

Skills Worksheet

# Directed Reading

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## Lesson: The Parts of Fitness

1. The ability to do everyday activities without becoming short of breath, sore, or tired is called \_\_\_\_\_.

### STRENGTH

2. List two ways that strength helps you.

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### ENDURANCE

3. Being able to do activities for more than a few minutes is called \_\_\_\_\_.

### FLEXIBILITY

4. You use \_\_\_\_\_ when you bend down, twist your body, or reach for something.

### BODY COMPOSITION

- \_\_\_\_\_ 5. Body composition compares the weight of your fat to the
- a. weight of your muscles.
  - b. weight of your bones.
  - c. weight of your organs.
  - d. All of the above

## Lesson: Your Fitness Program

### WHY SHOULD YOU EXERCISE?

6. Physical activity that improves fitness is called \_\_\_\_\_.

### TESTING YOUR FITNESS

7. Why do you need to know your fitness weaknesses?

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**Directed Reading** *continued*

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**YOUR FITNESS GOALS**

8. List five things that influence your fitness goals.

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**FIT**

9. Describe the parts of FIT.

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**MONITORING YOUR HEART RATE**

10. What is the target heart rate zone?

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**Lesson: Energy for Exercise  
WITH AND WITHOUT OXYGEN**

11. Exercise that uses oxygen to get energy is \_\_\_\_\_, while  
exercise that is fueled without oxygen is \_\_\_\_\_.

**WORKING TOGETHER**

12. How do tennis players use aerobic and anaerobic energy?

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**Directed Reading *continued***

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**Lesson: Sports and Competition**

13. A contest between two or more people or teams is called a(n)

\_\_\_\_\_.

**COMPETITION AND SPORTSMANSHIP**

14. A person who treats players, officials, and fans fairly during competition is

practicing \_\_\_\_\_.

**GETTING STARTED IN SPORTS**

15. List two places where you can join sports teams.

\_\_\_\_\_  
\_\_\_\_\_

**Lesson: Weight Training**

16. Using weights to make muscles stronger or bigger is called

\_\_\_\_\_.

**TYPES OF WEIGHT TRAINING**

17. Describe two kinds of weight training.

\_\_\_\_\_  
\_\_\_\_\_

**EQUIPMENT**

18. How are free weights and machines different?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SAFETY**

19. What is a spotter?

\_\_\_\_\_  
\_\_\_\_\_

**Directed Reading** *continued*

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**GETTING STARTED**

20. How should weight training often start?

\_\_\_\_\_

**Lesson: Injury**

**WARNING SIGNS OF INJURY**

\_\_\_\_\_ 21. Which of the following is NOT a sign of injury?

- a. sharp pain
- b. swelling
- c. muscle soreness
- d. numbness

**OVERTRAINING**

22. The condition that happens when someone exercises too much is called \_\_\_\_\_.

**Lesson: Common Injuries**

23. An injury that happens suddenly is called a(n) \_\_\_\_\_.

**ACUTE INJURIES**

Match each description in the left column with the correct term from the right column. Write the letter in the space provided.

\_\_\_\_\_ 24. cracked bone

\_\_\_\_\_ 25. overstretched or torn muscle or tendon

\_\_\_\_\_ 26. stretched or torn ligament

- a. strain
- b. sprain
- c. fracture

**CHRONIC INJURIES**

27. An injury that develops over a long period of time is called a(n) \_\_\_\_\_.

**Lesson: Eight Ways to Avoid Injury**

**WARM UP AND COOL DOWN**

28. To get ready for exercise, you should \_\_\_\_\_ before exercise and \_\_\_\_\_ after exercise.

**Directed Reading** *continued*

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**STRETCH**

**29.** What are the benefits of stretching?

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**DON'T GO TOO FAST**

**30.** How can increasing frequency, intensity, and time too much cause injury?

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**IMPROVE YOUR FORM**

**31.** \_\_\_\_\_ can cause injury over time.

**TAKE A BREAK**

**32.** How does active rest help you to recover from exercise?

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**WEAR THE RIGHT CLOTHES**

**33.** How does the right clothing benefit physical activity?

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**USE YOUR SAFETY EQUIPMENT**

**34.** Using \_\_\_\_\_ helps protect you from injury.

**DON'T EXERCISE ALONE**

**35.** Why should you exercise with friends?

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