

Mid-Term Exam Study Guide

- Mid-term exam is closed note, closed book - **Tuesday, 21 February**
- You may use one 8.5 x 11 **HAND WRITTEN** 'cheat sheet' during the exam, double sided if you wish
You will turn this sheet in with exam
- You will not need a scantron sheet. You will be supplied the short fill in answer exam
- You are encouraged to write in erasable pen or pencil.
- You will need a calculator - **no mobile phones allowed**
- The mid-term is 10% (100 pts.) of your final grade

1. Name and briefly describe the six (6) components of a healthful life
2. Name five (5) of the several 'key' behaviors that will help you live longer
3. Be able to list each of the five (5) S.M.A.R.T. strategies for goal setting
4. Be able to list five (5) behavior change techniques
5. Be able to diagram the 'challenge resolution' cycle
6. List three (3) components to developing and maintaining your self esteem
7. List five (5) strategies to enable you having a good night's sleep
8. List the three (3) phases of the G.A.S.
9. List six (6) things you can do to lessen your stress
10. List five (5) ways to better manage your time
11. List what type of body weighing method would be the most effective and why
12. Be able to calculate your BMI, and show your work on the exam
13. Be able to list three (3) lifestyle changes can you make to keep a better ideal body weight
14. Be able to list three (3) reasons why is it so important to eat breakfast
15. Know the textbook definition of calorie
16. Know how many calories are in 1 lb. (one-pound) of fat
17. Be able to calculate your target heart rate zone, and show the arithmetic on the exam
18. Be able to state what is *your* most effective method of maintaining physical fitness and why
19. Be able to define R.I.C.E.
20. Be able to detail an ideal one hour workout, listing each component
21. Know what is the single word that is most important factor in the improvement of our physical fitness
22. Know statistically if you were 30 pounds over your ideal body weight, how many years would you reduce your life expectancy by
23. Know what the largest contributor of **saturated fat** is in our diet
24. Be able to define Eustress and Distress
25. Know why transfats are not good for us
26. Know what is the most important piece of sports equipment we wear