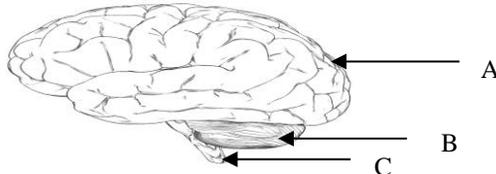


First and Last Name: \_\_\_\_\_

Hour \_\_\_\_\_

**Nervous System**

Identify the parts.



- 1 Brain Stem \_\_\_\_\_
- 2 Cerebrum \_\_\_\_\_
- 3 Cerebellum \_\_\_\_\_
- 4 For today's test you will be using the part of the brain that is responsible for memory which is the...

**Matching of the Lobes**

Identify what each of the four lobes do in the Cerebrum.

- Frontal: \_\_\_\_\_
- Parietal: \_\_\_\_\_
- Occipital \_\_\_\_\_
- Temporal: \_\_\_\_\_

- 6 Gary fell while he was running through the yard and hurt the ligaments in his ankle. The doctor told him he \_\_\_\_\_ his ankle.
- 7 Explain how ice will help Gary immediately after an injury.

**Fitness**

Dawn is age 16 and wants to get in shape because she is afraid of having heart disease like her father and she has not been feeling good about her health. Dawn is 5'5" and weighs 185 pounds and would like to lose 20 pounds.

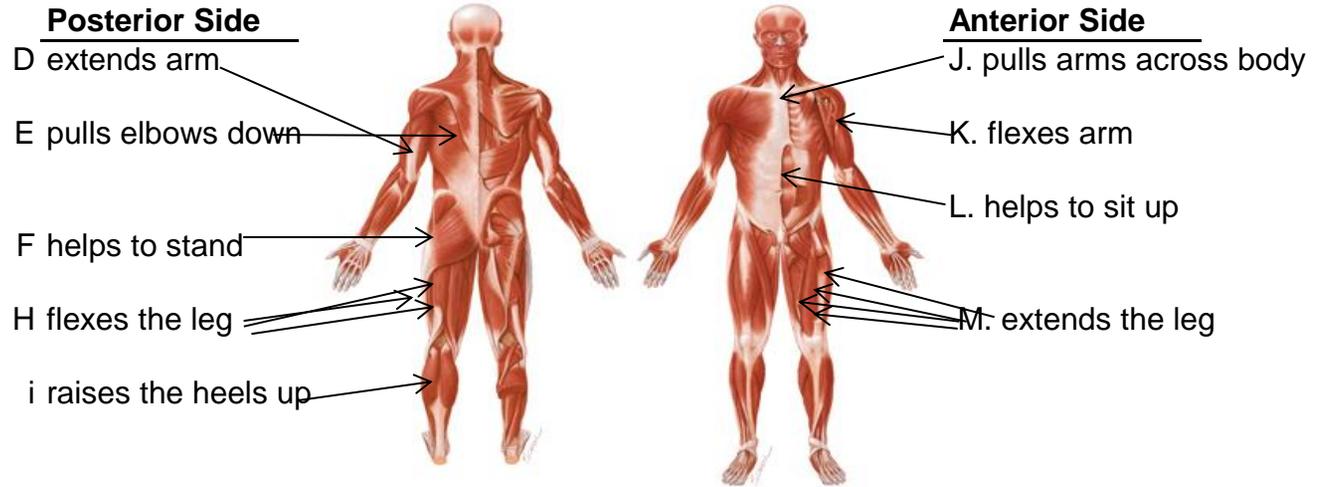
- 8 Which type of exercise should she do to strengthen her heart and burn the excess fat?
- 9 By doing the above exercise Dawn is hoping to decrease her \_\_\_\_\_ body weight. There are two types of body fat. One is essential(necessary) the other one is what she wants to reduce.
- 10 Dawn is also going to begin to lift weights because her lower back and her shoulders have been hurting. Dawn would like to **increase her strength** in her legs and in her arms. How many sets and reps will she need to do?
- 11 After two weeks of lifting weights Dawn's muscles will **increase** in size and in strength. This is called...
- 12 After Dawn is done lifting she completes the following stretch:



Which muscles are being stretched?

Word Bank: gastrocnemius      quadriceps  
triceps      gluteus      hamstrings

- 13 Triceps \_\_\_\_\_
  - 14 Latissimus Dorsi \_\_\_\_\_
  - 15 Hamstrings \_\_\_\_\_
  - 16 Gluteus Maximus \_\_\_\_\_
  - 17 Gastrocnemius \_\_\_\_\_
- Anterior Side**
- 18 Pectoralis Major \_\_\_\_\_
  - 19 Abdominals \_\_\_\_\_
  - 20 Biceps \_\_\_\_\_
  - 21 Quadriceps \_\_\_\_\_



- 22 Dawn's Father has had By-Pass surgery on his heart because he had one heart vessel 90% blocked with plaque. Dawn's Father had ... \_\_\_\_\_
- 23 If Dawn's Father would not have had by-pass he could have had a heart attack which is when a \_\_\_\_\_ blocks blood and oxygen to the heart (Which type of blood clot?)
- 24 Dawn's Father also has Type 2 Diabetes which is when the .... \_\_\_\_\_

**Nutrition**

- Dawn wants to lose weight. She is exercising but now she is going to change her diet. First, Dawn is going to reduce the amount of added sugar and saturated fats in her diet.
- 25 Which types of food should she limit for her daily food choices? \_\_\_\_\_
  - 26 Carbohydrates, proteins, vitamins and minerals are four of the six essential nutrients. Identify **two** foods for each category that are nutrient dense. Write the examples on the line next to the nutrient. **Carbohydrates:** \_\_\_\_\_  
**Proteins:** \_\_\_\_\_ **Fats:** \_\_\_\_\_ **Vitamins/Minerals:** \_\_\_\_\_
  - 27 Dawn would like to reduce her risk for heart disease. Dawn needs to reduce her bad cholesterol level. Which cholesterol is she going to lower. \_\_\_\_\_  
Dawn is 14 and she has not been sleeping well and is tired during the day. Dawn has been drinking Caffeinated drinks to keep her awake during school.  
Dawn should avoid having more than \_\_\_\_\_mg of caffeine per day.
  - 28 She also does not realize that the half life for caffeine is \_\_\_\_\_ hours.  
Dawn has realized that the reason she gained the extra weight is because every year she has gained close to 6 pounds every year for the last 5 years.  
Dawn has experienced a gradual weight gain which is referred to as... \_\_\_\_\_