Before the test for unit 1, students must submit the following set of study guide questions (60 points). These questions come from the *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide* (pages 292-295). **Questions and responses must be typed, with each unit’s questions stapled together when submitted.**

**Terminology Review:**
Questions 1 (3 pts) and 2 (1 pt)

**Fact Review:**
Questions 1 (2 pts), 2 (5 pts), 3 (6 pts), 4 (5 pts), 5 (6 pts), 7 (5 pts), 8 (4 pts)

**Application Practice and Research:**
Question 3 (3 pts)

**Reflection Questions:**
Questions 2 (10 pts) and 3 (10 pts)