

## 8<sup>TH</sup> GRADE PE STUDY GUIDE

This study guide is due DECEMBER 3/4. You will turn the study guide in on DECEMBER 5/6. The Semester Final is DECEMBER 5/6. Please bring a PENCIL AND READING BOOK to class with you on DECEMBER 5/6.

NAME \_\_\_\_\_ PERIOD \_\_\_\_ SCORE \_\_\_\_

1. When weight lifting, \_\_\_\_\_ is more important than \_\_\_\_\_.
2. There are four basic ways to make sure that you are using good technique when lifting weights. What are they?

3. Do not hold your breath when lifting weight. \_\_\_\_\_ when lowering the weight and \_\_\_\_\_ when lifting the weight.

The following questions come from the 8 To Live By folder.

4. Eat a healthy breakfast including \_\_\_\_\_ of the \_\_\_\_\_ main food groups.
5. Limit sweetened drinks, soda and sports drinks to \_\_\_\_\_ ounces a week.
6. Limit screen time to no more than \_\_\_\_\_ a day.
7. Aim for at least \_\_\_\_\_ minutes a day of physical activity.
8. There are three suggested ways to gain support regarding food. What are they?
9. Your target heart rate zone is between \_\_\_\_\_ and \_\_\_\_\_ beats per minute.
10. The knee should not be tighter than a \_\_\_\_\_ degree angle when weight bearing.
11. We are able to reduce the risk of CV disease by doing aerobic activities. There are five requirements for an activity to be aerobic. What are they?

12. Define the following words. You will not need to know definitions word for word for the test.

Cardio

CV system

CV fitness

Aerobic

Anaerobic

Warmup

Cool down

Muscular strength

Muscular endurance

Flexibility

Dynamic stretch

Static stretch

Ballistic stretch

Vascular

13. Eight factors have been identified as a risk to develop CV disease. What are they?

14. Place the following on the continuum (remember there are two titles at each end):  
Strength, distance, aerobic, jumps, endurance, sprints, anaerobic, cross country skiing.

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15. What is the four step treatment for a soft tissue injury?

16. What are the five components of physical fitness?

17. Write the location of each muscle. On the test you will write out the name of each muscle - spelling counts.

Anterior tibialis

Back extensors

Bicep

Deltoid

Gastrocnemius

Gluteus maximus

Hamstrings

Hip abductors

Hip adductors

Hip flexors

Latissimus dorsi

Pectoralis major

Quadriceps

Rectus abdominus

Trapezius

Tricep