**BPE Final Exam Review**

1. PACER stands for
2. Aerobic vs Anerobic
3. What is the gastrocnemius
4. Explain anaerobic exercises
5. Explain Vo2Max
6. How many calories it takes to expend or lose 1 pound
7. Name the 3 different muscle tissue
8. What is the clavicle
9. Arteries vs. veins (knows the difference)
10. Know the Principles of training (overload, progression, specificity)
11. Same as #10
12. Know the difference between restoration, detraining, overtraining, trainability
13. Examples of a good warm-up and cool down
14. What is blood pooling
15. Know hemoglobin
16. What is sedentary lifestyles
17. Know the difference between a muscle and a bone
18. What are types of heat related illnesses (heat cramp, exhaustion & stroke)
19. Pronatation vs. supination (know the difference)
20. Know the difference between Health & Skill Related Component & Activities
21. Same as #20
22. Same as #20
23. Same as #20
24. Who is responsible for your own fitness
25. How can exercise benefit you
26. Same as #20
27. Same as #20
28. Same as #20
29. Same as #10
30. Same as #17
31. Same as #20
32. Explain how you would measure your (MHR) maximum heart rate
33. What is your aerobic training zone
34. Name two things you need to measure your total calories to maintain your current weight
35. Know the 3 sections of the vertebrae