

Lifetime Fitness Final Exam Review

What **MAY** be on the test:

- ~45 multiple choice
- ~ 10 True/False
- 1-2 Multi-part Essay Question(s)

No equations, very few percentages, know ranges for health measurements

Review from Modules:

Module 1: Health Status and Benefits of Physical Activity

- What are the two leading causes of death in the United States are diseases that are considered lifestyle related and mostly preventable?
- What are some key factors contributing to the increasing prevalence of obesity and excessive body weight in the United States?
- What are some key goals of the Healthy People 2010 initiative and what are the rationales behind these goals?

Module 2: Health and Fitness Assessments

- What is cardiovascular disease and who does it affect?
- What are the national health objectives?
- Familiarize yourself with cholesterol, blood pressure, diabetes, and other common diseases in America.
- What is the recommended amount of physical exercise?
- Familiarize yourself with the different fitness assessments and what each one measures. What does a comprehensive fitness assessment involve and what is its role in health management?
- Body composition can be an indication of risk for certain diseases. How can body composition be used as part of a fitness program?
- What is BMI?
- What is the difference between overweight and obese?
- What kind of information is gained from a postural assessment?

Module 3: Nutrition and Supplementation

- What are the 3 macronutrients? Why is it important to consume appropriate amounts of each?
- What are micronutrients?
- What are some important considerations in selecting carbohydrate sources?
- Why is calorie management important? How should calorie management be integrated into a fitness program?

Module 4: Integrated Flexibility Training

- What can positively and negatively affect flexibility?
- Definition of flexibility.
- What are some risks associated with poor flexibility?
- What are some different techniques for flexibility training? What are their benefits?

Module 5: Stabilization Training

- What is the main focus of stabilization training?
- What are the two methods to improve stability?
- What is the difference between the stabilization and movement systems? Why is understanding this important?

Module 6: Cardiorespiratory Exercise

- What is the cardiorespiratory/cardiovascular system?
- What is the cardiorespiratory/cardiovascular system comprised of?
- Why is cardiorespiratory endurance considered the most important component of physical fitness and the best indicator of overall health?
- What are F.I.T.T.E. factors?
- How is cardio intensity measured? Why is this important to designing a cardio program?
- Be familiar with the work-out zones and stages of exercise.

Module 7: Integrated Strength Training

- What is strength, endurance, hypertrophy, etc?
- Correct progression for developing strength?
- Why is strength training important to functional movement?
- What are the 3 types of muscle contractions?
- What are some benefits of strength training?

Module 8: Lifestyle Modification

- Stress
- Eating disorders
- What are some reasons many people have trouble changing unhealthy lifestyle habits?
- What are the 5 categories addressed in the process of willful change?
- What are SMART goals?

Module 9: Weight Control

- Calorie consumption
- Recommended intake percentages
- How does energy balance relate to weight loss?
- What does the evidence show regarding high protein/low carbohydrate diets?

Review from Lab Manual:

Lab 1 and 5: Fitness Assessments

- Preliminary health screening. What is it and why did you have to do it?
- Resting Heart Rate. What is it and why were you asked to do it?
- Body Composition. What is it and why were you asked to do it? Which type is more accurate? Pros and Cons on BMI
- Cardiorespiratory assessment. What is it and why were you asked to do it?
- Muscular Endurance assessment. What is it and why were you asked to do it?
- Flexibility Assessment. What is it and why were you asked to do it?

Lab 2: Dietary Analysis

- Review nutrition basics (macro and micro nutrients)
- Review your week long tracking, and reflect on any changes that you have made since.

Lab 3: Stabilization Training

- What was the goal of this lab?
- Why were you asked to do it?
- Which muscle groups are important for daily stabilization?

Lab 4: Self-Myofascial Release & Resistance Training

- What was the goal of this lab?
- Why were you asked to do it?

Tips on Essay Writing

When defining a concept on paper, don't forget to **include the purpose and benefits** of the concept. Make sure you **use key words and language as described in the course material**. Write in concise and simple statements – avoid “fillers”