Foundations 1E Lesson 6.1 Quiz Answers

Title: Lesson 6.1 Quiz

Topic: L6.1LO1: Compare and contrast physical activity, exercise, and physical fitness.

1. How is exercise different from other forms of physical activity?

a. It involves daily activities and the ability to do them without getting easily tired.

b. It involves a variety of activities.

\*c. It involves planned, structured, and repetitive activity to improve fitness.

d. It involves using the large muscles of the body.

Title: Lesson 6.1 Quiz

Topic: L6.1LO2: Evaluate the physical, mental, and social benefits of physical activity on your health.

2. Which is a mental benefit of regular physical activity?

\*a. reduced anxiety and depression

b. decreased likelihood of obesity

c. increased opportunities to meet new people

d. increased energy

Title: Lesson 6.1 Quiz

Topic: L6.1LO3: Predict how physical activity can affect your health status.

3. Staying physically active can help reduce your risk for type 2 diabetes and heart disease.

\*a. true

b. false

Type: MR

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Topic: L6.1LO4: Identify three activities you could do at home when taking an activity break.

4. Josh tells his parents that he doesn’t have the time or energy for physical activity. Yet he sits at his computer or watches television for hours. What should his parents recommend to encourage Josh to get some practical physical activity? **Select all that apply.**

\*a. get active during television commercials or for two-minute breaks from the computer

b. walk three miles once a day

\*c. do stretching exercises for two minutes at a time

\*d. do a standing wall plank in the living room

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Topic: L6.1LO5: Design a schedule you could use daily to get your 60 minutes of exercise completed.

5. Which is true about designing a schedule for moderate-to-vigorous exercise?

a. It must be done for 60 minutes without a break.

\*b. It can be broken up into several activity breaks that add up to 60 minutes.

c. It should be done with friends at the same time each day.

d. It must include organized sports and games.