



## Guided Practice Activity 12-2

**Directions:** Match each term in the left column with the correct description in the right column. Write the letter of the correct answer in the space provided.

- |                                    |   |
|------------------------------------|---|
| _____ 1. leisure-time activities   | a. demands precise muscular control and fluid, graceful movements         |
| _____ 2. weight bearing activities | b. walking, jogging, or other activities that cause pounding of your body |
| _____ 3. t'ai chi                  | c. do not focus on developing health-related or skill-related fitness     |
| _____ 4. biathlons                 | d. endurance events that combine two activities                           |

**Directions:** Circle the letter of the correct answer.

5. Which of the following activities develops and maintains cardiorespiratory fitness and balance, and controls body composition?
 

a. volleyball	c. martial arts
b. cycling	d. all of the above
6. Which of the following is a great way to interact socially with others while achieving fitness goals?
 

a. dance	c. kayaking
b. lap swimming	d. all of the above
7. Volleyball, kayaking, and canoeing are excellent ways to develop
 

a. balance.	c. cardiorespiratory fitness.
b. coordination.	d. controlled breathing.
8. Which of the following can be done at home?
 

a. cycling	c. rock climbing
b. calisthenics	d. marathons
9. You should do some cardiovascular conditioning and muscular endurance training prior to an extended
 

a. aerobic dance recital.	c. hiking or backpacking trip.
b. biathlon.	d. all of the above.
10. Which of the following should you consider in choosing leisure-time activities?
 

a. cost	c. environmental hazards
b. your personality	d. all of the above

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