**10th Grade Final Exam Review Sheets**

1. Components of Physical Fitness
   1. Cardiovascular Endurance
      1. Definition: Any exercise that increases your heart rate for an extended period of time.
      2. Examples: Running, jogging, soccer…
      3. What is the benefit of regular exercise
      4. What types of clothes should I wear in the winter/summer
      5. How do I set up a fitness program
      6. How many days and how long should I exercise for?
   2. Muscular Endurance
      1. Definition: Muscles ability to perform a strength activity over an extended period of time.
      2. Examples: Bench press a lift weight multiple times
   3. Muscular Strength
      1. Definition: How much your muscles can lift/move at one time
      2. Examples: Max out on bench press one time…
   4. Flexibility
      1. Definition: The ability to bend and stretch easily
      2. Examples: Sit and reach, quadriceps stretch…
      3. How do I stretch (how long, types…)
   5. Body Composition
      1. Definition: The ratio between fat and muscle on your body
      2. Examples: Skin fold, hydrostatic weighing…
2. Swimming
   1. Identify what a bob is
   2. How do you relieve ear pressure under water
   3. Safety rules in the pool
   4. Purpose of the kick
   5. Identify all the strokes discussed in class
      1. Breaststroke, Backstroke (back crawl), Finning, Sidestroke (pick the apple from the tree), Elementary backstroke, Freestyle (front crawl)
3. Essay
   1. Define cooperation, leadership, and wellness
   2. Good listener qualities
   3. Benefits of exercise
4. Weight Training
   1. Identify all the muscles discussed in class and an exercise that works the muscle (example: the dumbbell curl works which muscle?)
   2. Benefits of the weight
   3. 