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# **APEX Physical Education Exam Questions with Correct Answers**

**Fitness Log - Answer-**A document to be submitted weekly to the instructor, outlining the previous week's workout and signed by a parent or guardian.

**Muscular Endurance - Answer-**The ability of muscles to repeatedly exert themselves over time, without causing undue fatigue.

**Cardio-Respiratory Endurance - Answer-**The body's ability of the heart and lungs to take in, transport, and deliver oxygen to the working muscles during prolonged exercise of light to heavy intensity.

**Endurance - Answer-**The ability to withstand or deal with something.

**Long-Term Goals - Answer-**Objectives to be reached over the course of a long period of time, ranging from weeks to years to a lifetime.

**Cool-Down - Answer-**A period of non-strenuous activity after physical activity, usually consisting of a slow walk or a jog followed by stretching, that transitions the body back to its resting state.

**Elasticity - Answer-**The ability of the body to return to its natural shape and resist a distorting influence when stress is removed.

**Modified - Answer-(fitness)** A simplified version of a particular activity or task.

**Warm-Up - Answer-**A period of non-strenuous activity that slowly prepares the body for physical activity, especially the muscles, by increasing the amount of blood going to the muscles and by raising body temperature.

**Frequency - Answer-**Number of occurrences within a given time period.

**Intensity - Answer-**Amount of energy used for an activity.

**Time - Answer-**Period designated for a particular activity.

**Type - Answer-**A number of things that share characteristics that distinguish them as a group

**FITT - Answer-**Frequency, Intensity, Time, Type

# Apex Physical Science Practice Answers

**William Jackson**



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