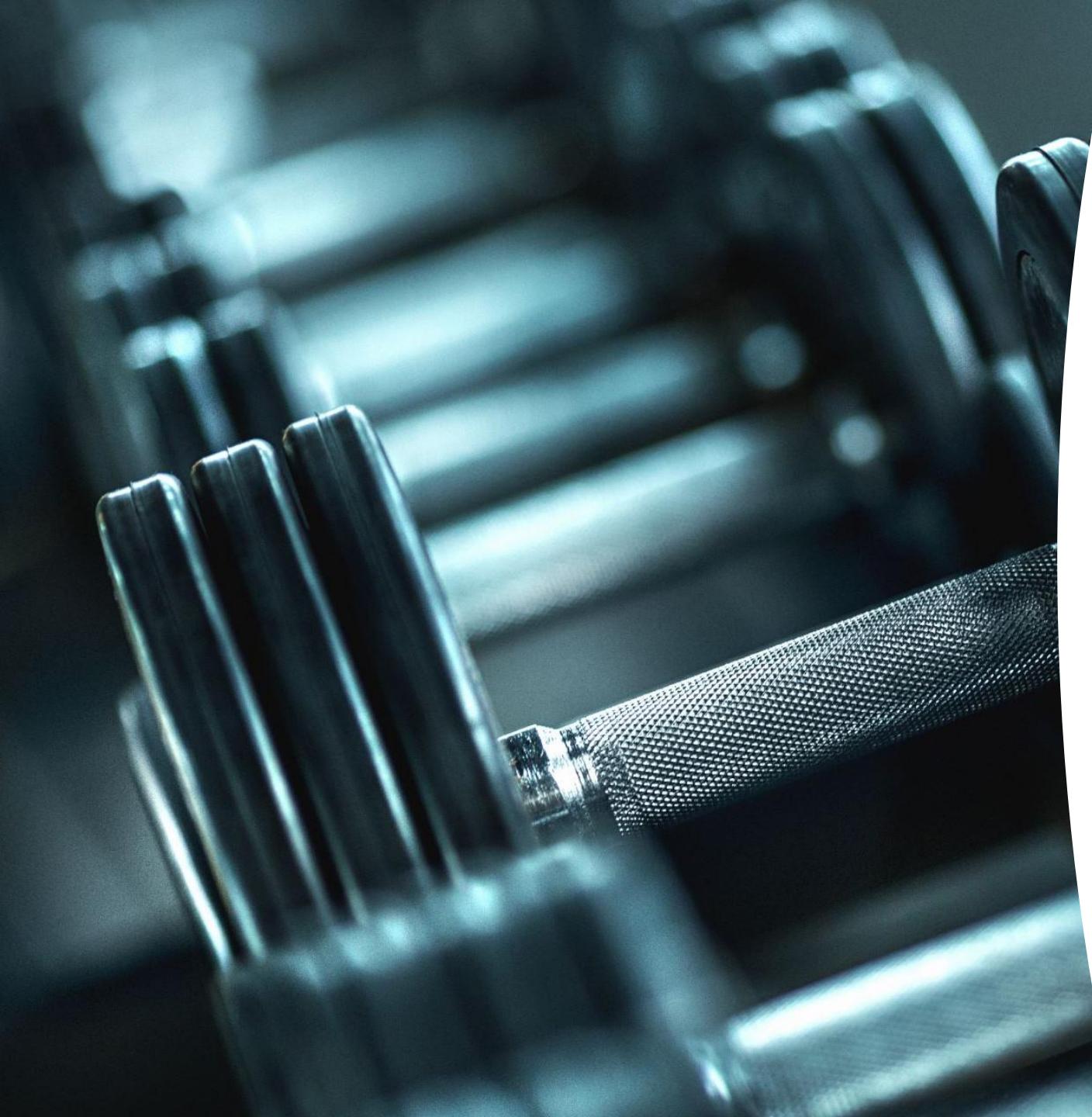
FLEXIBILITY REVIEW

WHAT MAJOR COMPONENT DOES STATIC
STRETCHING FALL UNDER IN PHYSICAL
EDUCATION?

FLEXIBILITY

WHAT MAJOR COMPONENT DOES
DYNAMIC STRETCHING FALL UNDER IN
PHYSICAL EDUCATION?

FLEXIBILITY



DYNAMIC vs. STATIC STRETCHING

- DYNAMIC STRETCHING INVOLVES ACTIVE MOVEMENT WHILE SIMULTANEOUSLY STRETCHING THE FOCUSED MUSCLE GROUP
- STATIC STRETCHING INVOLVES HOLDING A STRETCH IN A STATIONARY POSITION
- BOTH STRETCHING STYLES ARE COMPLEMENTARY TO THE PREPARATION AND RECOVERY OF PHYSICAL ACTIVITY

QUIZ QUESTION

DYNAMIC STRETCHING INVOLVES _____ MOVEMENT WHILE SIMULTANEOUSLY
STRETCHING THE FOCUSED MUSCLE GROUP WHILE STATIC STRETCHING INVOLVES
_____ MOVEMENT DURING STRETCHES.

- A) ACTIVE; ACTIVE.
- B) STATIONARY; STATIONARY.
- C) ACTIVE; STATIONARY. 
- D) STATIONARY; ACTIVE
- E) NONE OF THE ABOVE.

QUIZ QUESTION

WHICH OF THE FOLLOWING ARE POTENTIAL BENEFITS OF STRETCHING?

- A) DECREASE RISK OF MUSCLE INJURY. 
- B) IMPROVE LONG DISTANCE RUNNING PERFORMANCE.
- C) IMPROVE STRENGTH AT SHORT MUSCLE LENGTHS.
- D) NONE OF THE ABOVE.
- E) ALL OF THE ABOVE.

QUIZ QUESTION

WHICH OF THE FOLLOWING STRETCHING SCENARIOS COULD BE DETRIMENTAL?

- A) PERFORMING 8 LOW BACK STRETCHES EACH LASTING 1 MINUTE WITH 30 SECONDS REST IN BETWEEN.
- B) REGULARLY STRETCHING TO THE EXTREMES OF JOINT MOTION IN VERY FLEXIBLE INDIVIDUALS. 
- C) STRETCHING FOR 15 MINUTES BEFORE YOU GO TO BED.

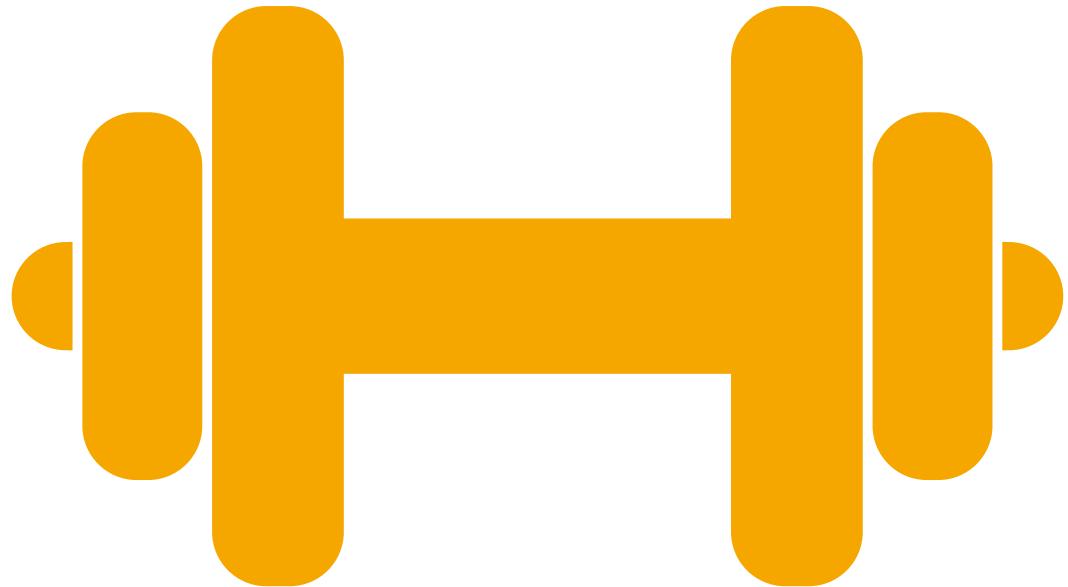
QUIZ QUESTION

WHAT ARE SOME THINGS TO LOOK OUT FOR, OR TO AVOID, WHEN STRETCHING?

AVOID BOUNCING, JERKING MOVEMENTS DURING STRETCHING, AND OVERSTRETCHING

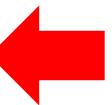
TRUE or FALSE:
**DYNAMIC
STRETCHING**
ENHANCE
PERFORMANCE AND
FLEXIBILITY?

TRUE



WHICH STATEMENT IS A MYTH REGARDING DYNAMIC STRETCHING?

- A) DOES NOT DECREASE STRENGTH
- B) DOES NOT CAUSE MUSCLE TIGHTNESS
- C) DOES NOT REPLACE WARM-UP
- D) ALL OF THE ABOVE



BENEFITS OF STATIC + DYNAMIC STRETCHING:

- IMPROVED FLEXIBILITY
- ENHANCED MUSCLE RELAXATION
- INJURY PREVENTION
- IMPROVED POSTURE
- INCREASED BLOOD CIRCULATION
- RELAXATION AND STRESS RELIEF
- BETTER JOINT RANGE OF MOTION
- LONG-TERM MOBILITY
- MIND-BODY CONNECTION
- BETTER PERFORMANCE
- ACTIVE LIFESTYLE SUPPORT

SAFETY AND GUIDELINES:

1. WARM UP BEFORE STATIC STRETCHING.
2. AVOID BOUNCING OR JERKING MOVEMENTS DURING STRETCHING.
3. BREATH DEEPLY AND CONSISTENTLY DURING STRETCHES.
4. LISTENING TO YOUR BODY AND AVOID EXCESSIVE DISCOMFORT OR PAIN.

STRETCHING SHOULD NOT BE PAINFUL.

STTETCHING SHOULD BE PAINFUL?

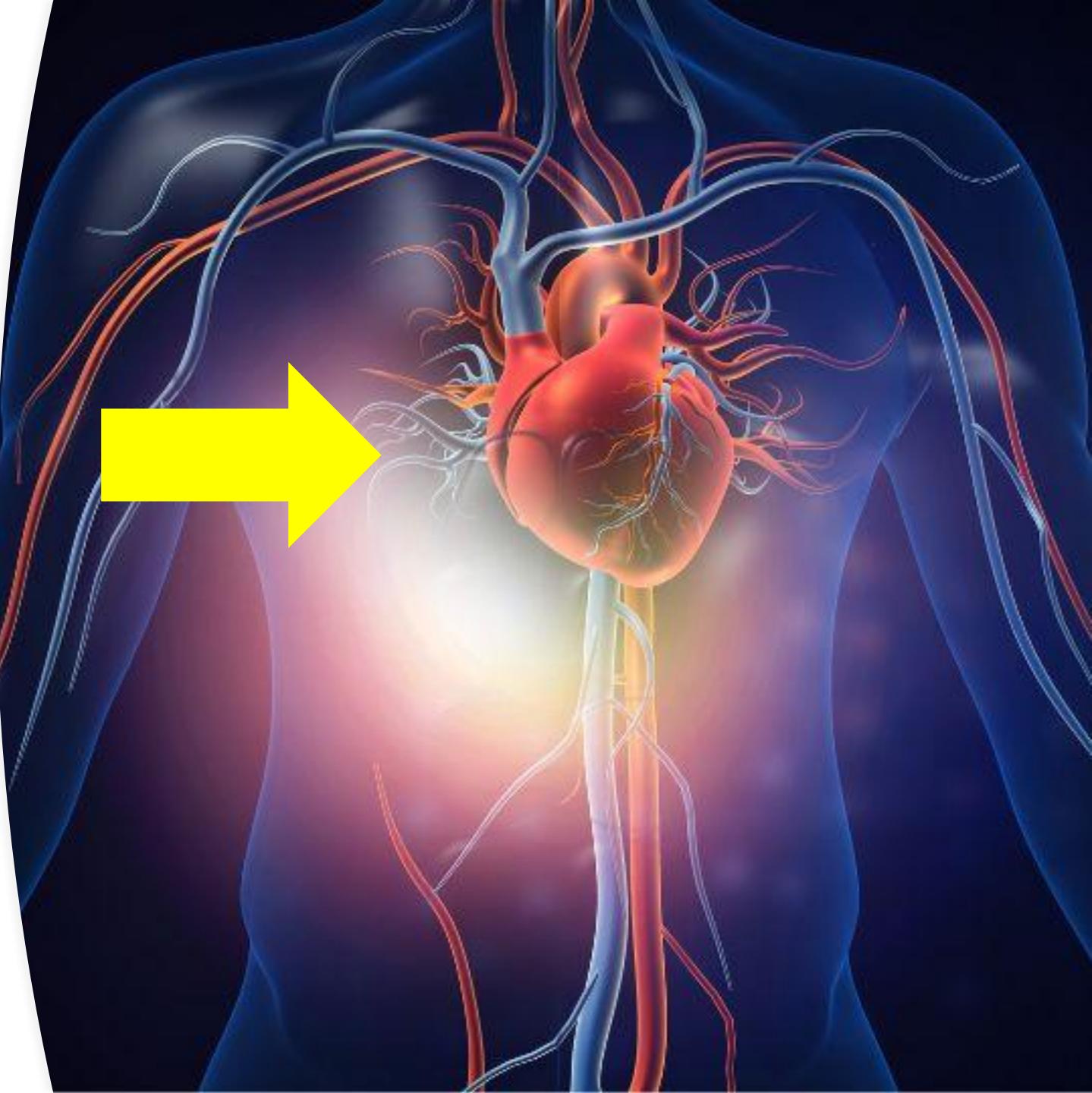
- A) TRUE
- B) FALSE



1) WHAT ORGAN IS THE YELLOW ARROW POINTING TO? **THE HEART.**

2) WHAT MAJOR PHYSICAL COMPONENT IS THIS MUSCLE IS CONNECTED TO?

- A. CARDIOVASCULAR ←
- B. MUSCULAR STRENGTH
- C. MUSCULAR ENDURANCE
- D. BODY COMPOSITION
- E. FLEXIBILITY





WHAT FITNESS COMPONENT ARE THESE ATHLETES EXHIBITING?

- A. CARDIOVASCULAR ENDURANCE
- B. MUSCULAR STRENGTH
- C. MUSCULAR ENDURANCE
- D. BODY COMPOSITION
- E. FLEXIBILITY

STATIC STRETCHING: QUIZ QUESTION

1) WHAT IS STATIC STRETCHING?

- A) STRETCHING WHILE MOVING AND BOUNCING
- B) STRETCHING THAT INVOLVES QUICK, JERKY MOTIONS
- C) STRETCHING AND HOLDING A POSITION WITHOUT MOVEMENT 
- D) STRETCHING ONLY YOUR UPPER BODY

2) WHEN IS STATIC STRETCHING MOST EFFECTIVE?

- A) BEFORE STARTING ANY PHYSICAL ACTIVITY
- B) DURING INTENSE EXERCISE OR SPORTS
- C) AFTER COMPLETING A WORKOUT OR ACTIVITY 
- D) DURING A SHORT BREAK IN THE MIDDLE OF AN ACTIVITY

DYNAMIC STRETCHING: QUIZ QUESTION

1) WHAT IS DYNAMIC STRETCHING PRIMARILY FOCUSED ON?

- A) HOLDING A STRETCH POSITION FOR AN EXTENDED TIME
- B) ACTIVELY MOVING DURING STRETCHES ←
- C) RELAXING AND BREATHING DEEPLY
- D) SITTING STILL WHILE STRETCHING

2) WHICH OF THE FOLLOWING IS AN EXAMPLE OF DYNAMIC STRETCHING?

- A) HOLDING ONTO YOUR TOES AND COUNTING TO 30
- B) REPEATEDLY SWINGING YOUR LEG FORWARD AND BACKWARD ←
- C) TOUCHING YOUR TOES AND STAYING IN THAT POSITION
- D) LYING DOWN AND PULLING YOUR KNEES TO YOUR CHEST

FLEXIBILITY: QUIZ QUESTION

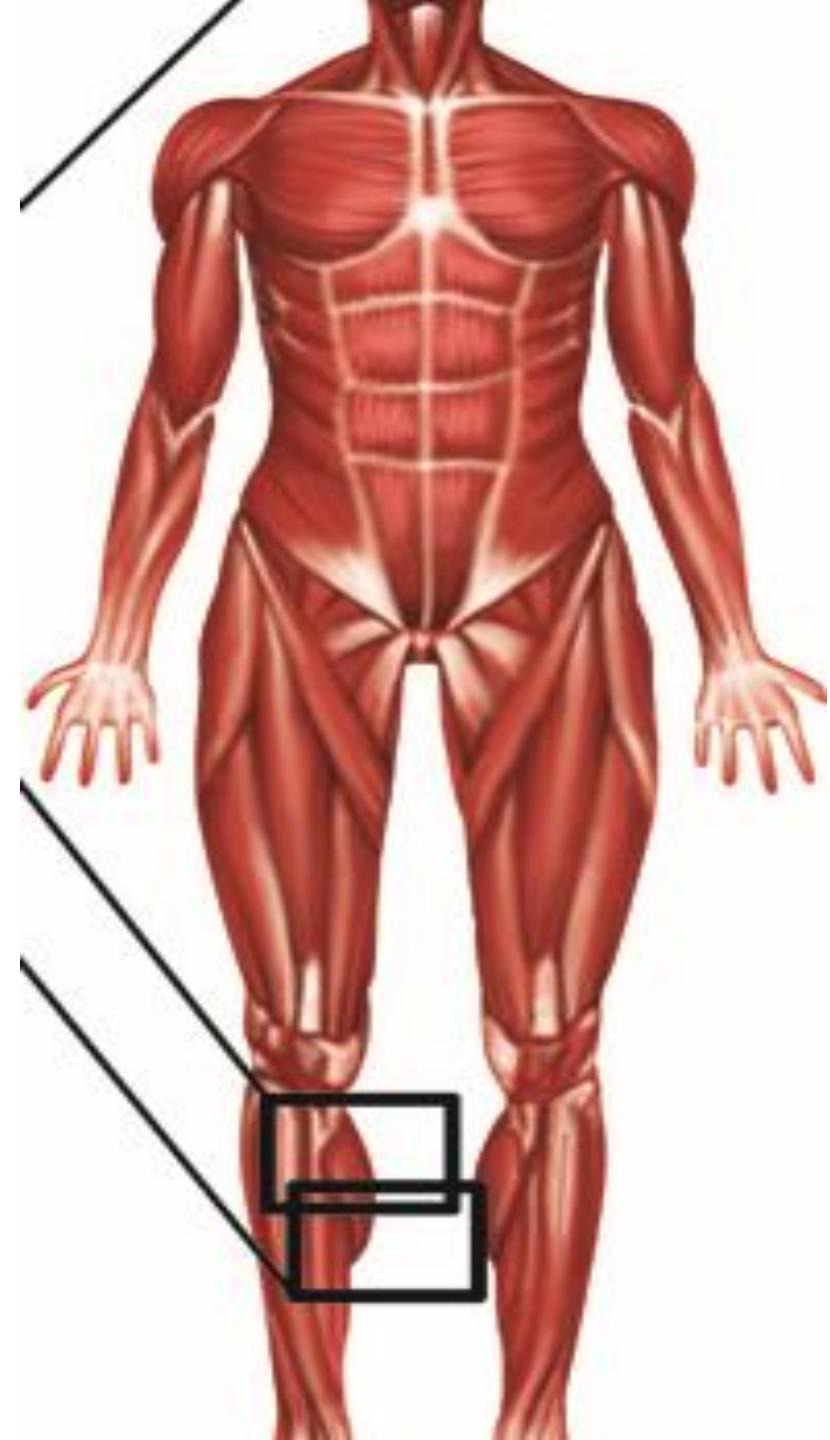
1) WHAT DOES FLEXIBILITY REFER TO?

- A) THE ABILITY TO RUN VERY FAST
- B) THE NUMBER OF MUSCLES YOU HAVE IN YOUR BODY
- C) THE RANGE OF MOTION IN YOUR JOINTS AND MUSCLES 
- D) THE NUMBER OF BONES IN YOUR BODY

2) WHY IS FLEXIBILITY IMPORTANT?

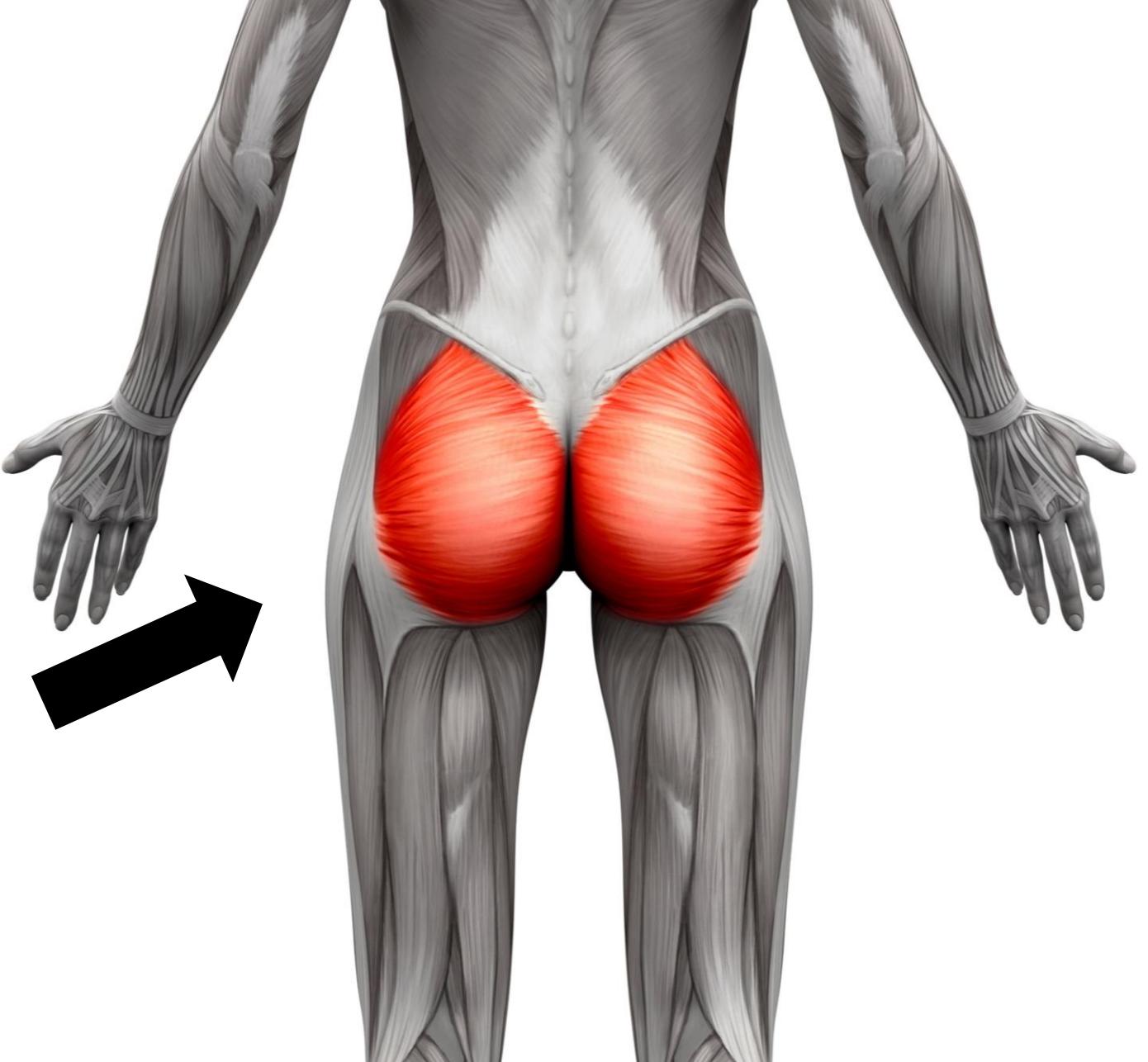
- A) IT HELPS YOU GAIN WEIGHT AND MUSCLE MASS
- B) IT CAN MAKE YOU TALLER AS YOU GROW OLDER
- C) IT REDUCES THE RISK OF INJURY AND HELPS WITH MOVEMENT 
- D) IT ONLY MATTERS FOR PROFESSIONAL ATHLETES

MAJOR MUSCLE RECAP



CALVES

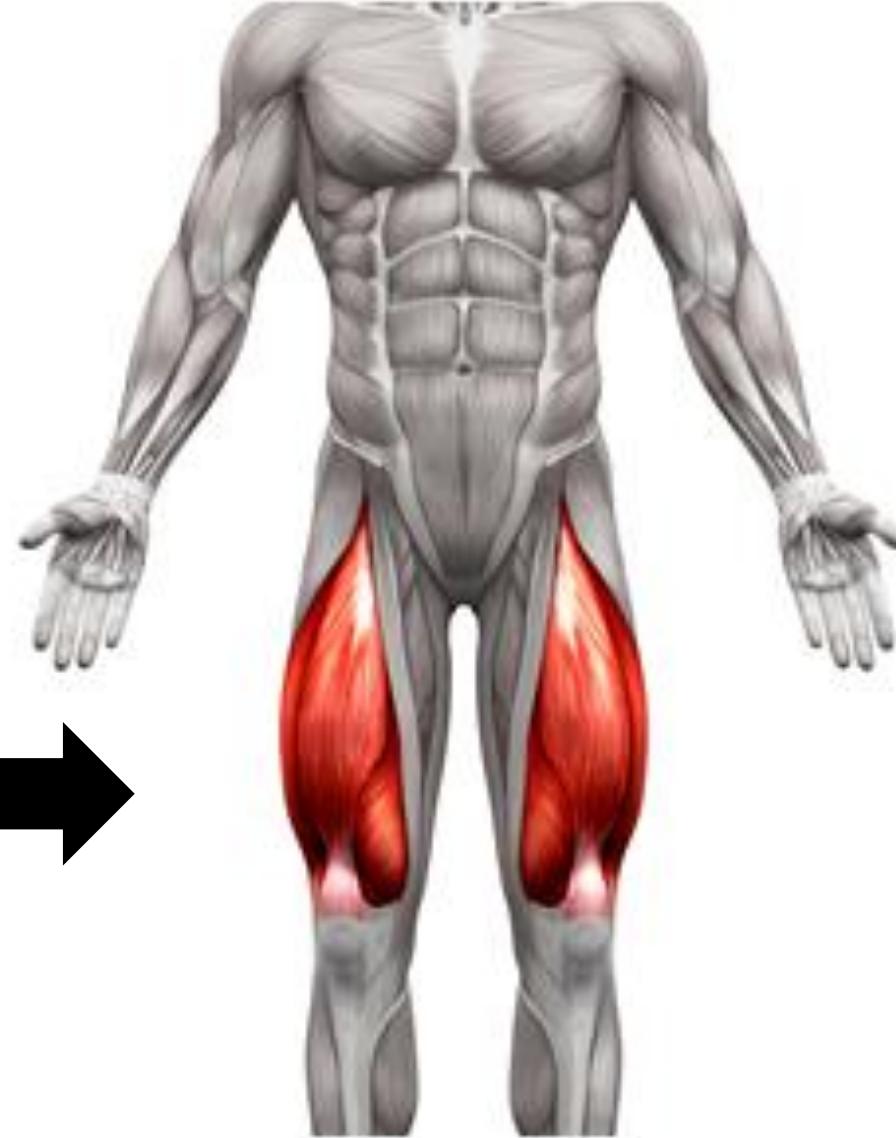




GLUTES



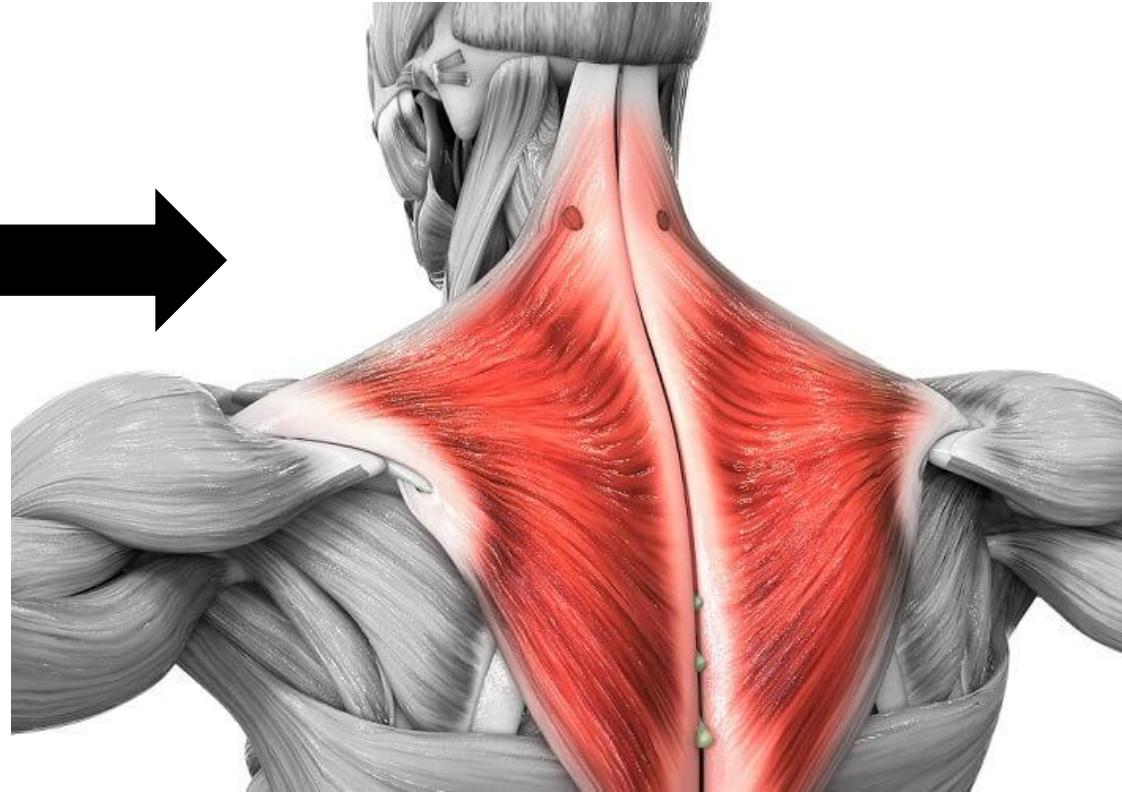
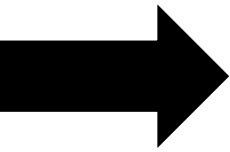
QUADRICEPS/ QUADS



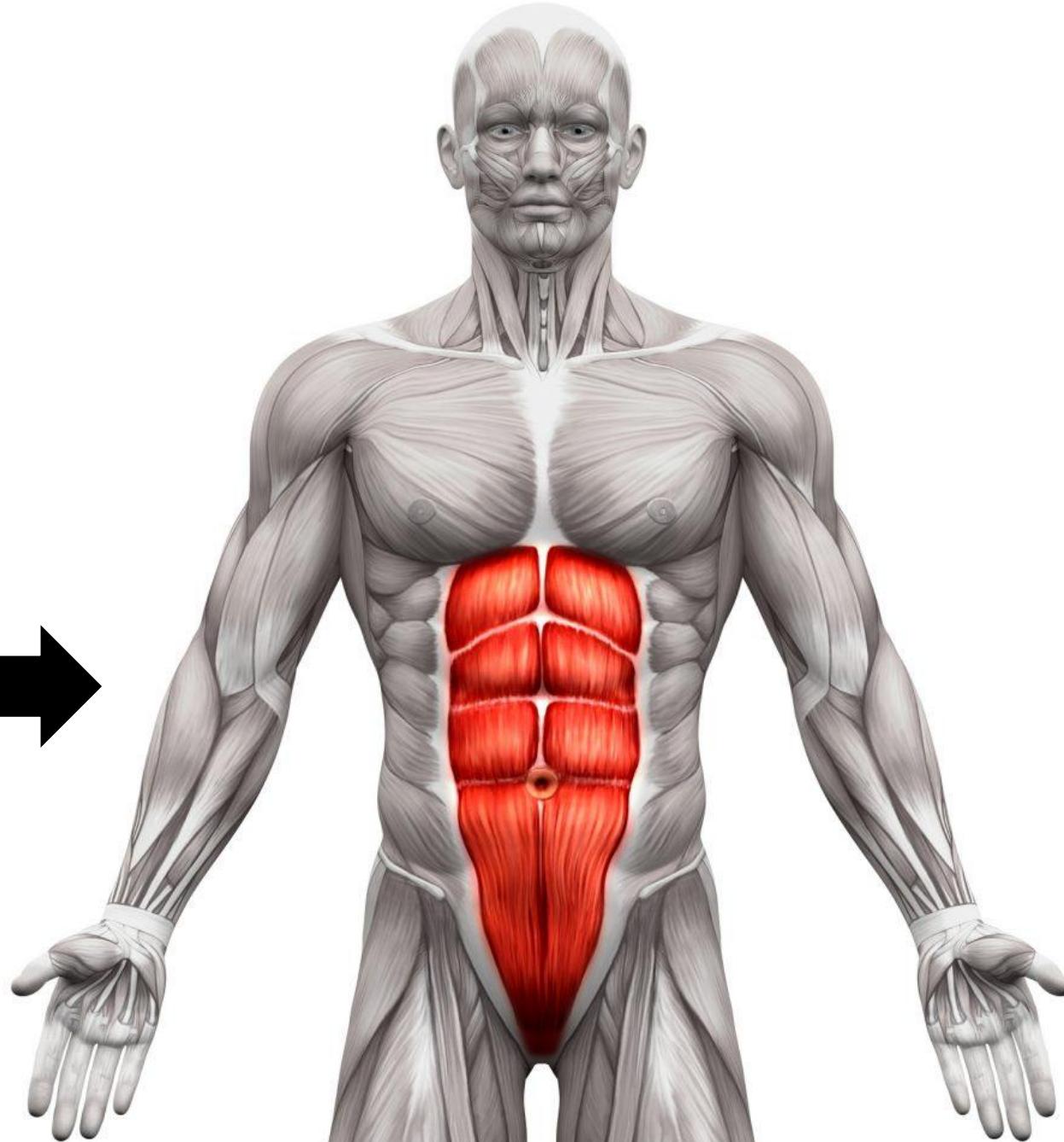
BICEPS



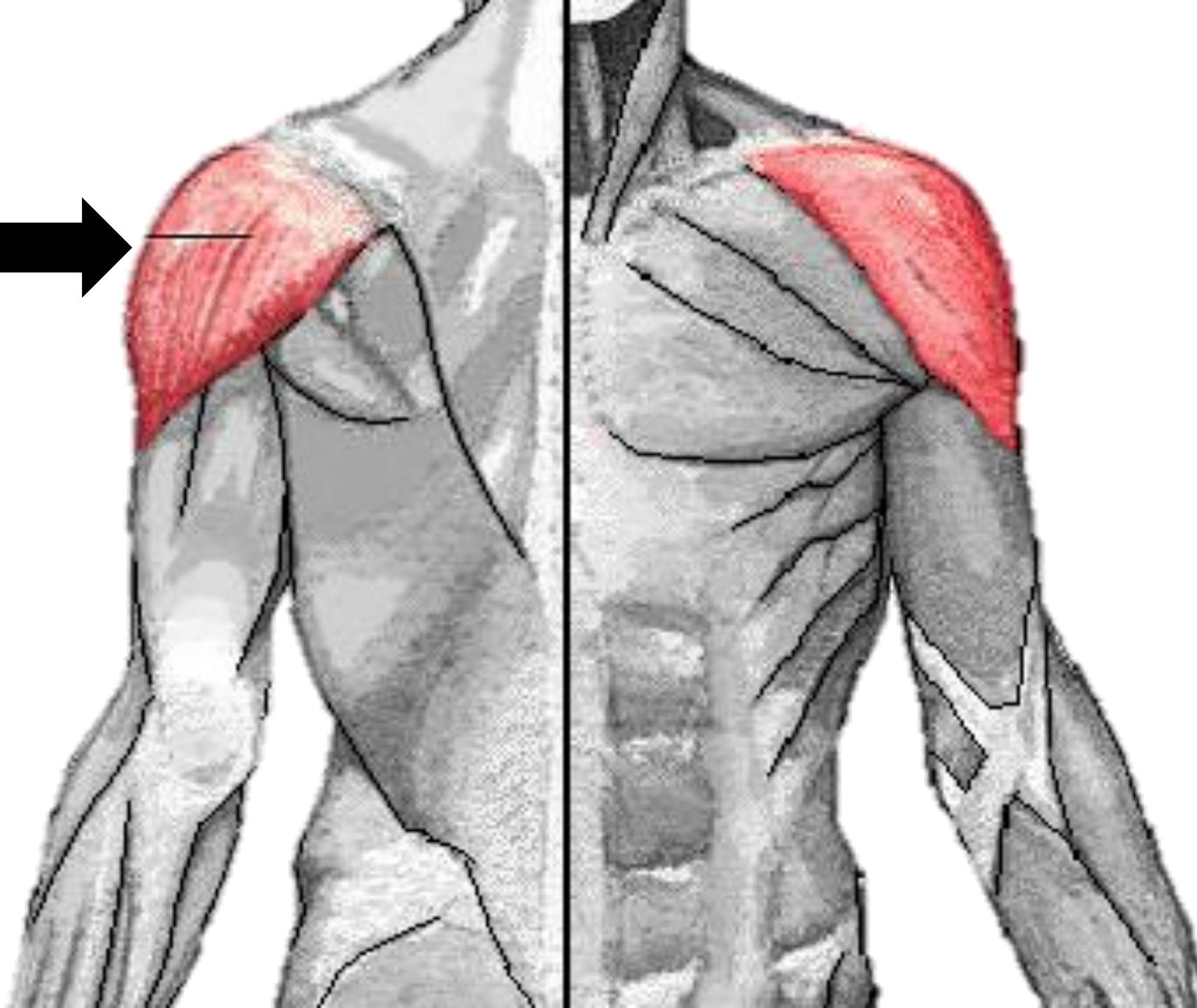
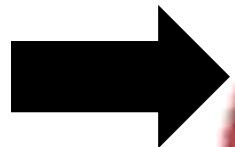
TRAPEZIUS/ TRAPS



ABDOMINALS



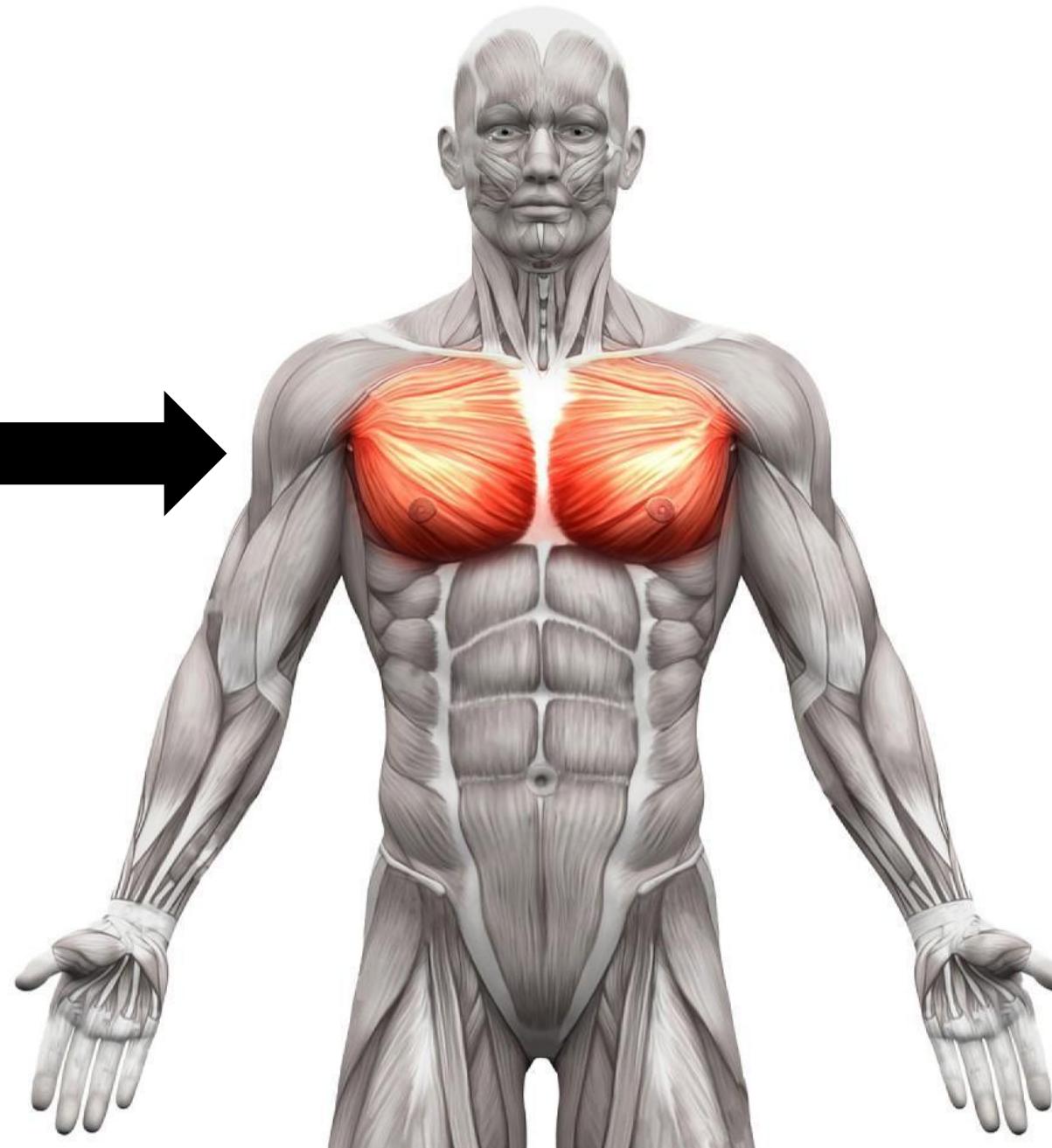
DELTOIDS



ERECTOR SPINAE



PECTORALIS

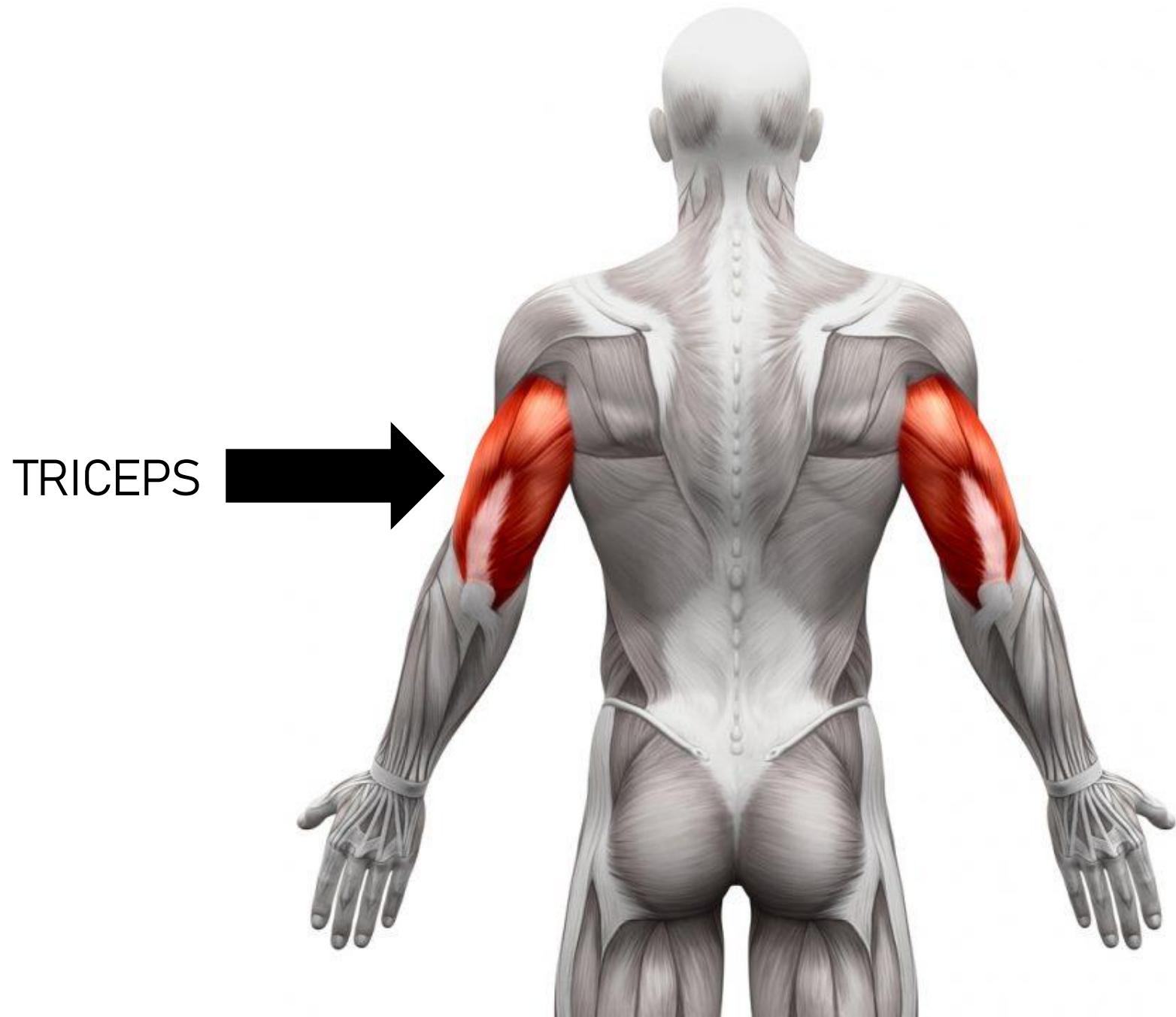


HAMSTRINGS

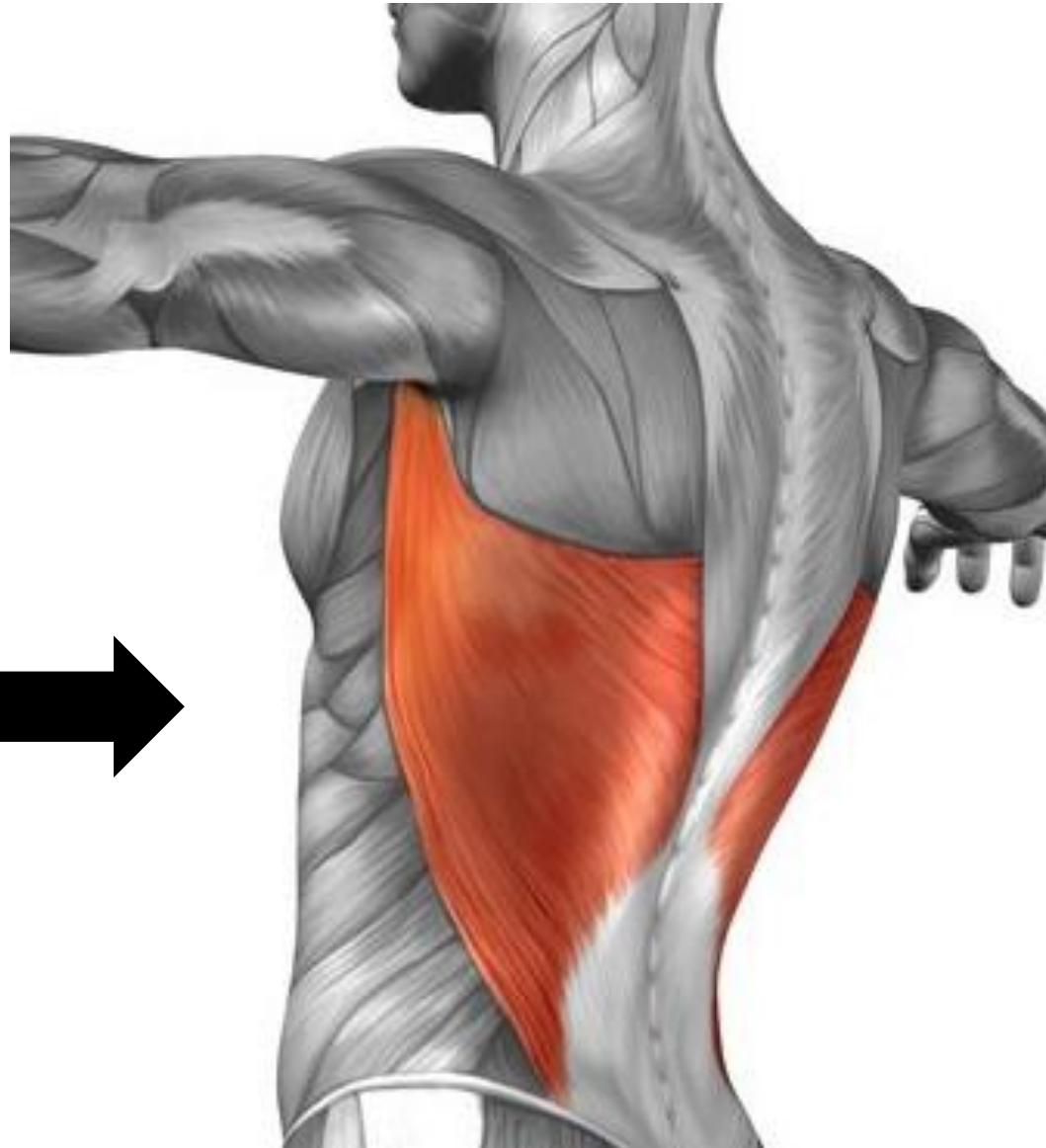


OBLIQUES





LATS



CIRCUIT TRAINING REVIEW



REVIEW: DEFINE CIRCUIT TRAINING.

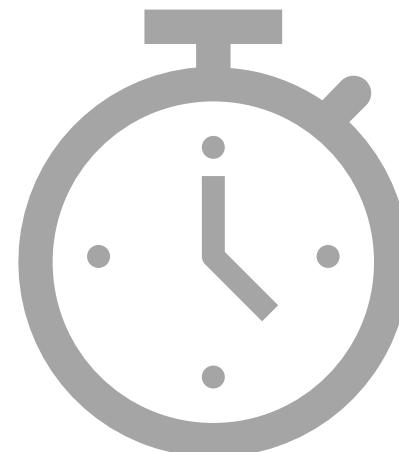
A COMBINATION OF DIFFERENT EXERCISES EITHER TIMED OR REPETITION BASED.

EXAMPLE: THREE 30 SECONDS ROUNDS CONTAINING 5 EXERCISES.

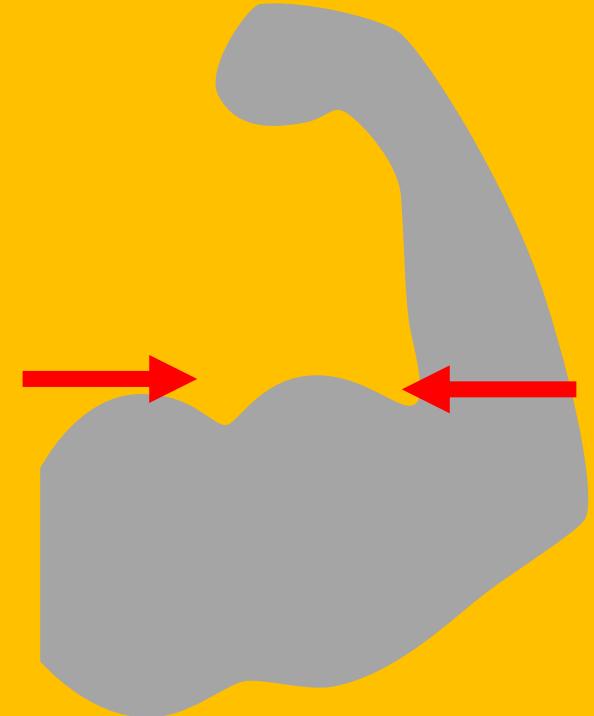
TRUE or FALSE: CIRCUIT TRAINING
CAN IMPROVE MUSCULAR STRENGTH,
MUSCULAR ENDURANCE AND YOUR
CARDIOVASCULAR ENDURANCE
SIMULTANEOUSLY?

TRUE

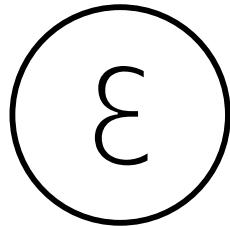
NAME THREE
CIRCUIT TRAINING
EXERCISES?



CORE STRENGTH REVIEW



CORE STRENGTH REVIEW QUESTIONS



1. TRUE OR FALSE: YOU ACTIVATE YOUR CORE TO REACH DOWN FOR AN OBJECT?

TRUE.

2. TRUE OR FALSE: A TENNIS PLAYER ACTIVATES THEIR CORE WHEN THEY SWING THEIR RACKET TO GET THE BALL OVER THE NET?

TRUE.

4. TRUE OR FALSE: A WEAK CORE EQUALS GOOD BALANCE AND STABILITY.

FALSE, A STRONG CORE EQUALS GOOD BALANCE AND STABILITY.

3. TRUE OR FALSE: THE CORE HELPS TO SUPPORT AND STABILIZE YOUR SPINE.

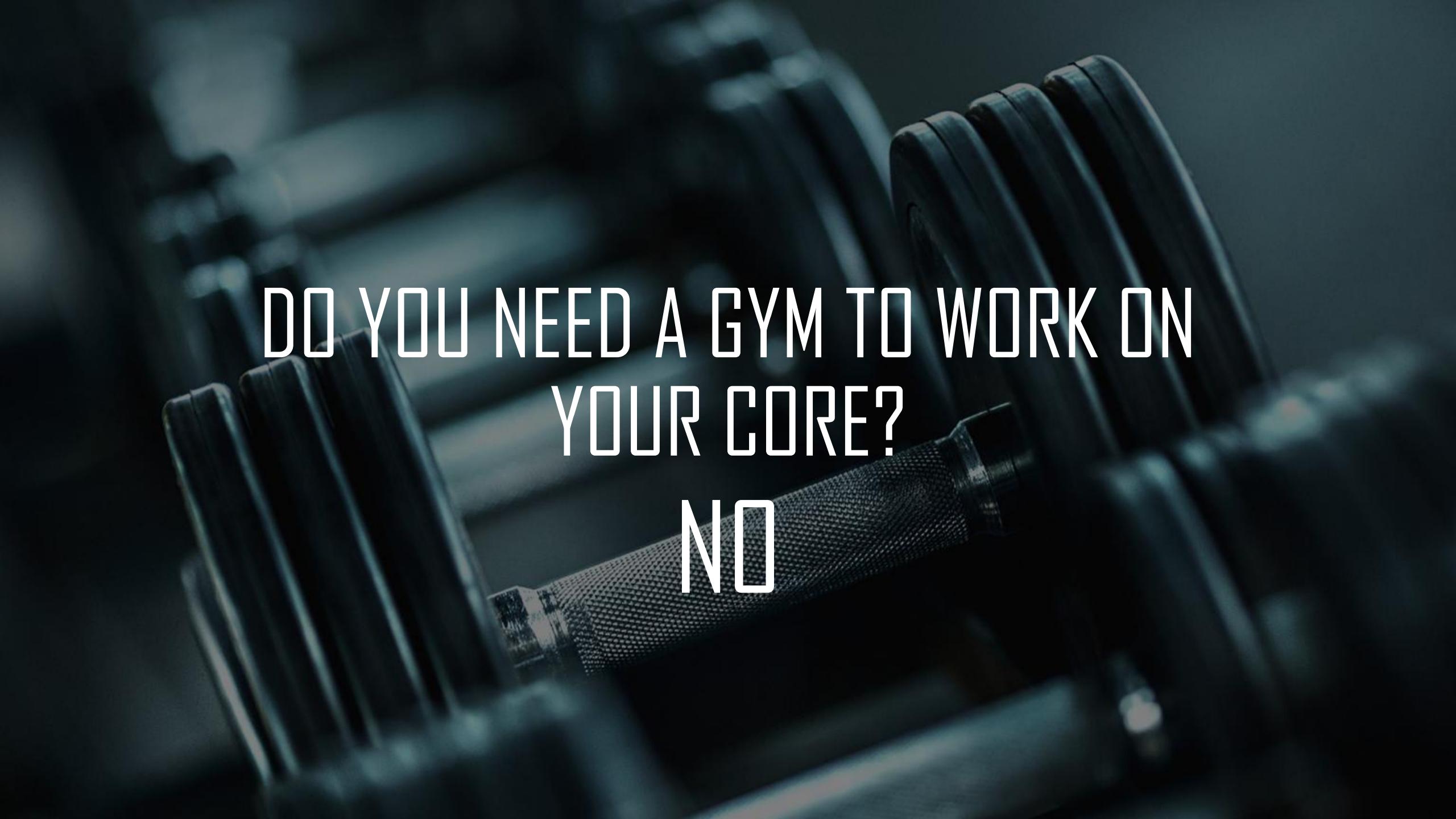
TRUE.

5. TRUE OR FALSE: A STRONG CORE CAN HELP PREVENT INJURIES.

TRUE.

6. TRUE OR FALSE: A STRONG CORE AIDS IN GOOD POSTURE.

TRUE.

A dark, moody photograph of a dumbbell set against a dark background. The dumbbells are black with a textured grip. One dumbbell is in the foreground, angled diagonally, while others are stacked in the background.

DO YOU NEED A GYM TO WORK ON
YOUR CORE?
NO



upper



lower



six-pack



obliques



complete



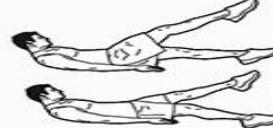
core



crunches



reverse crunches



flutter kicks



sitting twists



knee to elbow



half wipers



high crunches



v2



arm / leg raises



sit-ups



long arm crunches

pulse-ups

star plank

toe taps

plank crunches

plank rolls



hundreds



bicycle



side plank crunches



knee-in twists



knee crunches



crunch kicks



V-ups



side plank



V with rotations



climber taps

WHAT EXERCISES IS THE
ILLUSTRATION FOCUSING ON?

CORE; ABDOMINAL + OBLIQUES