**Unit 4: Physical Activity and Fitness**

**Study Guide**

1. **Know the benefits of physical activity (ConnectEd)**
2. **Who is more active; boys or girls?**
3. **Know how to write a personal activity program**
   1. **Goals**
   2. **Warm-up/Cool-down**
   3. **Variety of exercises (know examples)**
   4. **Progression**
4. **MyPlate**
   1. **Compartments and what it looks like**
   2. **Be able to give examples**
   3. **ChooseMyplate.gov**
5. **Nutrition Label**
   1. **How to calculate the fat percentage: (calories from fat/total calories) X 100 = percent from fat**
   2. **What do we want low percentages of and high percentages of?**
6. **Different eating disorders and their characteristics**