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Physical Education End of Semester Test Study Guide

Here are some topics to focus on when preparing for your End of Semester Test. Good luck!

- Introduction to Physical Education – How to achieve success in a new exercise program
- Introduction to Physical Education – Definition of physical fitness
- Evolution of Sports – Technology that has helped swimmers improve their race times
- Muscular Strength and Endurance – Types of muscles that can be controlled voluntarily
- Safety and Injury Prevention – Cause of chronic strains
- Introduction to Sports – Sports that are played individually
- Basics of Physical Activity and Exercise – Distinguish between different types of physical activity
- Safety and Injury Prevention – What whole grains provide the body with
- Introduction to Sports – Role of a goalie on a soccer team
- Basics of Physical Activity and Exercise – Activities that are low in intensity
- Lifestyle Fitness – Ways to break a bad habit
- Cardiorespiratory Fitness and Endurance – How to measure heart beats in time
- Flexibility – How injuries can occur while stretching
- Muscular Strength and Endurance – What skeletal muscles must do to move
- Flexibility – How your flexibility changes as you get older
- Effects of Media and Culture – Examples of baseline activities
- Biomechanics and Movement – Two concepts that explain how the body moves
- Muscular Strength and Endurance – Steps you should take after a workout
- Lifestyle Fitness – Benefits of lifelong physical activity
- Safety and Injury Prevention – When sports drinks should be used for hydration
- Muscular Strength and Endurance – Difference between absolute and relative strength
- Introduction to Physical Education – Components of skill-related fitness

- Cardiorespiratory Fitness and Endurance – Two areas of the body to use when checking for a pulse
- Introduction to Physical Education – Characteristics of flexibility
- Lifestyle Fitness – How to exercise to remain healthy after the age of 65
- Effects of Media and Culture – Causes of an inactive lifestyle
- The Evolution of Sports – Why the world has witnessed globalization in sports
- Effects of Media and Culture – Different examples of doctors in the field of academics
- Introduction to Sports – Main purpose of being on offense
- Designing a Physical Fitness Program – How much physical activity children and teens need
- Lifestyle Fitness – Factors that can be changed to break a habit
- Biomechanics and Movement – Characteristics of the field of physics
- Evolution of Sports- Significance of airing the Superbowl internationally
- Safety and Injury Prevention – Characteristics of the PRICES process
- Effects of Media and Culture – Job responsibilities of a physical therapist
- Biomechanics and Movement – Components that can be introduced to training regimes to increase running speed
- Introduction to Sports – Examples of teamwork in sports
- Flexibility – Benefits of warming up muscles before working out
- Safety and Injury Prevention – How a proper warm up increases blood flow
- Evolution of Sports – Why the Olympics were created
- Designing a Personal Fitness Program – Minimum number of days adults should do strength-training every month
- Cardiorespiratory Fitness and Endurance – Factors to take to reduce the risk of heart disease
- Flexibility – Types of activities that should be done with flexibility exercises for the best workout
- Benefits of Physical Activity and Exercise – Drawing conclusions from line graphs
- Basics of Physical Activity and Exercise – Difference between baseline and health-enhancing activities
- Introduction to Physical Education – First step to setting a physical fitness goal
- Basics of Physical Activity and Exercise – Benefits of increased physical fitness
- Evolution of Sports – How the popularity of modern sports helps advance a society
- Designing a Personal Fitness Program – Level of effort needed to complete an activity
- Biomechanics and Movement – Type of movement the hand does around the wrist
- Flexibility – Best ways to stretch muscles after a workout

- Designing a Personal Fitness Program – Different principles a workout can be designed around
- Muscular Strength and Endurance – Activities that can be done with high muscular endurance
- Cardiorespiratory Fitness and Endurance – Factors that will decrease with increased cardiorespiratory activity
- Introduction to Sports – Examples of poor sportsmanship