# PHYSICAL EDUCATION

# STUDY GUIDE

#### PART L.

DIRECTIONS: Review the following terms and concepts. Do <u>not</u> try to memorize the definitions, rather think about and understand: 1.) what the concepts mean to you, and 2.) how we have worked on physical fitness in class. Please review with a parent if possible.

#### What is wellness?

 Wellness is a state of excellent health which includes mental, physical, and emotional characteristics or parts. Wellness can be more easily achieved by being physically fit, eating healthy, and getting enough rest (sleep).

# What is physical fitness?

Physical fitness is the capacity of the heart, lungs, and muscles
to function at optimum efficiency (the human body to work at
its best). It is important for health, physical performance, and
mental well being. It does not mean that you are the best at a
given sport or sport skill.

# What does it mean to be physically fit?

- Children who are physically fit have sufficient endurance to participate in moderate to vigorous activities without undue fatigue.
- These children can participate longer and play harder than those less fit.
- Children who are physically fit develop a positive attitude toward an active and healthy lifestyle.

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**Indranil Goswami** 

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PE Study Exam: Mechanical Engineering Scott Hart, Kevin Klein, 2019-02-25 We are two professional engineers who took and passed the first revision of the updated 2017 PE exam for Mechanical Engineering Machine Design and Materials and we wanted to provide a resource to help fellow engineers study more efficiently for the test This practice exam contains 80 problems we created that we believe are an excellent representation of the test Looking back we can see that working problems similar to the exam was the most beneficial thing we did to prepare because they got us familiar with the structure of the PE exam and showed us which topics we needed to study more unfortunately most of the materials we used to study had practice problems that were either too complicated in strange formats or led us to study unnecessary concepts In other words this is the study material that we wish we had while studying for the exam **Civil Engineering PE Exam** Structural Study Guide and Sample Problems Jeff Setzer, 2013-06-20 The Study Guide for the Structural portion of the Civil Engineering PE Exam is 67 pages of reference material more than 20 example test problems and a recommended list of test day materials for use in preparing to take the Civil Engineering Structural PE Exam The Study Guide was written by a licensed professional engineer PE with over 20 years practical experience in consulting engineering project management and construction administration This study guide will help you be successful on the Civil Engineering Structural PE Exam by guiding you through exam preparation and by being a valuable resource on test day Fire Protection Engineering PE Exam Study Guide Jeff Setzer, 2016-01-01 The Fire Protection Engineering PE Exam Study Guide contains over 100 example test problems with solutions a recommended list of materials for a Test Day Resource Library c and more Working through

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