

PE 9A Quiz 1 **Name** _____

Fit or Fat: Spring 2008

This quiz is worth 5% of your grade

Short Answer 3 points each, 15 points total

Write a short, 2-3 sentence answer for the following

1 What is the importance of recovery in a physical training program?

2 How does lifestyle influence obesity?

3 What components make up physical fitness?

4 Why is variability important to an exercise program?

5 Which body composition protocols did we use in class?
How do they compare in accuracy to hydrostatic weighing?