

Unit 2 Study Guide

Soccer

Chapter 1 – Looking Good, Feeling Good

Chapter 4 – Guidelines for Exercise

_____ name

Soccer

When does a team get a corner kick?

When does a team get a goal kick?

When does a team get a throw-in?

When does a team get an indirect kick?

When does a team get a direct kick?

Define the following skills with the proper technique.

Throw-in -

Trapping -

Dribbling -

Heart Rate

What two fingers should you use to take your heart rate?

Where on the body do you take the following heart rates?

Carotid -

Radial -

Brachial -

Femoral -

What do the following initials stand for?

RHR -

MHR -

THR -

The **Karvonen Method** is the method for calculating a person's target heart rate. What are the two pieces of information you need to calculate someone's target heart rate?

How do you calculate someone's maximum heart rate?

Looking Good, Feeling Good

Define the 5 components of fitness

- 1.
- 2.
- 3.
- 4.
- 5.

List the Primary Health Risk Factors.

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | |

What are the 3 Primary Health Risk Factors you can't control?

Guidelines for Exercise

How do you get started to start an exercise program?

Define the following heat/cold related illnesses.

Heat Cramps –

Heat Exhaustion -

Heat Stroke -

Hypothermia –

Explain what a good warm-up should consist of.

Explain what a good cool down should consist of.

