

NAME

DATE

Month 2
CLASS PE

CHAPTER

18

Look it up!

RETEACHING ACTIVITY 47

DIRECTIONS: Read and answer each question below in the space provided.

1. What are the three components of an exercise session?

2. What is the goal of aerobic exercise?

3. What is the goal of anaerobic exercise?

4. What factors should one consider when trying to develop the right exercise program for oneself?

5. What two components should be included in a good warm-up?

6. What two components should be included in a good cool down?

7. What three considerations should one include for a good workout?

