Chapter 1: Personal Fitness, Feeling Good/Looking Good

Anticipation Guide

**Directions:**

**Before reading:** In the column labeled *me*, place a check next to any statement with which you agree.

**After reading:** Compare your opinions on those statements with information contained in the text.

<table>
<thead>
<tr>
<th>Me</th>
<th>Text</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. Physical fitness is a trend not a fad.</td>
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<tr>
<td></td>
<td>2. You don't have to be an athlete to be physically fit.</td>
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<td></td>
<td>3. Physical Fitness is determined by the condition of your heart.</td>
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<td>4. Those who remain active have fewer heart problems and other diseases.</td>
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<td>5. Fatty deposits put a strain on the heart and circulation.</td>
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<td>6. High Blood pressure occurs in both young and old.</td>
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<td>7. Fast food chains serve generally high fat content foods.</td>
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<td>8. People who take control of their bodies and lifestyles help stress and depression.</td>
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<td></td>
<td>9. Smoking, sex of an individual, heredity and age may make you more at risk for Heart Disease</td>
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<tr>
<td></td>
<td>10. It will take several months of exercising before you will be provided with the physical and mental benefits.</td>
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</table>
CHAPTER 1: Looking Good Feeling Good

Video Assignment

1. What is FITNESS?

2. What are the five elements of fitness?

3. What are the six factors that affect your overall health and fitness?

4. What are the three health factors you can’t control?
Reading Strategy

Chapter 4  Guidelines to Exercise

Name: ___________________________________________      Date ___________________

Sketch to Stretch

As students, you are to conceptualize ideas from your reading of Chapter 4 by creating a sequence of sketches. These are quick simple drawings that do not require artistic ability. Good readers employ the strategy to visualize what they read hence they are more apt to remember the important concepts.

You are to read then draw for each subject outlined in Chapter 4.

1. How to Get Started                 2. Clothing

3. Exercising in Hot Weather               3a. Heat Cramps

3b. Heat Exhaustion                     3c. Heat Stroke


CHAPTER 4: Guidelines for Exercise

Video Assignment

1. What are 2 important guidelines before you begin to exercise?

2. How should you dress in hot weather?

3. What are 3 heat related illnesses that can affect someone who exercises in hot weather?

4. What are the two most important factors you should do before and after exercising?