1. Name and describe the Health Related components of fitness.

2. Name and describe the Skill Related components of fitness.

3. What is the difference between the terms overweight, overfat and obese?

4. What is the difference between the words *Aerobic* and *Anaerobic*?

5. What does the pulse measure?

6. Name two places on your body where the pulse is commonly found.

7. What is the purpose of doing a *Warm-up* before exercise?

8. What are some benefits of being fit?

9. What are two good tests which measure your physical fitness?

10. Name and describe five sports that would be considered good lifetime sports. Your description should include the health and social benefits of doing that sport.

11. What are some disadvantages of being a smoker?

12. What is the best way of losing weight?

13. Why is dieting alone not considered to be a good way of losing weight?

14. Describe the meaning of the terms *Kilojoule Intake* and *Kilojoule Output*.

15. What is the definition of *Physical Fitness*?

16. What are some health disadvantages of eating too much fatty food?