

1. Can be defined as a general state of health and well-being or more specifically as the ability to perform physical activities associated with daily life with vigor and alertness and without getting overly tired is called _____.

2. _____ determines the ability of an individual to perform daily activities with vigor and demonstrate the capacities associated with low risk of premature development of hypokinetic diseases.

3. _____ is known for how much force your muscles can exert or how heavy weights they can lift.

4. It is also known as performance-related fitness components. It is associated with athletic competition but should be considered in the overall fitness of all individuals is called _____.

5. _____ is the ability of an individual to maintain their line of gravity within their base of support. It can be classified into static and dynamic.

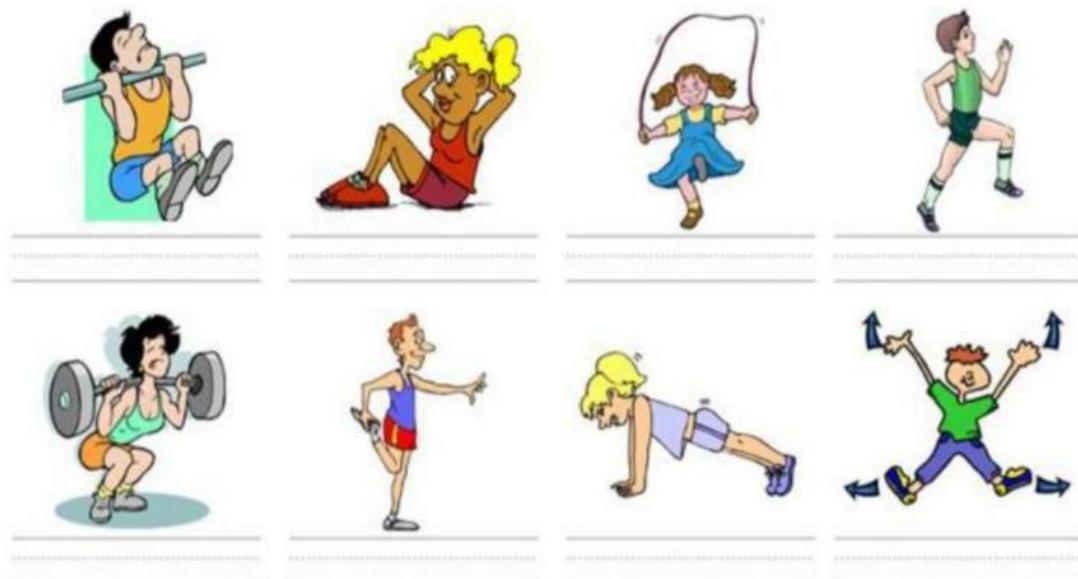
6. _____ are the skills we need for moving balls and objects around.

7. The ability to move muscles and joints through a full range of motion is called _____.

8. _____ are those in which players send an object (such as a ball or dart) towards a target area.

9. _____ The skills used by an individual to move from one place to another.

10. _____ is defined as “a rapid whole-body movement with change of velocity or direction in response to a stimulus. It performs a series of explosive power movements in a rapid succession in opposing directions.



Instructions: Write the word True if the sentence is correct and False if the sentence is not correct.

- _____ 1. A healthy relationship should start at home.
- _____ 2. Being in a healthy relationship with all the members of the family contributes to a healthy society.
- _____ 3. Only the eldest members will do household chores and participate in positive decision-making.
- _____ 4. The family engages in healthy activities.
- _____ 5. A healthy family ignores healthy activities.
- _____ 6. Each member of the family did not share their secrets.
- _____ 7. The family chooses to go out with friends.
- _____ 8. A healthy family always fights with each other.
- _____ 9. Family members feel safe and connected to one another.
- _____ 10. Members of the family always care for each other.

a.



<https://www.istockphoto.com/illustrations/family-medicine>

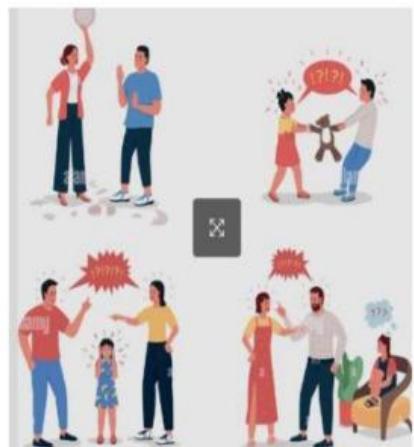
b.



https://www.123rf.com/photo_137470696_family-outdoor-activities-types-trendy-flat-vector-concepts-set-parents-and-child-playing-with-dog.html



<https://www.alamy.com/stock-photo/family-health-and-fitness-concept.html?imgt=8&sortBy=relevant>



<https://www.alamy.com/family-fighting-flat-color-vector-detailed-character-set-image416313148.html>



<https://www.shutterstock.com/image-vector/illustration-sibling-fighting-over-remote-control-156249344>



<https://www.gettyimages.ca/detail/photo/things-are-getting-out-of-control-in-here-royalty-free-image/174229403?adpopup=true>

A. Instructions: Identify the following Levels of Exercise: Write LE for Light Exercise, ME for Moderate Exercise, and HE for Heavy Exercise. Put your answer in the space provided for each number.

1. Walking

6. Running

2. Basketball

7. Gardening

3. Walking Rapidly

8. Marathon

4. Yoga

9. Dancing

5. Aerobics

10. Distance Running

Instructions: If the sentence is correct, write TRUE; if not, write FALSE.

1. It is okay to keep the stagnant water from around your home.

2. Avoid drinking contaminated water.

3. Wash your hands properly.

4. Drink 10-12 glasses of water a day.

5. Eat fruits and vegetables.

6. Street food is good for our health.

7. The news that you read in newspapers and on television is fake.

8. Stay away from anyone who is ill at all costs.

9. One of the best things to avoid being sick is to break the chain of infection.

10. Maintain clean and healthy surroundings.

