

Physical Education

End of Course Exam

1. Explain the differences between physical health, mental health, and social health.
2. What are emotions?
3. Identify and explain 2 basic needs people have.
4. What is stress? What impact can it have on your health?
5. What are three functions of the skeletal system?
6. How do the respiratory and circulatory systems work together to bring oxygen to your cells?
7. Identify and describe three other body systems.
8. List and explain 2 functions of the skin.
9. Identify the causes for acne and describe 2 possible treatments.
10. List 3 physical benefits of regular exercise.
11. Define:
 - o Heart rate
 - o Blood pressure
12. How does exercise improve your cardiovascular fitness?
13. Define:
 - o Family
 - o Extended family
14. Identify two events that can cause stress in families and explain how families can respond positively to stressful situations.
15. Define:
 - o Nutrients
 - o Carbohydrates
 - o Protein
16. Explain the difference between saturated and unsaturated fats.
17. Why is water so important for good nutrition?
18. Explain the importance of reading food labels.
19. Identify two eating disorders and describe the symptoms for each disorder.