

PAL 11 Quiz Review

Quiz Date: Wednesday Nov 19th

Format: 10 Multiple Choice, 10 Matching, 10 True and False, 2 Short Answers, 2 Critical Thinking

Topics To Know:

- Healthy Eating: Canada's Food Guide
- Junk Food: What it is? Why we crave it? How bad is it? How much is too much?
- Nutrients: Protein, Carbohydrates, Total Fats, Vitamin A, Folic Acid, Iron, Calcium
- Portion Size: serving size and healthy plate
- Basal Metabolic Rate: Calculate it, importance of it, what it is
- Leave No Trace Principles
 - Plan Ahead and Prepare, Travel and Camp on Durable Surfaces, Dispose of waste Properly, Leave what you find, Minimize camp fire impacts, Respect wildlife, Be considerate of others
- Components of health-related fitness
 - Cardiovascular fitness, Muscular endurance, Muscular strength, Flexibility, Body composition
- Components of Skill Related Fitness
 - Reaction time, Coordination, Power, Speed, Agility, balance
- Target Heart Rate: what is it? Why do we train in the target heart rate?
- Cardiovascular Fitness: What is it? Benefits? How can you improve CF? Aerobic exercise? Anaerobic exercise?
- Principles of Fitness: Overload, FIT, Specificity

Short Answers and Critical Thinking Questions

1. What is cardiovascular fitness?
2. How can you improve your cardiovascular fitness? (Key words to use: heart, muscles, oxygen, target heart rate, aerobic exercise, FIT)
3. How does the principle of specificity apply to improving the 5 health related components of fitness?
4. Choose two Leave No Trace Principles and describe how a class can practice those on an outdoor field trip.
5. Nova Scotia is one of the most obese provinces in Canada, using your knowledge of how companies make junk food more enticing to consumers, explain how junk food manufacturers have targeted Nova Scotians.
6. Calculate your Basal Metabolic Rate.
7. Calculate your Target Heart Rate.
8. How can an individual gain weight? Lose weight? Maintain weight? (key words: output, input, BMR)
9. Explain how the FIT principle is used to improve fitness.
10. Choose a sport, describe all the skill related components of fitness that are used in that sport.

Specific Questions:

1. What are the four categories in Canada's food guide?
2. What is the science behind being hooked on junk food?
3. Describe protein, carbohydrates, Total Fats, Vitamin A, Folic Acid, Iron, and Calcium.
4. Why do the number of servings change with age and gender?
5. Calculate BMR and Target Heart Rate
6. What are the five health related components of fitness?
7. What are the six skill related components of fitness?
8. What are the benefits of cardiovascular fitness?
9. How can you improve cardiovascular fitness?
10. What is overload? What is FIT? What is specificity?