

Foundations of Personal Fitness 1A

Credit by Exam Review Sheet

This Credit by Exam Review Sheet can help you prepare for the exam by giving you an idea of what you need to study, review, and learn. To succeed, you should be thoroughly familiar with the subject matter before you attempt to take the exam.

Every question that appears on the Credit by Exam/Examination for Acceleration is grounded in the knowledge and skills statements and student expectations within the state-mandated standards, the Texas Essential Knowledge and Skills (TEKS). It should be noted that an exam will not test every student expectation. However, it is important that students study and know the entire scope of the TEKS so that they can develop a complete understanding of the content. The CBE/EAs are a global exam grounded in the TEKS and are not designed to be a final exam for the University of Texas high school courses. You can view the TEKS for this exam online at <http://www.tea.state.tx.us/teks/>. Since questions are not taken from any one source, you can prepare by reviewing any of the state-adopted textbooks.

About the Exam

The Credit by Exam consists of 40 multiple-choice questions, 40 true-false questions, and 20 matching questions that are worth 1 point each. You will be allowed **3 hours** to take the exam.

Concepts and Objectives

The bulleted list and sample questions below may not refer to all the material that will be on the exam. This list only provides additional information for some of the student expectations tested in the Foundations of Personal Fitness I First Semester Credit by Exam. Ultimately, you should use the TEKS to guide your exam preparation.

Physical Activity and Personal Fitness

- The Physical Activity Pyramid
- Diseases and Risk Factors
- Developing a Positive Fitness Attitude
- Setting Fitness Goals
- Physical Activity/Exercise Guidelines

Safety and Injury Prevention

- Medical Screening for Physical Activity
- Extreme Heat, Cold, and Fluid Balance
- Air Pollution/Personal Safety
- RICE Formula
- Biomechanics
- Effects of Tobacco, Alcohol, and Anabolic Steroids
- Safety Gear and Clothing
- Preventing Fitness Injuries
- Stress Effects on Health

Designing a Personal Fitness Program

- Health-Related and Skill-Related Fitness Components
- FITT, Overload, Specificity, and Progression Principles
- Components of a Complete Workout
- Resting Pulse Rate
- Stretching Correctly
- The Effect of Intensity on Heart Rate
- Components of a Personal Fitness Workout Plan
- Aerobic/Anaerobic Fitness and Activities

Nutrition and Personal Fitness

- Dietary Guidelines for Americans
- The Food Guide Pyramid
- Nutrition Facts Panel
- Nutrients
- Vitamins, Minerals, Water, and Antioxidants
- Nutrition Principles for Athletes
- Nutrition and Physical Fitness Myths

Body Composition

- The Energy Equation and Body Fat Ratings
- Evaluating Body Composition
- Body Mass Index (BMI) and Percentiles for Males/Females
- Body Fat, Essential Fat
- Overweight, Obesity, and Excessive Leanness

Maintaining a Healthy Body and Body Weight

- The Effects of Overweight on Health
- Eating Disorders and Fad Diets
- Substance Abuse and the Body
- Metabolic Rate/Metabolism
- Weight Control and Physical Activity
- Body Fat Ratings
- Weight Control, Diet, and Exercise
- Physical Health Risks (high blood pressure, high cholesterol, heart disease, stroke, cancers, diabetes, breathing disorders)
- Insulin

Cardiorespiratory Endurance

- Circulatory and Respiratory System
- Risk Factors and Lifestyle Disease
- Benefits of Aerobic Activity
- Basics of the Circulatory and Respiratory System
- Evaluating Cardiorespiratory Endurance
- Risk Factors and Lifestyle Diseases

- Influences on Cardiorespiratory Endurance
- Cardiorespiratory Fitness Tests
- Target Heart Rate
- Ways to Monitor Your Fitness and Progress
- Applying the FITT Principle to Cardio Workouts
- Maintenance Fitness Programs

Resistance Training and Developing Muscular Fitness

- Free Weights/Weight Machines
- Benefits of Resistance Training
- Safety Rules, Procedures, and Proper Techniques
- Circuit Training
- Weight Training Exercises for the Whole Body
- Selecting Fitness and Resistance Training Equipment
- Progressive Resistance
- Skeletal Muscles and Weight Lifting Exercises
- Types of Muscles and Their Functions
- Muscle Soreness and Prevention
- Resistance Training Myths
- Weight Room Etiquette
- Resistance Training Terminology (sets, repetitions, spotters, negative reps, multiple-set, super-set)

Flexibility

- Proper/Improper Lifting, Stretching, and Posture Techniques
- Developing Flexibility using the FITT Principle
- Warm-up and Cool-down Flexibility Exercises
- Range of Motion
- Static vs. Ballistic Stretching
- Lower Back Pain
- Aging and Flexibility
- Stretches for Flexibility

Personal Fitness Throughout Life

- Types of Health and Fitness Facilities (commercial gyms, fitness centers, hospital-based wellness centers, corporate fitness centers, college/university-based fitness centers, sports medicine clinic center)
- Qualified Fitness Experts (orthopedics, physical therapists, athletic trainers, registered dietitians, exercise physiologists, physical education and health teachers)
- The Aging Process
- The Effects of Exercise and Nutrition on Aging
- Osteoporosis
- Modifying Activities
- Leisure-Time Activities

Sample Questions

These sample questions will give you a better idea of the types of questions you can expect on the Credit by Exam. These questions are provided to illustrate the format of the exam; they are not a duplicate of the actual exam. In order to be successful on the exam, you must study and review all of the concepts listed above.

Multiple-Choice

This part contains 5 multiple-choice questions. Circle the letter of the correct response to each of the following questions.

1. Your ability to perform successfully in various games and sports is known as _____.
 - A health-related fitness
 - B skill related/performance fitness
 - C functional fitness
 - D physical fitness

2. Which of the following is not a component of health-related fitness?
 - A Cardiovascular fitness
 - B Body composition
 - C Flexibility
 - D Agility

3. When jogging, your foot strikes the ground with a force that is _____ - _____ times your body weight.
 - A 1, 2
 - B 2, 4
 - C 3, 5
 - D 4, 6

4. The process by which the body converts calories from food to energy is called _____.
 - A metabolism
 - B nutrition
 - C energy conversion
 - D all of the above

5. Which of the following will most likely not help resolve conflicts and avoid stress?
- A Show respect to others
 - B Think of yourself first when conflicts occur
 - C Take responsibility for your own actions and role in a conflict
 - D Remember other people's rights

True-False

This part of the sample exam contains 5 true-false questions. Circle the letter of the correct response to each of the following questions.

6. Constant muscle soreness and fatigue are a sign of over-training.
- A True
 - B False
7. Being overweight can increase the risk of cancer.
- A True
 - B False
8. Vegetarians need special nutritional guidance from a health professional in order to get the proper nutrients their body requires.
- A True
 - B False
9. Anabolic steroids can cause acne and baldness.
- A True
 - B False
10. Fats should comprise 30 – 40 percent of the calories you eat everyday.
- A True
 - B False

Matching

This part of the sample exam contains 5 matching questions. Draw a line between the letter of the correct response in Column B to each of the following questions in Column A.

Column A	Column B
11. Centers operated by city park and recreation departments.	A Corporate Fitness Centers
12. Centers operated by state or private colleges	B Hospital-Based Wellness Centers
13. On-site health/fitness facilities available for employees and their families	C College-Based Fitness Centers
14. Centers that focus on research promoting health and fitness, as well as on the development and operation of health, fitness, recreation, and educational programs	D Community Recreational Centers
	E Sports Medicine Clinic Centers

Answer Key

Item Number	Correct Answer
Multiple-Choice Questions	
1	B
2	D
3	C
4	A
5	B
True-False Questions	
6	A
7	A
8	A
9	B
10	B
Matching Questions	
11	D
12	C
13	A
14	E