

Names:

103 - Review Quiz

Or

What do you remember from 2 physical education courses?

List the 6 dimensions of wellness:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

List the 5 components of fitness:

1. _____ endurance
2. _____ endurance
3. _____
4. _____
5. body _____

What does each letter of the FITT formula stand for?

Apply the FITT formula to one of the components of fitness:

Component of fitness: _____

F: _____

I: _____

T: _____

T: _____

List what each letter in the SMART goal setting process means. Give an example of a fitness goal that is SMART.

S _____, M _____, A _____, R _____, T _____.

Example: