



Quiz Answer Key

- List five things you can do to be a fit kid:
eat a variety of foods, especially fruits and vegetables; drink lots of water; listen to your body; limit screen time; be active
- Aerobic exercise is a kind of activity that requires oxygen.
- Which of the following is the part of the brain that controls body temperature?
 - cerebrum
 - cerebellum
 - brain stem
 - hypothalamus
- Sweat leaves your skin through tiny holes called pores.
- List three activities that can build strong muscles:
any three of the following: push-ups; pull-ups; tug of war; rowing; running; in-line skating; bike riding
- What does “full range of motion” mean?
Full range of motion means you can move your arms and legs freely without feeling tightness or pain.
- List three signs of dehydration:
any three of the following: feeling lightheaded or dizzy; rapid heartbeat; dry lips and mouth; dark pee; strong-smelling pee
- These muscles let you kick a soccer ball into a goal:
 - smooth
 - cardiac
 - skeletal
 - facial
- List three individual sports:
any three of the following: swimming; diving; running; ice skating; wrestling; gymnastics; golf; tennis; skateboarding; inline skating; biking; martial arts; bowling
- Protective gear is anything you wear that helps you from getting hurt when being active.