

**Personal Fitness
Chapter 3 Review**

(You must handwrite both the questions and the correct answers)

True or False?

1. The best time to purchase exercise shoes is in the morning.
2. Dark-colored clothing is best for exercising in hot weather.
3. Cooling down properly helps prevent sore muscles.
4. When you exercise on very humid days, your perspiration evaporates faster and you cool down quickly.
5. You should not drink water during exercise.
6. Heatstroke can be a life-threatening condition.
7. When exercising during cold weather, it is best to wear one heavy jacket over your regular exercise clothes so that you can keep warm.
8. A large percentage of body heat is lost if your head is uncovered during cold weather.
9. It is not necessary to wear sunscreen unless you are out in the sun all day.
10. You are generally more flexible after exercise during your cool down period than before exercise.

Read the questions below and select the best possible answer for each.

1. Heat exhaustion symptoms include
 - A. Heavy perspiration
 - B. Pale skin
 - C. Nausea
 - D. All of the above

2. Heat stroke symptoms include
 - A. Cold, wet skin
 - B. Loss of body heat
 - C. Weak pulse
 - D. High body temperature

3. Which heat related disorder is the most serious and often requires medical attention?
 - A. Heat cramps
 - B. Heat exhaustion
 - C. Heat stroke
 - D. Heat fatigue

4. Which of the following statements is NOT true about an acute minor injury?
 - A. You should apply heat as soon as possible to relieve the pain
 - B. Ice will help keep swelling down
 - C. Elevating the injured area will help keep swelling down
 - D. Cold packs or ice should be applied for 15-20 minutes, every hour to hour and a half

5. Which is true about fluid replacement while exercising?
 - A. You can drink before, during, and after exercise
 - B. You should never drink water while exercising
 - C. Caffeinated drinks are good fluid replacements
 - D. It is necessary to drink sports drinks before you exercise